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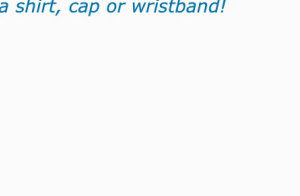
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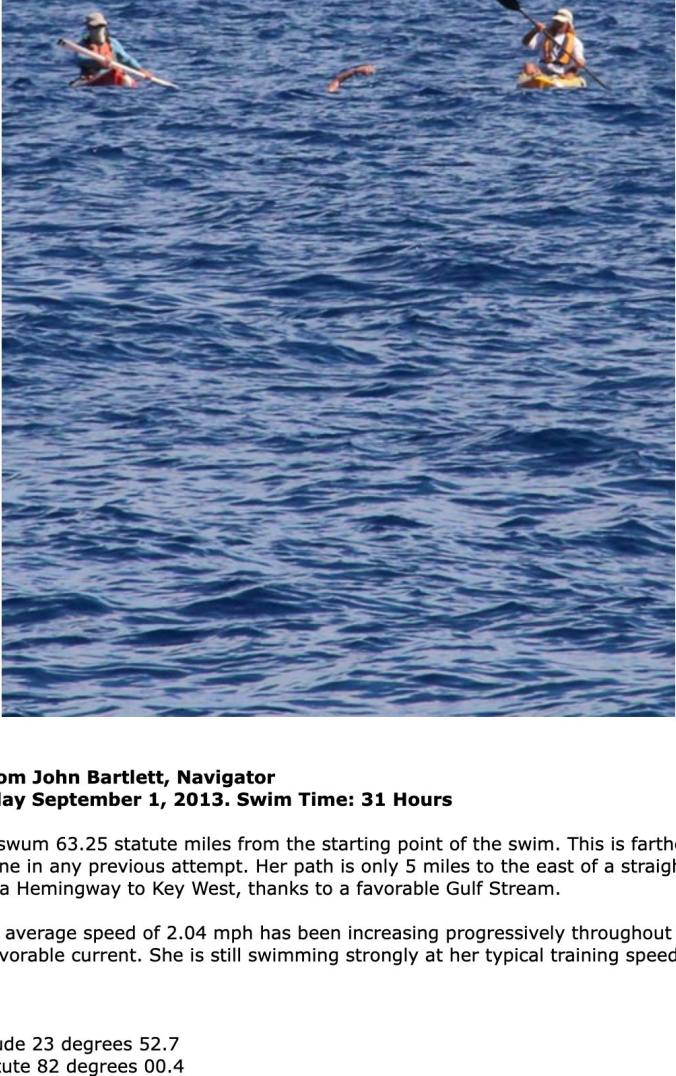
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SEP 1

Posted 5:05pm

4pm Update from Navigator John Bartlett



Update from John Bartlett, Navigator
4pm Sunday September 1, 2013. Swim Time: 31 Hours

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. Her path is only 5 miles to the east of a straight line from Marina Hemingway to Key West, thanks to a favorable Gulf Stream.

Her overall average speed of 2.04 mph has been increasing progressively throughout the day due to a favorable current. She is still swimming strongly at her typical training speed of 1.5 to 1.6 mph.

Position:
North latitude 23 degrees 52.7
West longitude 82 degrees 00.4



© Dawn L. Blomgren

DO THIS NOW ...

To see Diana's location in REAL TIME visit DianaNyad.com. For the latest updates follow Diana on [Facebook](#) and [Twitter](#).

If you liked this post, "Like" it and share it with your friends. Leave Diana a comment or ask a question below.

P.S. Have you signed up for my 7 Day Reboot? Hop in! It's Free!



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32 comments

★ 4



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Angela Welch Stucker

· 20 hours ago

Your team is going to get tired of seeing my face on these posts, but I am unable to pull myself away. There is so much power in pursuing our dreams, but something else just occurred to me - some might understand the concept of following our dreams, but not of the extreme variety. Go ahead, write a book, but swim for three days with the sharks and the jellyfish? Why would she do that? But we humans seem to need something huge to get our attention. Philippe Petit walks a tightrope between the Twin Towers in NYC, Diana Nyad swims 103 miles from Cuba to Florida - now those get our attention. Because we all have our extreme challenges to face, whether it's a conscious choice such as your pursuit, or whether it's thrust upon us, an illnesses, disability, accident. And we will all face our own extreme challenge one day. I was diagnosed with Parkinson's disease in 2000 at the age of 38. I realized over time that my illness was not the enemy, it was more like a roommate, not a terribly welcome one, that I had to learn to get on with because it wasn't going away. And you know what - I can't imagine my life without it. I'll be perfectly happy if a cure is found in my lifetime to see it move out, but without it, I wouldn't be the person I am today. I imagine, that your 103 miles acts in much the same way - it's not the enemy, but it will push you to your limits, it will show you who you are - it will face you down in the middle of the night and say "look at me, I will show you who you are when there are no distractions, when there is nothing but you and me, when you will face your deepest darkest fears, where you have nowhere to hide." So you see what a gift you have given us? You take this on and show us, not just the possibilities of swimming an ocean, or climbing a mountain, or walking a tightrope between the tallest buildings in the world, you show us that we can walk, or swim, into the dark, into our heart of hearts, face our most terrifying fears. We can do it. Just as you have. We can do it. Thank you.

7 ^ | v Reply Share



Mel Hirsch

→ Angela Welch Stucker · 18 hours ago

Angela

Thank you so much for sharing your thoughts, your insights and your journey as well. Bravo and thanks bunches for the look inside!

2 ^ | v Reply Share



Angela Welch Stucker

→ Mel Hirsch · 18 hours ago

Thank you Mel for your kind words!

