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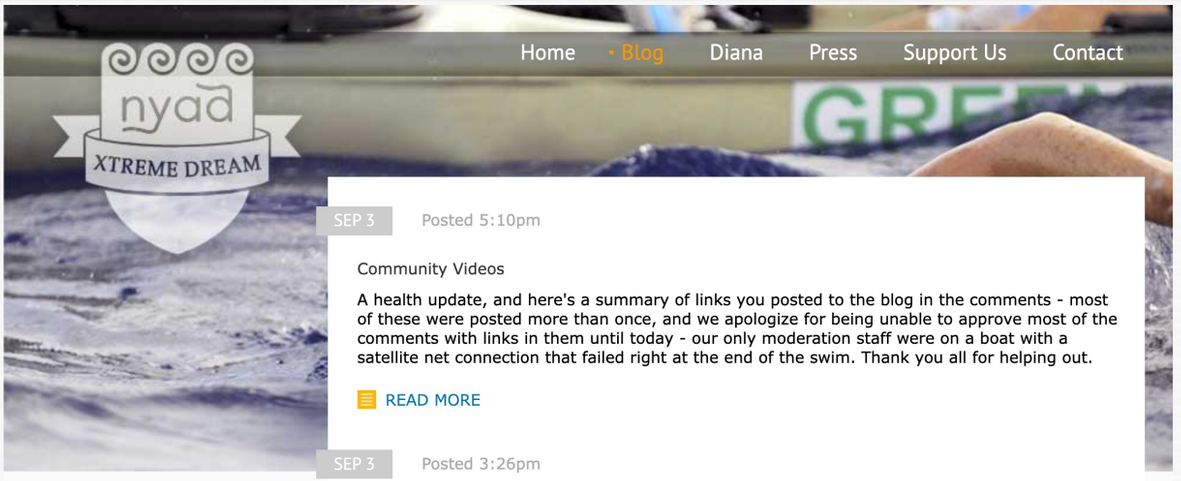


SEP 3 Posted 5:10pm

Community Videos

A health update, and here's a summary of links you posted to the blog in the comments - most of these were posted more than once, and we apologize for being unable to approve most of the comments with links in them until today - our only moderation staff were on a boat with a satellite net connection that failed right at the end of the swim. Thank you all for helping out.

READ MORE

SEP 3 Posted 3:26pm

Thank You!

I am so proud of my team, and I will admit I am also very proud of myself as well.

READ MORE

SEP 3 Posted 3:06pm

Diana arrives in Key West

Here's video of Diana's arrival in Key West yesterday September 2, 2013 at 153pm, after swimming 52 Hours 54 Minutes 18.6 Seconds and 110.4 statue miles.

READ MORE

SEP 2 Posted 4:58pm

Videos of Diana Arriving On Shore

Ft Lauderdale fan cellphone video

PBS

...

READ MORE

SEP 2 Posted 2:29pm

Party Time

Hey all, Chris on the web team again - the group out in Florida is probably going to be busy cheering, hugging and celebrating for a while.

READ MORE

SEP 2 Posted 1:24pm

Live Feed

CNN now has a live feed from Smathers Beach where Diana will be landing in about an hour:

CNN Live Stream of Diana Nyad from Smathers Beach

READ MORE

SEP 2 Posted 1:00pm

Update Final Moments Before Arrival

Ops Chief John Barry called Diana over to the swim platform on Voyager to try to get her to follow the streamer and swim a direct route to Key West.

READ MORE

SEP 2 Posted 11:36am

Thanks

"I am about to swim my last two miles in the ocean. This is a lifelong dream of mine and I'm very very glad to be with you...."

READ MORE

SEP 2 Posted 10:24am

ARCHIVES

> Blog Archives 2012
> Blog Archives 2011
> Blog Archives 2010

Join the Xtreme Dream Team! Show your support for Diana with a shirt, cap or wristband!

Box Jellyfish spotted 10am

Angel showing the large moon jellies we are currently seeing. Additionally, the first box jellyfish of the entire trip was spotted and collected.

READ MORE

SEP 2 Posted 10:13am

Navigator's Update 9am

"A distance not ever having been close to achieved by any other human being before."

READ MORE

SEP 2 Posted 9:04am

Doctor's Report 715am - 730am

Dr. Kot reports that Diana's tongue and lips are swollen causing her speech to be slurred. He and Dr. Covington are concerned about Diana's airways, but have not intervened.

READ MORE

SEP 2 Posted 8:25am

Update 7am: Cruiseship

True Story. Cruise ships make way for Diana Nyad.

READ MORE

SEP 2 Posted 6:03am

5am Update, Landing Time & Location

Diana is on course to swim 112 statute miles. This is 35 more miles than anyone has ever swam.

READ MORE

SEP 2 Posted 4:28am

Update 4am

Our navigator John Bartlett is consulting closely with the other captains to plan the best route into Key West. There are tides, eddys, currents, shipping lanes, reefs and swarms of jellyfish to consider.

READ MORE

SEP 2 Posted 3:57am

Follow the white line

As you can probably imagine, swimming a straight line or any sort of course through the Straits of Florida would be difficult, if not impossible. That's why Diana has Voyager, her escort boat, and John Bartlett, her navigator. John plots the course and then one of Voyager's drivers stays on that heading.

READ MORE

SEP 2 Posted 3:49am

Keeping You Updated

Hi all, Chris Moschini here, Web Developer at Brass Nine Design, the company that maintains Diana's website. I came across some comments on some of the blog postings here wondering about the timing of blog posts, the map, etc, and how close to real-time they are.

READ MORE

SEP 2 Posted 2:37am

Update 2am: First Feeding Since Storm

Diana came in for the first time since we've resumed formation, for a feeding. She knows where she is; she understands what's going on.

