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Diana Nyad Xtreme Dream

103 miles. Cuba to Florida. Summer 2012

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Shared Dreams

Posted by Xtreme Dream Team on Jun 29, 2012 in [Blog](#), [Slider](#) | [6 comments](#)



Penny Palfrey has begun her journey across the Florida Straits, having swum out of Cuba at about 7am today. Penny is no doubt the most accomplished ocean swimmer of this era. Her pedigree list of formidable swims worldwide is long and extremely impressive. Nobody perhaps knows better than I what an epic achievement in the world of endurance events this Cuba-to-Florida Swim is. And nobody more than I will applaud Penny if she makes it across to the Florida shore. Even if she doesn't make it, I extend my heartfelt admiration to both Penny and her crew.

For me, this lifelong Dream is not a race. It's not a competition. No matter who completes this almost mythic feat....before me, after me....should be lauded in heroic terms.

Swimming to the States from Cuba was a vision I had as a nine-year-old, standing on a beach in Ft. Lauderdale. I tried way back in 1978, in my prime, and failed due to horrendous weather conditions. I

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Diana's Tweets



- Have you seen the latest [#XtremeDream](#) update videos? <http://t.co/L6U2rykt> about 14 hours ago from [HootSuite](#)
- Congratulations to Penny Palfrey for her valiant efforts. We all realize what a daunting stretch of sea lies between Cuba and Florida. [about 19 hours ago](#) from [HootSuite](#)
- The entire team is out checking the boats needed for the Xtreme Dream. Everyone (the dog included) is ready for action! <http://t.co/YxPO0cRU> 08:00:15 PM June 30, 2012 from [HootSuite](#)
- A quick blog update from Bonnie, and another warm wish to [@pennypalfrey](#) <http://t.co/K9kWoQhj> 06:33:56 PM June 30, 2012 from [HootSuite](#)
- ...Right now, Diana and I are staying focused on Diana's swim. We are in tunnel vision mode." Bonnie Stoll Head

tried it yet twice again, beyond my prime....at age 62....last year.... only to fail twice again, both times debilitated by potentially fatal jellyfish stings.

Handler/trainer 05:20:28 AM June 30, 2012 from web

This Dream lives deep in my soul. It's far beyond a sporting event, a chance to etch my name in the sand books. This Dream has become an emblem of how to live one's life....committed, impassioned, and brave. And this is the message I carry to all of you out there who have rooted for me. I sincerely care

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about your Dreams. We are a more vital society, a happier people, when we live out our individual potential.

When I walk up onto that Florida shore this summer, at long last, I want to look back over that vast stretch of ocean toward Havana, the same stretch I gazed at some 50-plus years ago, and have NO REGRETS whatsoever. I want the grand experience of Never Giving Up. And as metaphor for our lives in general, isn't this a magnificent goal....to get to the end with **NO REGRETS?**

I say to Penny Palfrey, with profound respect, as I say to myself and my Xtreme Dream Team as we prepare for our own Cuba expedition, as I say to each and every one of you out there, chasing your own Dreams.... **ONWARD!**

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6 Comments



Katherine

Diana you are a class act.

June 29, 2012

Reply



Loren

I am looking forward to watching you swim your dream ... you are a role model and a constant reminder to never give up ... thank you for being you !!!

June 29, 2012

Reply



Lea Ann

Diana, you landed the most important message of all, we are ALL in charge of our regrets, those are choice points. Remorse is different, disappointments can be out of our control, but regrets are not, and those we do or do not take to our grave. My sister, THAT is what it's all about and reaching for your dreams is part of that IMHO, but not as important of living as life without regret. Those are choices, may we all make them well. Peace and godspeed towards the other shore.....

June 29, 2012

Reply



Lea Ann

p.s. you are not "chasing" a dream Diana, you are embodying it, and we are all watching. You and the dream are one. Yes there is a goal, but that is something different. You are actualizing your dream, creating and training for it to happen is such a fiercely courageous way – that is embodiment, that is not a chase. it lives inside you, as much as outside....and all our dreams live in our heart's and souls,

June 29, 2012

not on land, not on sea, but in our most essential selves, humbly, respectfully and deeply. As you said, this is not a race, there is no chase, you invented the dream and it is your sacred journey for which you have worked so very hard, for which you have showed us your true feelings, of the hard knocks, the tears of disappointment and the fearlessness of a true champion. We are all with you Diana, all over this globe, one again and will be always.....no matter the outcome. Peace

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Reply



Vasanti, 55

June 29, 2012

Great spirit, Diana, great inspiration, all the best for both of you!

Reply



Don McCumber

June 30, 2012

Bravo, Diana – well said! Good luck to Penny Palfrey – be safe!!! This is an incredible undertaking. I look forward to being a part of your swim, very soon, Diana. ONWARD!!!

Reply

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Diana Nyad's Xtreme

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a is more than a swimmer.
s a beacon of hope to us all
that we can dream big, live life
large, and look back at all of it with
no regrets whatsoever."

- Bonnie Stoll: "We are in tunnel vision mode"
- Help Diana Nyad!
- Shared Dreams
- Sometimes life seems unfair, so what are you gonna do?
- Dr. Angel Yanagihara

- Ian on Bonnie Stoll: "We are in tunnel vision mode"
- JJ on Bonnie Stoll: "We are in tunnel vision mode"
- Sharon from Pasadena, CA on Bonnie Stoll: "We are in tunnel vision mode"
- Don McCumber on Shared Dreams

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