^ | v Reply Share



Carmen Scherubel

→ Angela Welch Stucker · 10 hours ago

Angela, YOU are an inspiration! Thank you for sharing your story. You have the secret. <3

1 ^ | v Reply Share



Angela Welch Stucker

→ Carmen Scherubel · 8 hours ago

Carmen, thank you so much.

^ | v Reply Share



Shela

→ Angela Welch Stucker · 19 hours ago

What an inspiration to her (and all of us) you must be. This was wonderful.

1 ^ | v Reply Share



Angela Welch Stucker

→ Shela · 18 hours ago

Thank you too Shela!

^ | v Reply Share



Melissa T

· 20 hours ago

Diana--kicking butt and taking names! Awesome! See ya on the other shore. I believe in my heart you will make it this time!

4 ^ | v Reply Share



Shela

· 19 hours ago

Go, go, go, go, go GO!!! You have been my inspiration since 1978 though I quietly watch on the sidelines. I remember the excitement before your first attempt and I waited anxiously then as I do now only without the internet and updates! Bravo to all who made this possible. I'm just so happy for Diana I don't have any words. I can't think of anything more difficult in the world to partake in. God BLESS you, Diana Nyad. I can't wait to meet you!

1 ^ | v Reply Share



JoAnn

· 20 hours ago

Go Diana, you are amazing!

1 ^ | v Reply Share



Holly Ui Clonnath

· 20 hours ago

soooooooooo excited!

1 ^ | v Reply Share



Marit Bertnson

· 20 hours ago

Such an inspiration! Go Diana!

1 ^ | v Reply Share



Mel Hirsch

· 17 hours ago

Holding my breath, singing the "Go Away Little Jellyfish" song (and big bad ones too) and hoping each moment passes by quickly, easily and that Florida is only a moment away.... will keep singing my song until you are safely there.

(Sung to the melody of go away little girl)

Go away little jellyfish, Go away little jellyfish, I'm not supposed to be in contact with you... When you are near me like this, it hurts so bad to be kissed.... So go away little jellyfish and let me swim to my goal!!!!

^ | v Reply Share



Mel Hirsch

· 18 hours ago

So excited every time I log on to see where you are and how you are getting along. No big stings this far in? Awesome and Onward!!!! To the shore~

^ | v Reply Share



Capt. Joel

· 19 hours ago

Please tell Diana not to stop too much...That I said "You can get her DONE...just shut up and swim!" ~~~~f)~~~f)~~~f)~~~

^ | v Reply Share



Sherree W.

· 19 hours ago

Diana -- this is so awesome! You are amazing, an inspiration, and one hell of a role model. Go Diana Go! We're all with you, and we will be with you when you get to Florida!

^ | v Reply Share



J.J.Bost

· 19 hours ago

Go Girl!! I am looking forward to photos of you back on US soil soon.

^ | v Reply Share



Leonard Xavier

· 20 hours ago

What an inspiration to us all! Why aren't the media covering this event?!

^ | v Reply Share



Shela

→ Leonard Xavier · 19 hours ago

YES. WHY aren't they covering the most difficult sporting event of all time???

^ | v Reply Share



Erin Thomas

→ Leonard Xavier · 19 hours ago

Um...sadly the Syrian situation has eclipsed most everything else.

^ | v Reply Share



Cate Linrud Biggs

· 20 hours ago

You are doing it girl!!!! Wahoo!!!!

^ | v Reply Share



janoxenberg

· 20 hours ago

Wow. I am in awe. Good luck.

^ | v Reply Share



Harry Giovan

· 20 hours ago

Wow! Super impressive and inspirational!!! "Just keep swimming, just keep swimming..."

^ | v Reply Share



Armando

· 20 hours ago

Excited, and I give thanks to God that there are people like you, excellent and surely this time you have success, I love you Diana!

^ | v Reply Share



Mary Ann Maurer

· 20 hours ago

We are following your progress in West Virginia and are pulling for you. You are an inspiration! Go! Go! Gooooooo!

^ | v Reply Share

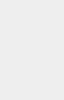


Paul Kulas

· 20 hours ago

Go Diana!

^ | v Reply Share



Sherry Fitch

· 20 hours ago

What an amazing, inspiring woman! Go Diana! We are so excited for you!!!

^ | v Reply Share



Mike and Alison

· 20 hours ago

You go girl, only 40 little miles left. Swim, Swim.

^ | v Reply Share



eywgirl

· 20 hours ago

This is sooooo great to hear. I am so motivated by Diana!!!

^ | v Reply Share



Mercy T

· 20 hours ago

Proverbs 2:6-7 NIV
6 For the LORD gives wisdom, and from his mouth come knowledge and understanding. 7 He holds victory in store for the upright, he is a shield to those whose walk is blameless,

^ | v Reply Share

Fred H

· 20 hours ago

GO DOLPHIN LADY!

^ | v Reply Share

Lisa Laudani Stripo

· 21 hours ago

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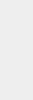
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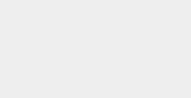
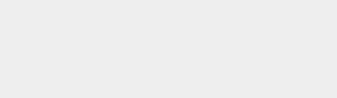
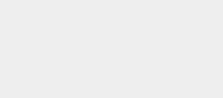
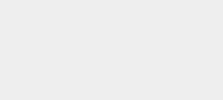
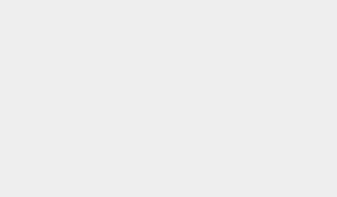
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Diana's swim is made possible due to the generous contributions of:



Build and designed by Brass Nine Design