READ MORE

SEP 2 Posted 1:59am

Status Update: 1:27am September 2, 2013

The Diana Nyad Extreme Dream Team got the flotilla back in normal formation quickly, as soon as it was decided that we were free of the storm.

READ MORE

SEP 2 Posted 12:53am

Update 12:52am Monday September 2, 2013

Diana is now 16.9 miles from Key West. The crew just reported getting sporadic cell service, some people getting a flood of text messages on their phones!

READ MORE

SEP 2 Posted 12:29am

Update 11pm September 1, 2013: Swim Time: 38:00

At 38 hours into the swim, 11 p.m. at night, winds rose suddenly reaching 23 knots twenty minutes later. At that time, the Nyad team went into squall protocol to bring the kayakers out of the water...

READ MORE

SEP 2 Posted 12:20am

Update 9pm. Swim Time: 36:01

Diana is still swimming in her jellyfish suit, but has not put on the protective mask. Shark divers jump in the water every 15 minutes to scout for any signs of box jellyfish or other stinging jellyfish-type creatures.

READ MORE

SEP 1 Posted 11:24pm

Diana Nyad's last night in Havana, Cuba

Diana ate spaghetti with garlic and olive oil, just what she wanted, and drank some water. She appeared relatively calm, perhaps already mirroring the peacefulness of the waters promised by weather forecasters. She yawned.

READ MORE

SEP 1 Posted 11:09pm

Navigator's Report: 930pm 9/1/13

Diana has now swum farther than anyone else who has attempted to swim from Cuba to Florida! As of 9:30 p.m., she has swum 80.38 miles!

READ MORE

SEP 1 Posted 9:36pm

Jellyfish Safety Strategy

During the 6 p.m. feeding, Dr. Angel Yanagihara, leader of the Nyad's Jellyfish Safety team, entered the water to apply "sting-stopper" to the swimmer's face (see video).

READ MORE

SEP 1 Posted 8:54pm

Sunset Over Voyager: 740pm

Tonight's sunset was so amazing, it was the first time Diana's crew has EVER turned their backs to her!

READ MORE

SEP 1 Posted 8:42pm

John Bartlett Explains Navigation Strategy

Navigator John Bartlett explains a little of the strategy used to keep Diana on a course for Key West while traveling across the strong currents of the Florida Straits.

READ MORE

SEP 1 Posted 8:29pm

Bonnie's Report: 645pm. Swim Time: 33 Hours 45 minutes

I think Diana is feeling strong and very coherent. She is joking for the first time all day

READ MORE

SEP 1 Posted 8:11pm

Update. 6pm Feeding Stop September 1, 2013

To prepare for the dusk and night hours when jellyfish and other stinging creatures are more prevalent, Diana put on her jellyfish protection suit at her 6 p.m. feeding stop.

READ MORE

SEP 1 Posted 5:44pm

Dr. Angel Yanagihara reports on Jellyfish

Dr. Angel Yanagihara is closely monitoring for any signs of Box Jellyfish. At this time, none have been spotted. S

READ MORE

SEP 1 Posted 5:21pm

You Don't Say...

As an "official" observer, it's my job, along with co-observe Roger McVeigh, to make sure Diana obey's rules associated with this competitive swim. Her handlers can feed her, rub chafing cream on her shoulders, apply sunscreen to her lips, and make sure she has enough water to stay hydrated.

READ MORE

SEP 1 Posted 5:05pm

4pm Update from Navigator John Bartlett

Diana has swum 63.25 statute miles from the starting point of the swim. This is farther than she has gone in any previous attempt.

READ MORE

SEP 1 Posted 4:39pm

24 Hour Update from Navigator John Bartlett

"She's right on the bullseye. We are just approaching the strongest flow of the Gulfsteam about 15 miles ahead of us. At that point, the flow direction will change and that will help us big time."

READ MORE

SEP 1 Posted 4:31pm

Doctor's Report 8:30am Sunday September 1, 2013

Dr. Covington and Dr. Kot examined Diana this morning at 7:15 a.m. They report that her pulse is strong and her lungs are clear...

READ MORE

SEP 1 Posted 4:07pm

Update 1pm Feeding Sunday September 1, 2013

At her 1 p.m. feeding, Diana mentioned pressure in her lungs, but no trouble breathing. She did not attribute the feeling to asthma.

READ MORE

SEP 1 Posted 2:52pm

Happy Birthday Roger!

At Diana's 10 o'clock feeding, she popped up her head and said, "Is everybody here?" to the team assembled on her escort boat, Voyager....

READ MORE

SEP 1 Posted 2:14pm

Update from Navigator John Bartlett, Noon September 1, 2013

Diana has swum 47.61 statute miles after 27 hours of swimming. Her average speed has increased to 1.76 miles per hour.

READ MORE

SEP 1 Posted 8:48am

Updates: 17th and 19th Hour

Diana doing well and her Voyager escort crew feeling upbeat; glad the storms didn't materialize. On last feeding Diana said she was feeling a little weak...

READ MORE

AUG 31 Posted 11:56pm

Remarkably Well, 11pm

"She is doing remarkably well in that jellyfish suit," reports Ops Chief John Berry. "And she is going at her expected pace in it, which is 47 strokes per minute."

READ MORE

AUG 31 Posted 10:45pm

Update 10:22pm

The closest edge of a storm is 4 miles away and moving very slowly. Winds are gusting up to 18 knots and seas are increasing to 2-3 feet.

READ MORE

AUG 31 Posted 10:28pm

Update from Bonnie, 8pm

Her attitude is excellent. She's not her jovial self, per se, and that's good. We want her to take as little time as she possibly can during these feeds.

