

http://diananyad.com/jon-hennesse/

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

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Jon Hennessey: Xtreme Dream Team Member

Posted by Xtreme Dream Team on Jun 3, 2012 in 2012 Training, Blog | 3 comments



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Diana's Tweets



- The tracking map has been updated!
<http://t.co/da64jNfz> about 5 hours ago from HootSuite
- The 24 hour training for "The Swim" from Cuba to Florida on!
<http://t.co/u7bnjQK4> about 5 hours ago from HootSuite
- Thanks for all the support of Diana's Xtreme Dream! You guys rock! about 5 hours ago from HootSuite

Meet my old, dear friend Jon Hennessey. One of the sweet and novel aspects of this Xtreme Cuba Dream of mine is that several individuals who were with me on the 1978 expedition back in the day are still part of the team today.

What an unusual situation for an athlete, to be immersed (quite literally) in a world-class experience 34 years after one's supposed prime. But I am again in the sea. And Jon is again on the boat.

In his own words, here's Jon's blog which he wrote last week as we trained down in Mexico:

My wife Deborah and I have known Diana since 1976. We met at the Fifth Avenue Racquet Club in New York City where we all played squash. Squash was the

common denominator initially, but we shared a number of other interests and became fast friends over the past 30 plus years.

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the coast of Puerto Morelos, Mexico. I am teaming with Tim Wheeler, Diana's nephew providing Diana with all of her hydration and nutritional needs during the swim. This is Diana's second training swim this week as she prepares for a 24-hour training swim in a couple of weeks.

I have been one of Diana's Trainers dating back to her initial attempt to complete the swim from Cuba to Key West in 1978. My wife Deborah and I were both part of Diana's Team when she successfully completed a 102 mile swim from Bimini to Florida.

When I think about the planning and preparation for the 1978 and 1979 swims, the boat, the Team, comprised of the Trainers, the navigator, the weather and current experts, Diana's hydration and nutritional requirements, it's interesting how so much has changed for her upcoming swim based on all of the experience she has gained about sharks, jellyfish, the unpredictable currents and the fickleness of Mother Nature. As a member of Diana's Team, I realize how much better prepared Diana is to complete the Cuba to Key West swim in 2012. Diana has modified her diet in recent years so that her body can remain strong over the duration of the swim. The individuals responsible for navigation, weather and currents, the boat drivers for Voyager, the kayakers and shark conservationists, along with the four Trainers and Operations Manager are experienced individuals with years of knowledge and experience in the waters off the coast of Florida and Cuba. The Voyager is ideally suited for the Trainers to have ready access to Diana when she makes her feeding and hydration stops.

Once the signal is given by the individuals monitoring the weather and currents, Diana will walk off the beach in Cuba knowing that all of her training and the preparedness of the Team will provide her with the best opportunity to walk up on the beach in Florida.

Diana's journey has come a long way since 1978 in a very positive way. Diana's experience from previous swims has her much better prepared both mentally and physically. She has a much better understanding of how to pace herself, and more importantly how to listen to her body as she encounters changing weather and water conditions.

The Team feeds off of Diana's positive outlook and recognizes the need to operate efficiently, seamlessly working together to support all of Diana's needs. Onward and upward!

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3 Comments



Ginger

June 4, 2012

great blog. I am biting my fingernails waiting for "the Day". Good to know you are surrounded by such loving and competent people.

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June 5, 2012

naturally like your web site however you need to take a look at the spelling on quite a few of your posts. Many of them are rife with spelling issues and I to find it very bothersome to inform the reality then again I will certainly come back again

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Jean golden

June 8, 2012

Thanks, Jon, for taking such good care of our beloved Diana all these years. She will need your strength and vigilance this summer. We are counting on you.

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a is more than a swimmer.
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."

- 24 Hour Swim Ahead
- The Xtreme Dream Team
- Jon Hennessey: Xtreme Dream Team Member
- Presidential Medal of Freedom Honoree Pat Summitt
- CNN Behind the Scenes

- Tressa on 24 Hour Swim Ahead
- Jane on 24 Hour Swim Ahead
- Ginger on 24 Hour Swim Ahead
- John Griffin on 24 Hour Swim Ahead
- Kristine on 24 Hour Swim Ahead

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Xtreme Dream. For Diana Nyad's representation please contact Pam Derderian