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The Xtreme Dream Team Prepares For The 24 Hour Swim

Posted by Xtreme Dream Team on Jun 13, 2012 in 2012 Training, Blog | 1 comment

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

The Cuba Swim, for myself and anyone else who either crosses or even attempts it, is an epic venture.

One could easily call it the Everest of ocean swimming. Yet, as daunting as the distance, the huge current, the sharks, the deadly jellyfish, all of the journey is.....it is still the training that is most worthy of respect.

I started in the fall of 2009 so we are now approaching three long, arduous years of pure focus, unwavering commitment. And this, the commitment of one's best self, is precisely what I intended to come of this Xtreme Dream.

There are many valued Teammates with me on this quest. You know these, my most intimate partners, Mark and Angie Sollinger and Bonnie Stoll.

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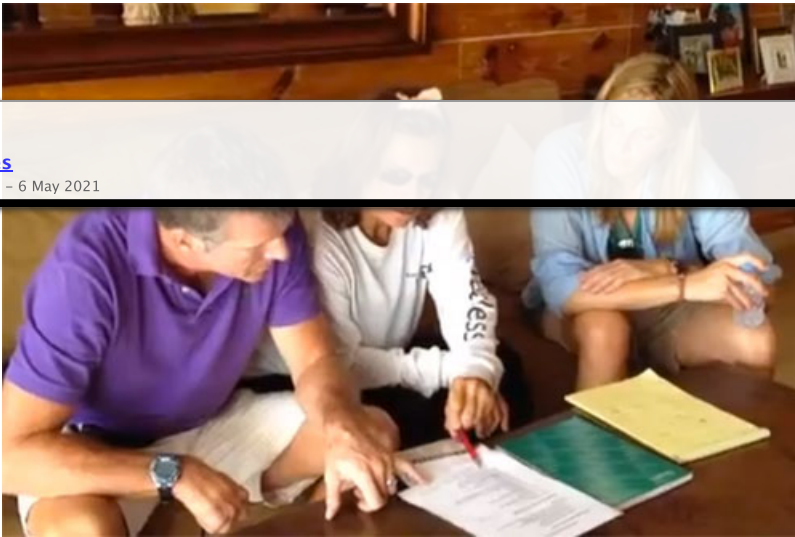
Diana's Tweets



- To prevent what happened last year, my team is doing a Jelly Fish session this weekend. <http://t.co/L01y2rlf> about 44 minutes ago from HootSuite
- RT @betsykrw: The KCRW Daily is out! <http://t.co/xtmjFzV6> Top stories today via @BetsyKCRW @chuckp8 @diananyad about 1 hour ago from HootSuite
- @anngaff That sounds great. I wonder how common those classes are. about 1 hour ago from HootSuite in reply to anngaff
- @kimberleyswims Awesome story. Your victory will surely have a ripple effect of motivation and inspiration for others about 1 hour ago from HootSuite in reply to kimberleyswims
- RT @kimberleyswims: @diananyad Thank you for inspiring me to write this little piece "Raising my bar" :

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One Comment



Mike Lewis

June 14, 2012

Good luck Diana – you're going to do great in this training swim!

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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

- Axel on On the Beach at Long Last
- To Cuba
- Laura B. on 24 Hours Later, Looking To Cuba
- Ian on 24 Hours Later, Looking To Cuba
- Karen on 24 Hours Later, Looking To Cuba

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