READ MORE

AUG 31 Posted 9:50pm

Bonnie Reports on Diana's Condition: 7:46pm

Bonnie Reports on Diana's Condition, video

READ MORE

AUG 31 Posted 8:28pm

International Waters

In the 11th hour of swim, as a brilliant pink glow from a stunning sunset fell over the fleet, we were greeted with news that Diana has now officially entered international waters (12 miles from Cuba).

READ MORE

AUG 31 Posted 8:05pm

Defending Against The Deadly Box Jellyfish

My Team has begged me to leave this Cuba Dream (obsession) behind and search for another 100-plus-mile stretch of ocean to conquer.

READ MORE

AUG 31 Posted 6:44pm

Update from Navigator John Bartlett: 6pm

Diana has swum 11.85 statute miles and is currently stroking at 50 strokes per minute.

READ MORE

AUG 31 Posted 6:21pm

Weather Observations at 6:00pm

Meteorologist Lee Chesneau emailed us a weather report and asked for some visual observations. Below are photos of the weather at 543pm.

READ MORE

AUG 31 Posted 5:08pm

Update: 5pm

Dave Magnone, captain of Sentimental Journey, is closely monitoring a weather system that's grown in size and is now sitting about 4 miles away behind our location.

READ MORE

AUG 31 Posted 4:44pm

Stewards of the Ocean

There are places in the ocean—"changes in the water flow," as Jeff calls it—"where right at the edges everything gathers, like in a ditch: chunks of plastic, garbage, you name it.

READ MORE

AUG 31 Posted 4:24pm

Day Before the Start: Why Again?

At Marina Hemingway in Cuba the day before the start: Speaking mostly in Spanish to the Cuban press during a 4 pm press conference, Diana Nyad knew what the first question would be: Why?

READ MORE

AUG 31 Posted 3:59pm

Don "Woodkayaker" McCumber spots a Nyad with his GoPro

Don "Woodkayaker" McCumber, a member of our kayak team, had his GoPro video camera running when Diana jumped into the sea to begin her swim.

READ MORE

AUG 31 Posted 3:33pm

Crew Update 3:00pm

One of the drivers of Voyager was diagnosed with dehydration this morning by team doctors Derek Covington and John Kot, anesthesiologists at Jackson Memorial Hospital, the teaching hospital for the University of Miami Miller School of Medicine.

READ MORE

AUG 31 Posted 2:48pm

Jellyfish Sighting

Captain Jeff aboard Dreams Do Come True identified an unknown jellyfish 40 feet off the starboard side, floating about 2 feet underwater. It looks like a "parachute with tentacles."

READ MORE

AUG 31 Posted 2:27pm

Close Call

Diana's flotilla doesn't encounter a lot of other boat traffic while crossing the vast expanse of the Florida Straits, but captains always have to be vigilant for vessels that could be a danger to Diana or the fleet. This is especially true within a few miles of Havana and at night.

READ MORE

AUG 31 Posted 2:15pm

Update 1:45pm

As of 1:45pm Diana has travelled 7.05 statute miles and is traveling at an average speed of 2mph

READ MORE

AUG 31 Posted 12:26pm

Diana's First Feeding, 10:30 a.m. EDT

Diana has been swimming for 1.5 hours and has completed her first feeding.

READ MORE

AUG 31 Posted 10:20am

Diana Begins Her Swim at 8:59:02am

With a shout-out of "Courage!" (pronounced in French), Diana Nyad jumped into the water from the shore a short way off Marina Hemingway in Cuba for the start of her epic swim to Florida at 8:59:02 a.m., Saturday, Aug. 31, 2013.

READ MORE

AUG 31 Posted 8:57am

Diana arrives at the start point

Diana arrives at the start point

READ MORE

AUG 31 Posted 8:39am

Ready for the Start

The Xtreme Dream Team cleared Cuban customs at 6am and the fleet is in position for the swim start.

READ MORE

AUG 31 Posted 12:01am

Press Conference in Hemingway Marina

"My heart is with THIS swim, from Cuba to Florida, and there is a part of me that doesn't ever, ever want to give up. This dream is alive."

READ MORE

AUG 30 Posted 2:01pm

Voyager Departs For Cuba

Diana's escort boat, Voyager, left Oceanside Marina in Key West en route to Cuba yesterday morning at 4:27 a.m. carrying many of the key players in Diana's Xtreme Dream: Navigator John Bartlett, Chief Ops John Berry, Driver Dee Brady, Handler Pauline Berry and crew member Taylor Cline.

READ MORE

AUG 29 Posted 2:07pm

Tomorrow I leave for Cuba

Tomorrow I leave for Cuba for the Final Attempt. This is the end of the journey. And the journey has been magnificent.

READ MORE

AUG 26 Posted 2:06am

Teddy's Party

Just in case you needed to know, Teddy evidently had a rousing and thus exhausting birthday.

READ MORE

AUG 23 Posted 1:15pm

On my 64th Birthday, In My Prime

With all the tension of waiting for these trade winds to give us break, the Key West based crew got into our birthday spirit!

READ MORE

AUG 22 Posted 12:31pm

Happy Birthday Teddy!

I miss you, Teddy!!! Hope to be back from Cuba and home very soon!!!

READ MORE

AUG 22 Posted 11:52am

Full Moon in Key West

Full moon over Key West tonight.

READ MORE

AUG 20 Posted 4:19pm

Thank You Secret

Thank you, Secret. My appreciation of your support equals your high regard for this Xtreme Dream of mine.

READ MORE

AUG 16 Posted 11:34am

The Intense Focus of Pickles

The Pickles has put on this year's Xtreme Dream shirt...

READ MORE

AUG 16 Posted 11:04am

Dreaming Large in Xtreme Dream Gear

Against all odds, we still believe we're going at long last to make it all the way across from Cuba to Florida.

