

http://diananyad.com/on-the-beach-at-long-last

Go

MAY

JUN

AUG



5 captures

18 Jun 2012 - 2 Aug 2025

2011

18
2012

2025

About this capture



Search this site...



Diana Nyad Xtreme Dream 103 miles. Cuba to Florida. Summer 2012

HOME RECENT NEWS TEDMED HUFFINGTON POST ABOUT DIANA BLOG BRAVABODY CONTACT
2012 TRAINING PRESS

Home » 2012 Training » On the Beach at Long Last

On the Beach at Long Last

Posted by Xtreme Dream Team on Jun 14, 2012 in 2012 Training, Blog | 13 comments

We have not been able to archive the video associated with this YouTube page.

As my head handler has researched it, the extreme endurance athletes try to accomplish one monumental climb, or run or swim before they tackle The Big One. Obviously, there is no logic to completing the Dream epic distance as training. If you had that in you, you'd just do the Dream Event. But they say that 1/2 the time or distance is a great barometer of where you stand.

To that end, my core Team and I embarked yesterday morning on a 24-hour swim here at my training camp in St Maarten in the Caribbean.

Bonnie was here, along with our new Team handler Allison Milgard. Mark Sollinger, our Ops Chief, put together all the logistics: boats, navigation plans, provisions, His wife, Angie, is also one of my handlers. Mark and Angie have been outrageously generous with their commitment of time, resources and deep caring during these long training swims for two years here on the island.

Archives

Select Month ▾

Diana's Tweets



- Looks like infants can swim too. To the moms out there - at what age will you take your kids for swim lessons?
<http://t.co/o0MwQEbJ> 05:25:08 PM June 16, 2012 from HootSuite
- It may be extreme & challenging, the prep for Cuba, but it is a joy to throw our best selves into it. <http://t.co/AIKiFzNQ> We're ready!! 02:05:11 AM June 16, 2012 from HootSuite
- RT @wsudiscovery: After a tough 24-hour swim, @diananyad says she's ready for Cuba. <http://t.co/7N0zRSvR> 08:45:02 PM June 15, 2012 from HootSuite
- @carlconorton Now just image being in the water! Let's look forward to Cuba! 08:30:46 PM June 15, 2012 from HootSuite in reply to carlconorton
- @lizzie0904 You support means a lot to me. Let's keep pushing towards Cuba!

I strode into the ocean, off La Samanna Hotel (one of my sponsors) beach yesterday morning at 9:07 a.m. The water was 79 degrees, a bit on the brisk side for me when it comes to these many hours of continuous swimming. Since this was a full "dress rehearsal" for Cuba, we pulled out all the jellyfish gear (my custom suit made by FINIS, an innovative tech swim company) and made sure to use all the communications we will use coming across from Cuba.

5 captures

18 Jun 2012 - 2 Aug 2025

Unlike the Cuba Swim, where we will wait for an ideal weather window for the best chance of success, yesterday we embarked on the 24 hours, no matter the conditions....and the conditions were downright cruel. One hour in, the wind whipped up and, except for a few calm hours in the wee morning, it was a battle all day long. I was very seasick, vomited violently two times, tired hard to rehydrate in the water but felt very sick almost the whole way through.

I feared losing consciousness in the night, losing ability to focus on the lights, confused as to where the boat was, hallucinating as to what my surroundings were.

Bonnie was incredible. She somehow talked me into taking down some cold pasta and as much water with electrolytes as my upset system would allow. She told me we needed to get to morning light and then there would be hope. She was right. As the stars were engulfed with the midnight blue of the dawn, I was still very upset to my stomach but it was then that I knew somehow I could keep swimming to the 24-hour mark.

The extreme nausea drained me of strength. And I felt much worse when I tried to put my usual effort into each stroke. Just to make it to the end, I slowed down and made the exertion as light as possible. Frankly, I was hanging on by a mere thread for a few hours there.



But now it's done. I shed some tears on the beach at the end, as you can see here. Actually, the few people who gathered...and my Teammates.....did their own share of crying. It's an emotional thing to go through, as well as to witness, when an individual summons the depth of the human spirit.

I wish it had been an easier 24 hours. I had imagined cruising through, buoying me with confidence that 24 hours at this point in my training is almost nothing. Well, it was a big something, this particular 24. I need to be proud of myself for making it, given the very rough seas. I'm certainly proud of my Team. I may look like the lone swimmer out there but, trust me, this is truly a Team expedition, everyone pulling their weight, everyone as heart-driven as I am. It may be extreme and challenging, the prep for Cuba, but it is a joy to throw our best selves into it.

[f Share](#) [Tweet](#) [share](#) [share](#)

13 Comments



Laura B.

June 14, 2012

You are a true champion Diana! I cried for you too, the pain had to be terrible for everybody. But you did it!! Be very proud of yourself today and always! Courage and onward!