READ MORE

AUG 14 Posted 5:35pm

Life A-Z

Kitsch art...not usually my thing but this piece, clever, titled LIFE A-Z, hits truth all the way down LIFE values, each one, I could personally live by.

READ MORE

AUG 14 Posted 5:02pm

Week 8, Optimism Begins

Along with the high's that touch my very soul about this unique journey of preparing for the epic Swim from Cuba, there are doubts and anxieties and fears.

READ MORE

AUG 12 Posted 5:13pm

Unfavorable Winds

The winds continue in unfavorable direction and strength for us here in Key West....yet we still find daily reasons to be grateful for the friendship bonds of our crew here and the privilege of training in this topical paradise.

READ MORE

AUG 9 Posted 2:43pm

Out In The Ocean..."We Taste Infinitude"

All the souls who have lived and loved before us. All those that will follow. The treasure that is our Blue Planet. The wonder that is our human existence. It's all written there in the sapphire blue of the ocean. It's infinitude.

READ MORE

AUG 8 Posted 1:31pm

For Good Luck

Listen to this story of a Cuban who gave me a special piece of his heart.

READ MORE

AUG 6 Posted 7:38pm

Eating Contests: American Shame

I'm not one to normally stand in judgment of the whimsical…even the silly. We can all use a dose of light and meaningless to lessen the load of everyday drudgery and stress.

READ MORE

AUG 3 Posted 1:00pm

Video Contest

Here at Xtreme Dream, we're running a One-Week video contest.... ending next Friday, August 9.

READ MORE

JUL 31 Posted 9:13pm

Xtreme Dream Update: Potential Red Alert

We are on verge of RED ALERT.

READ MORE

JUL 31 Posted 8:48pm

Get Your Xtreme Dream Shirts and Caps

Part of what I feel is your support for the Dream I have been chasing so very long now. I started this Cuba Quest way back in 1978. 35 years now and I'm still a believer. The Dream is still alive. And it is most definitely Xtreme.

READ MORE

JUL 31 Posted 12:50pm

Xtreme Dream Update: Shark Protocol

It has been pitch black out there on our previous trips, to the point that the Handlers and Drivers cannot even see me, just 18 feet away. I thank these Shark Divers for their courage in getting in that night-time black with me. They have gained my confidence...and my respect.

READ MORE

JUL 29 Posted 3:16pm

Xtreme Dream Update: Storm Contingency

We will not, under any circumstances, interrupt the swim for storms this year....no matter how severe.

READ MORE

JUL 26 Posted 3:34pm

FEATURE FRIDAYS: Susan Taylor

We here at Xtreme Dream pass on our deepest sympathies to friends and family, mourning the loss of distance swimmer Susan Taylor.

READ MORE

JUL 22 Posted 4:55pm

Xtreme Dream Update: July 21, 2013

As the Xtreme Dream expedition nears, we'll be bringing you the latest news and details into all the planning to make this happen. Here's the latest update from Diana's latest email to the 50+ Xtreme Dream crewmembers.

READ MORE

JUL 19 Posted 11:24am

FEATURE FRIDAYS: Jane Anderson

Jane Anderson is one of the most talented writers of our time. Period. From "Normal" with Jessica Lange to "Mad Men" to perhaps the most perfectly crafted story ever written for television, "If These Walls Could Talk 2", Jane uses words to speak to the heart of the human condition.

READ MORE

JUL 16 Posted 7:02pm

Base Camp: Key West

We could never have found a more charming, helpful, cosmopolitan, engaging community as the one that has embraced us here in Key West.

READ MORE

JUL 12 Posted 12:17pm

FEATURE FRIDAYS: Lisa Fenn

Lisa Fenn is a living example of empathy to the nth degree. She stood up for two people who had virtually nothing in this world.

READ MORE

JUL 5 Posted 4:44pm

FEATURE FRIDAYS: Sonna Rele

Today, it is a great honor to introduce you to an artist you all will soon come to know as a household name and one I am looking forward to calling my friend. I give you, Sonna Rele.

READ MORE

JUL 5 Posted 2:24pm

Arriving Late to American Pride

We do indeed thrive in the Land of the Free and Home of the Brave. Too late, I am sorry to say, but I am at long last mighty proud to claim my status as an American. And at long last proud to call you, all 314 million of you, my brothers and sisters.

READ MORE

JUL 4 Posted 12:02pm

The Box Jellyfish: Deadly Venom

Dr. Angel Yanagihara, research professor at the University of Hawaii, whose own encounter with these venomous creatures left her bedridden and in agony for days, has devoted the past 16 years to unraveling the secrets of these box jellies. With her impressive background of multiple scientific degrees, awards, and accolades, Dr. Yanagihara has literally spellbound our Team with her knowledge of these unique animals.

READ MORE

JUN 28 Posted 10:15am

FEATURE FRIDAYS: Bari Tessler

It could be said that money is one of our most intimate relationships, whether we recognize it or not. How we engage or disengage from our money is, often times, reflective of how we check in or check out of our other relationships.

READ MORE

JUN 26 Posted 10:50am

Equal Dignity, Equal Rights for All Americans

Today we collectively can take heart that the highest court of our land has come down on the side of freedom of rights to equality for ALL of us.

READ MORE

JUN 22 Posted 4:15pm

A Gut-wrenching Effort....Win or Lose

Was honored to be mentioned in a Washington Post story by Sally Jenkins about LeBron James after the Heat took the NBA Championship this week.

READ MORE

JUN 21 Posted 3:43am

FEATURE FRIDAYS: Ginger Garrett

Life is living. It isn't waiting or watching or wanting. It is doing. Today. Now. Every day. With age comes a sense of urgency.

READ MORE

JUN 20 Posted 6:48pm

James Gandolfini

Once a generation or so, there are a few public figures we simply universally adore. James Gandolfini was one of those treasures.

READ MORE

JUN 14 Posted 7:20am

FEATURE FRIDAYS: Carrie Swidecki

I truly believe that one person can make a difference in this world and I live my life by this.

READ MORE

JUN 13 Posted 12:00pm

Cuba Swim..... Impossible?

So now the stage is set. Cuba-Florida is once again My Ocean. Is it possible? I must believe there is at least a remote chance. But the paramount attitude for me now is that, like Chloe, I need to summon the courage to dare the crossing.

READ MORE

JUN 10 Posted 1:32am

Esther Williams: Irrepressible

Esther Williams was golden age Hollywood all the way. Glamorous at every stage of her life. Irrepressible. Irresistibly irrepressible.

READ MORE

JUN 7 Posted 10:43am

Cuba: One More Time

Let me embrace all that I've learned. Let me gather all the grand spirit of those who have believed with me. Let me summon all the vigor within my body, the power within my mind. Let me glimpse through exhausted and blurred eyes the palm trees on that other shore.

READ MORE

MAY 31 Posted 4:36pm

FEATURE FRIDAYS: Karen Sauvigne

I've known Karen Sauvigne for some thirty years now....a vital, engaged woman, always ahead of her time. This an individual going through life full bore, eyes wide open, arms stretched out to embrace every grand experience on every horizon.

READ MORE

MAY 30 Posted 3:13pm

Call in to get Positively Speaking with Diana Nyad

I'll be speaking on Blog Talk Radio's "Positively Speaking" broadcast TODAY, Thursday May 30th, at 12pm PST with host Bill Poett.

READ MORE

MAY 24 Posted 4:03pm

FEATURE FRIDAYS: Diane May

The disaster in Oklahoma City and surrounding areas mobilizes the minds and hearts of all of us who are compassionate humans with the desire to be of assistance.

READ MORE

MAY 17 Posted 11:09am

FEATURE FRIDAYS: Susan Chaplin

I am honored to introduce you to one Susan Chaplin, an extraordinary spirit who made an extraordinary effort to connect.

READ MORE

MAY 15 Posted 6:11pm

One More Stroke Forward

The Earth is 4/5 water and sometimes I feel I've covered a fair stretch of its surface.

READ MORE

MAY 15 Posted 2:29pm

NYAD 48 Update: Rescheduled to Early October!

We have pushed the exciting NYAD 48 NYC 48-Hour swim to October, to coincide with the one year anniversary of Hurricane Sandy.

READ MORE

MAY 10 Posted 8:17am

FEATURE FRIDAYS: Jesse Billauer

To spend time in Jesse's presence is to experience the intoxicating charisma he radiates. Here's an individual who has found the profound courage to beam a sincere smile, to find reasons to live a grateful life, and to refuse to waste the life....albeit radically different than the life of his dreams... he has been forced to live.

READ MORE

MAY 8 Posted 8:18am

Meet Jessica and Stardust

Sometimes you meet a person so full of positive spirit that it carries you up, gives you faith.

READ MORE

MAY 6 Posted 5:12pm

"Like Glass"

I can only imagine what the early explorers felt when they first arrived here, paradise islands at every point of the horizon. Deep turquoise seas and Rembrandt clouds enrapturing at every point of view.

READ MORE

MAY 3 Posted 9:13am

Training in St. Thomas

Everywhere I've trained has been a natural privilege to behold and swim through....and each place has brought me closer to friends and colleagues and the citizens of these places who all share the love of the sea.

READ MORE

APR 30 Posted 1:22am

BRAVO to Jason Collins

The locker rooms, the showers of male professional team sports....the hallowed last bastion of American machismo...have just been bust open, forever evolved, by one brave NBA center named Jason Collins.

READ MORE

APR 23 Posted 3:26pm

The NYAD 48 Hour New York City Swim For Hurricane Sandy Relief

The 24-HOUR pool swim in Palm Springs was a bonding community experience. But it was also training for NYAD 48...

READ MORE

APR 18 Posted 12:19am

Come Swim With Me This Weekend

I'll be swimming 24 HOURS nonstop this week-end in a gorgeous Palm Springs pool. Stunning setting, mountains circling at 360 degrees.

READ MORE

APR 16 Posted 12:24pm

Boston Heartache

We, the citizens of the world, are heartbroken for the good people of Boston today.

READ MORE

APR 15 Posted 3:33pm

Tiger....The Thrill Is Gone

Were you rooting for Tiger through this week-end's Masters tournament? Were you rooting against him? Or did you basically not care?

READ MORE

MAR 29 Posted 4:49am

Robin Roberts will receive the Arthur Ashe Courage Award

It was announced this week that Robin will soon receive the Arthur Ashe Courage Award. What a fitting recognition for a woman we collectively embrace as a National treasure.

READ MORE

MAR 29 Posted 4:26am

Same Sex Marriage Center Stage: The Train is Moving Rapidly Down the Tracks of America

As a human rights issue, Same Sex Marriage is an emblem of crucial, individual entitlement to the pursuit of happiness.

READ MORE

MAR 28 Posted 1:53am

Guest Blog: Angela Madsen

Living Life Large and chasing our dreams can take on many different forms. For some, it is accomplishing an epic feat of physical endurance, and for others it is living a life full of joy and meaning despite a string of tragic events. For some, it is both.

READ MORE

MAR 9 Posted 1:59pm

Come on My Morning Walk! Tuesday March 12th, 8:30am CDT

Want to Take You on My Morning Walk, Won't You Come?