Reply

[5 captures](#)

18 Jun 2012 - 2 Aug 2025

MAY

JUN

AUG



18



2011

2012

2025

About this capture



Ian

June 14, 2012

You a dream come true Diana Nyad, God Bless you.

Reply



Ginger

June 14, 2012

Well done!!!!!! I can't even wrap my head around it. You rock.

Reply



Deirdre Rose

June 15, 2012

A huge pat on the back, Diana and team!! Also, thank you for explaining how the 24 hr swim works into the training for an endurance athlete; that was interesting to learn and something I'd wondered about.

I was also thinking that since this particular swim was in conditions that were less than optimal, and the battle was more like a war than a skirmish, I would hope that all of you would feel even more confident about Cuba than if this swim had felt like smooth sailing; if you can fight through those conditions and succeed... this was a true testament to the strength, training, and capabilities of the entire team.

I don't know how you WALKED onto the beach, Diana, I fight gravity after 2 hours in a pool! Truly, you are my heroine! xoxo

Reply



Kori

June 15, 2012

Ahhhh Diana you are amazing and so flippin' tough!! Way to push through and overcome the obstacles and rough seas you faced! You truly are a champion and an inspiration to us all!! Great job and way to go team!! Awesome.

Reply



Leslie Peck

June 15, 2012

Atta Girl! You are amazing.....

Reply



Anne

June 15, 2012

I'm trying to imagine the measure you and your team can take of yourselves. You are all amazing. Seeing this video of you walking up onto the shore after 24

ruthless hours is heartrending and heartening at the same time. Thank you for giving a glimpse to how much a best self can be capable of doing and is capable of doing.

[5 captures](#)

18 Jun 2012 – 2 Aug 2025

Reply

MAY

JUN

AUG

2011

18
2012

2025



About this capture



WendyZ

June 15, 2012

OMG... Diana, you are amazing, an inspiration and one tough cookie!!!
Godspeed and full speed ahead!!!

Reply



Jerome Jewell

June 15, 2012

Diana: You continue to inspire us, relentlessly....beyond words. Winston Churchill once said, "When you're going through hell, keep going!". And that you do.
Congrats on the 24-hr mark, against rough seas. I/We will ALWAYS be rooting for you.

Reply



Lynn

June 15, 2012

Diana you are an inspiration to so many. I read about your training for the 1st crossing and began following you. I was just beginning to run. I used your strength when I was tired by thinking about you swimming. If Diana can do those distances, running 6 miles is nothing. Last I month I crossed the Grand Canyon rim to rim to rim in two days. The second day was 110 out and my feet were in so much pain every step was like stepping on glass. Again I thought of you and I said Diana would't quit and there are no jelly fish so quit whining and keep going.
Thank you for all you inspire others to do!

Reply



Beth

June 15, 2012

Dear Mighty One,

I wept while watching you walk up on the beach after your 24 hour!! swim. I could hear your cells clammering. I could feel your muscles trying to work once again on land, vertical, OK getting the messages, but we are tired and taking our time here!! So go slowly.

You inspire the fire. What can I say?

Great work!

Screw 62. Who knew?? The myth of old age, you surely just blew. You are a myth breaker, earth shaker, fin laden swim maven.

Go go go.

Reply



Karen Christensen | The Legacy Boutique

June 15, 2012

We all love and honor you! xoxo KJ

Reply

[5 captures](#)

18 Jun 2012 - 2 Aug 2025

MAY

JUN

AUG



18



2011

2012

2025

▼ About this capture



Mara

June 16, 2012

You do possible what seems impossible! we honor you!

Reply

Leave a Comment

Name

Mail (will not be published)

Website

Your message...

Submit

Dream

5 captures

18 Jun 2012 – 2 Aug 2025

that we can dream big, live life large, and look back at all of it with no regrets whatsoever."

- 24 Hours Later, Looking To Cuba
- 24 Hour Swim Ahead
- The Xtreme Dream Team Prepares For The 24 Hour Swim
- Jon Hennessey: Xtreme Dream Team Member

- ann on 24 Hours Later, Looking To Cuba
- Later, Looking To Cuba
- Mara on On the Beach at Long Last
- Karen Christensen | The Legacy Boutique on On the Beach at Long Last
- Beth on On the Beach at Long Last

MAYJUN18AUG

201120122025

⦿ ? ✕

f t

About this capture

- April 2012 (12)
- March 2012 (21)
- February 2012 (7)
- January 2012 (9)
- December 2011 (7)
- November 2011 (1)
- October 2011 (17)
- September 2011 (43)
- August 2011 (36)
- July 2011 (20)
- June 2011 (11)
- May 2011 (15)
- April 2011 (4)
- March 2011 (2)
- February 2011 (1)
- January 2011 (2)
- October 2010 (3)
- September 2010 (7)
- August 2010 (14)
- July 2010 (13)