READ MORE

MAR 7 Posted 12:36pm

The Other Shore World Premiere SXSW

If you live in Austin, I want to meet you at SXSW!

READ MORE

MAR 7 Posted 11:11am

Calling All Guest Bloggers

et's hear your stories. Do tell.
Not too long. Shall we say under 800 words?
We'll field your entries and choose to post what we consider interesting and what might touch our Xtreme Dream fans.
I'm terribly excited to get reading. So get writing.

READ MORE

MAR 4 Posted 2:07pm

Guest Blog: Karen Austin

Every single one of us has both exciting potential and challenging limitations. It's up to each individual to deem what's possible, what's going to demand tremendous internal resolve, what in the end is going to make that individual proud and fulfilled.

READ MORE

MAR 4 Posted 12:34am

Guest Blog: Pulmonary Specialist Dr. Gerald Markovitz

The wide-ranging excitement of discovery and learning drives the heartbeat of the Cuba Xtreme Dream expedition. In literally hundreds of areas, the education curve has been dynamic and stimulating.

READ MORE

FEB 22 Posted 11:51am

Catherine Opie: A Life Of Total Immersion

Catherine Opie is widely known as one of today's preeminent fine arts photographers. At the young age of 46, just a few years ago, an astoundingly impressive range of Cathy's Opie's illustrious career was on glorious display in a 4-story retrospective of her entire body of work at the renowned Guggenheim Museum.

READ MORE

FEB 6 Posted 10:55am

Thank you Hillary Clinton

Whether from the blue or the red side of the political divide, you may harbor a high regard for the service rendered by Hillary Clinton as Secretary of State over these past, troubled years.

READ MORE

FEB 4 Posted 1:11pm

Super Bowl 2013 Surpassed The Hype

his was one Super Bowl that lived up to the hype. No, if possible, this one surpassed the hype.

READ MORE

FEB 1 Posted 4:35pm

At The Go Red Women's Leadership Breakfast

With Morgan Stanley Smith Barney in NY today at the Go Red Women's Leadership Breakfast. People thirsty to hear rousing stories of living a worthwhile life.

READ MORE

FEB 1 Posted 1:10pm

Sports Make for HOME AWAY FROM HOME

There are passionate and unique communities of sport all over the U.S. (all over the world) ---- fans of certain teams, certain cities, who gather far away from home in unified spirit for their old home team.

READ MORE

JAN 25 Posted 10:34am

Missing Scout

Grieving comes with an ironic edge in that, as painful as the loss cuts, there is also bittersweet longing for the sharp, fresh memories as they begin to fade with time and healing.

READ MORE

JAN 24 Posted 9:52am

Beyonce Lip Syncing

These are pros, delivering for the audience on the day, to the best of their abilities. Elements, such as freezing temperatures, dictate their decisions as to how to best come through, for the President, for the crowd. Come on, people, this is edgy, breaking news????"

READ MORE

JAN 21 Posted 2:24pm

Obama's Inauguration

I was surprised by the emotion I felt, tears flowing, at the powerful rendition of The Battle Hymn of the Republic today.

President Obama shed a tear with the emotion of those voices, those words His Truth is Marching On, too.

READ MORE

JAN 20 Posted 1:56pm

LANCE: The Cold Untruth

The list of heinous behaviors is long and sordid. We learned very little of what Lance actually did over the course of his career, as he sat in that chair and faced Oprah. But we learned a great deal about who this man is.

READ MORE

JAN 18 Posted 9:55am

Lance Armstrong's Confession

I am flooding with thoughts and emotions re Lance. Interviewed him several times over the years. Spent five years traveling the world on the Drugs in Sport story. Waiting for Part 2 of Oprah Friday night to solidify an overall opinion.

READ MORE

JAN 14 Posted 11:07am

Campaign To End Gun Violence

The campaign to end gun violence has an action vision, called Demand a Plan. They are just 50,000 signatures short of one million for their petition to Congress. Our Team here at Xtreme Dream alone could push them over the million mark.

READ MORE

JAN 12 Posted 11:22am

Losing Haley

My friends Kelly and Jourdan, just days before Scout's final moment, lost their Haley. Allow me to share their good-bye, which expresses so succinctly what draws us all to these special beings.

READ MORE

JAN 12 Posted 10:52am

3rd Day Without Scout

Our family has been a happy three all this time. Now we are two. We are sad. Yet we are grateful. Grateful that Scout was such a delightful and devoted companion. Grateful we have each other.

READ MORE

JAN 9 Posted 5:05pm

Scout

She was born August, 2005, on the streets of Turks and Caikos. There were six puppies. The mother was poisoned and died that first night. Three of her pups didn't make it through the night.

READ MORE

JAN 1 Posted 4:52pm

A Joyous and Bounteous 2013

None of us are immune to the holiday cliches: "hopes for joy, happiness, peace". Yet my hope for my own upcoming year and thus I swing that hope over to you as well is for awareness....

READ MORE

DEC 24 Posted 8:02pm

Awareness Of Our Loved Ones

The crisis of my dog Scout's health at this New Year's time catapults a life lesson to the forefront of my days this end of 2012.

READ MORE

DEC 22 Posted 11:11pm

Demand A Plan

As President Obama puts it, we cannot stop all violence in this country. But Connecticut, the children, have pushed us to a tipping point. We the public must stand up.

READ MORE

DEC 15 Posted 7:51pm

After Sandy Hook School Shooting, Answers Escape Us

We are a country once again immersed in collective grief. The questions abound. The answers escape us.

READ MORE

DEC 12 Posted 8:49pm

TEDxBerlin 2012 "Crossing Borders"

I was privileged to speak at TEDx Berlin over the Thanksgiving holiday. The theme of this particular conference was Crossing Borders...

READ MORE

DEC 1 Posted 12:19pm

Euthanasia: A Moment of Grace and Heartache

My dog Scout, only just 7, has entered into end stage renal failure. It won't be long now. No matter the daily chores, I find myself in that otherworldly, preoccupied state of heartache. My vet told me yesterday that I need to prepare to say good-bye.

READ MORE

DEC 1 Posted 12:10pm

Berlin: Fascinating Epicenter of European History

As well-traveled as I like to think I am, I had never had the chance to visit this fascinating epicenter of European history. As they say in German: "Shone Tag"....have a beautiful day.

READ MORE

DEC 1 Posted 12:04pm

Visit to Berlin's Holocaust Memorial and Roma Holocaust Memorial

The memorial to the six million Jews who perished is an expanse of some 3,000 stone blocks, each one a different size, respectfully reflecting the unique individuals, each one, who lost their lives to Hitler's unconscionable perversions.

READ MORE

NOV 29 Posted 10:12am

Are you hooked into TED Talks yet?

The TED experience online is a brilliant opportunity for all of us to tune into the prestigious TED speakers throughout the conference history, back to 1990. You can literally spend 15 quality minutes at a time and hear every speaker who has ever presented from the TED stages.

READ MORE

NOV 26 Posted 12:45pm

Giving Thanks

There are currently some 7 billion people on this planet of ours. About half live in sheer survival mode. Water, mere drops of clean water, are hard to come by. For the rest of us, we suffer varying degrees of hardships but we are largely fortunate enough to have choices. We are the lucky ones.

READ MORE

NOV 16 Posted 4:35pm

Vietnam Remembrance

We are living the year of the 50th Anniversary of the beginning of the Vietnam War.
And this week, we find ourselves at the 30th Anniversary of the Vietnam Veterans Memorial.

READ MORE

NOV 12 Posted 5:45pm

Xtreme Dream Supporters

How proud it makes me to show up at an event to give a speech and find
good people wearing the Xtreme Dream shirt....

READ MORE

NOV 12 Posted 5:37pm

Women Spoke Volumes On Election Day

Let's all of us get behind the President and follow the JFK lead (what can we do for our country?)....and let's be proud and secure that we the people have spoken in terms of women's rights to the decisions around our own bodies.

READ MORE

NOV 5 Posted 10:20am

Alexandra Hedison's Photography Show

My dear friend Alexandra Hedison opened her new photography show in LA last night. Stirring images.

READ MORE

NOV 2 Posted 9:13pm

Congrats to Mayor Bloomberg

Mayor Bloomberg could have intellectually argued the points that would have backed up a decision to continue the city's beloved event but he abandoned intellect and chose heart.

READ MORE

NOV 2 Posted 2:02pm

NO to NYC Marathon 2012

Now that we are five days into escalating distress---people without homes, without water, without food, without gas, without electricity, without heat in sub- freezing temperatures---it is patently absurd to think that running a sporting event that takes police personnel, thousands of volunteers, closing of bridges that are already strained makes any sense.

READ MORE

OCT 31 Posted 11:13am

WOMEN STAND UP!

Only six days until Election Day. It's CRISIS TIME. Women, and those of you good men in support of women's rights, come on now, we must stand up for President Obama.

READ MORE

OCT 31 Posted 2:27am

Red Cross Hurricane Sandy Disaster Relief

Frustrating from far away not to be able to directly help the literally millions in need as Hurricane Sandy has caused so much destruction, even loss of lives.

READ MORE

OCT 25 Posted 4:44pm

USAT Art and Science of Triathlon International Coaching Symposium

...the sport of triathlon has taken off like a rocket ship. Just think about your own circle of colleagues and friends. Don't you know minimum a handful of folks who are training for their first triathlon?

READ MORE

OCT 11 Posted 10:31am

4 Canine Fans

But seriously. FOUR canines in one household, all making eye contact with the camera???

READ MORE

OCT 11 Posted 10:12am

Voice of America

I do remember standing on the beach when I was 9 years old and I looked across at the horizon and I said to my mom "I wonder if anyone could swim over to Cuba."

READ MORE

OCT 6 Posted 6:08pm

The Greatest News

As of yesterday, Robin's white count started to climb. Joy and celebration are finally the mood around the Roberts home. We will see that RR beaming smile among us very soon, I have high hopes.

READ MORE

OCT 5 Posted 6:33pm

The Iowa Women's Leadership Conference

"Daring to Live and Lead with Purpose." The part I know about is Daring to Live, period.

READ MORE

OCT 5 Posted 6:07pm

Fan is Inspired

Thanks for these beautiful words. Laura. In the end, what it's all about for me, to hear that you were out there, experiencing my efforts, translating for your own life what you want to do with your time and focus.

READ MORE

SEP 27 Posted 10:45am

2012 Global Open Water Conference

This past week-end's 2012 Global Open Water Conference on the Queen Mary was, for us ocean swimmers, like an NFL Hall of Fame week-end.

READ MORE

SEP 20 Posted 12:41am

Role Reversal

"It's tough out here. Just the way I like it."

READ MORE

SEP 17 Posted 1:12pm

2012 Global Open Water Swimming Conference

Steve Munatones, my good friend and the official observer on my swims, is hosting the 2012 Global Open Water Swimming Conference onboard the Queen Mary in Long Beach, September 21st through 23rd.

READ MORE

SEP 13 Posted 7:10pm

September 11 Pain Fading?

Each and every one of us knows loss. We have experienced the death of a loved one. But how many of us have experienced the shocking, unspeakable trauma of war? Of terrorism? I have not.

READ MORE

AUG 31 Posted 1:03pm

My Dear Friend Robin Roberts

My dear friend Robin Roberts is deep in my heart today...

READ MORE

AUG 30 Posted 7:58pm

Cuba: Shoot For The Stars Or Settle?

I may not have reached Florida but I wouldn't trade these past three years for anything. And I applaud Donna and Seth and Paul for reaching for their respective stars. They are each one the better for their ambitions.

READ MORE

AUG 24 Posted 12:15pm

Official: Total Number Of Hours Swum

Open Water Swimming authority Steve Munatones has issued a correction on Diana's total number of hours swum in her Cuba attempt...

READ MORE

AUG 24 Posted 12:07pm

Final Moments In Key West

We reached for the stars on the Xtreme Dream, and we saw a little bit of heaven as we were trying to get there.

READ MORE

AUG 23 Posted 5:33pm

The Cuba Swim: From Dream to Reality

I didn't make it all the way. But I surely did seize the time. I couldn't have done any of it a fingernail better...

READ MORE

AUG 22 Posted 1:16pm

Thank You, Diana Nyad, Courageous Swimmer and Devoted Ocean Advocate

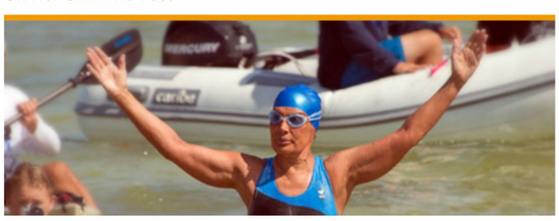
NRDC NATURAL RESOURCES DEFENSE COUNCIL
THE EARTH'S BEST DEFENSE

We're sharing the following post written by Frances Beinecke, current President of the Natural Resources Defense Council.

READ MORE

AUG 21 Posted 6:32pm

On Her Own Two Feet



Diana arrived at the White Street Pier in Key West walking earlier today. She walked ashore to the cheer of all her supporters.

READ MORE

AUG 21 Posted 5:33pm

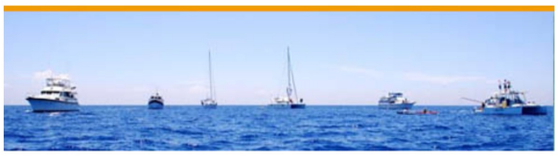
Press Coverage of Diana ending her swim

Here's a selection of videos from earlier this morning covering Diana ending her swim this morning.

READ MORE

AUG 21 Posted 1:38pm

Perspectives from the Water's Edge



Diana Nyad has lived her dreams. But she has always had one more unfulfilled dream: an extreme dream of unprecedented proportions...

READ MORE

AUG 21 Posted 1:06pm

Diana to Arrive on Shore at 2:00pm EDT

Diana Nyad will arrive on shore in Key West today, Tuesday, August 21st at approximately 2:00pm EDT.

READ MORE

AUG 21 Posted 9:17am

Extreme Dream Becomes Record-breaking Reality

Stroking longer and farther than in any of her four attempts to swim from Cuba to Florida, Diana called an end to it early this morning (Tuesday), one day before her 63rd birthday...

READ MORE

AUG 21 Posted 7:59am

Update

Diana has been Pulled from the water.

READ MORE

AUG 21 Posted 3:07am

Pray For Purple: Vanessa Linsley Shares Navigation Strategy

Pray for Purple!

READ MORE

AUG 20 Posted 8:26pm

A Pod of Dolphins

Monday 6:30pm EST 50:47 Swim time: If there was ever a moment during the Nyad swim when Diana was grateful to the NRDC and all organizations that support pristine waters—and there have been many of those moments during this 2012 expedition—the best one came at 6:30 p.m. today (Monday) when she was visited by dolphins!

READ MORE

AUG 20 Posted 7:55pm

46.1 Miles

Monday 7:30pm EST 51:47 Swim time: As of this evening, Diana has traveled 46.1 statute miles. She is well into the gulf stream and doing fine although chilly at times.

READ MORE

AUG 20 Posted 7:43pm

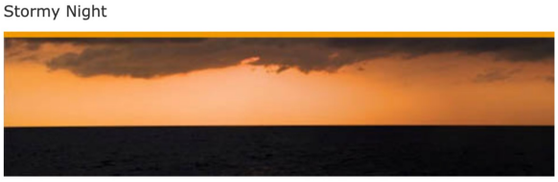
Making Herstory Using History

Monday 7:15pm EST 51:32 Swim time: Approaching the 40th hour of The Nyad swimming, her McGyver-like team has spent the afternoon improvising ways to prevent hypothermia and further swelling of Diana's lips and tongue. As on any faraway expedition, you can only use what's at hand and hope you have what you need.

READ MORE

AUG 20 Posted 5:28pm

Stormy Night



I've never seen anything like it but apparently these 20 to 35-mile wind squalls are not unusual in the Gulf Stream. Lightning all around us...

READ MORE

AUG 20 Posted 5:07pm

Shark Diver Matteo begins his patrol

Monday 3:24pm EDT 47:41 swim time: Shark diver Matteo Gazzale heads into the sea to begin his patrol watching out for sharks...

READ MORE

AUG 20 Posted 4:09pm

Dr. Yanagihara reports on the jellyfish

Monday 2:39pm EDT 46:56 Swim time: Our worst case fear was that she would encounter box jelly's going across the Florida straits and she unfortunately did run across them literally. We had to pull a piece of tentacle off her fingers...

READ MORE

AUG 20 Posted 3:54pm

Captain Beach reports on current conditions

We're out here in the middle of the Florida straits about smack dab in the middle of the Gulf Stream, as it is. Headed about due north...

READ MORE

Diana's swim is made possible due to the generous contributions of:

Secret
FINIS
HAMMER NUTRITION
University of Miami Hospital
olivia

Built and designed by Brass Nine Design

;