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About this capture



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

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2nd Graders Visit Training

Posted by Xtreme Dream Team on Apr 4, 2012 in 2012 Training, Blog | 2 comments



2nd Graders on a field trip stop by our 10-hour session. They swooped in on their catamaran just as I was stopping for a feeding so Bonnie and I told them a few things about how we go about eating and drinking. They

were very curious and wished me hearty good luck as they resumed their outing.

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Archives

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Diana's Tweets



- @starducks24 That's great to hear! Do you feel more energized at work now? about 6 hours ago from HootSuitein reply to starducks24
- Bonnie is such a huge help! She knows just what I need. <http://t.co/LqQ2KC6R> about 9 hours ago from HootSuite
- What an honor to be received so kindly by such a great group of people. Talk about #motivation! <http://t.co/wCmZw7bL> about 9 hours ago from HootSuite
- See what happens when you have such an outstanding team beside you?! <http://t.co/anEVtKdx> about 12 hours ago from HootSuite
- Footage of me toughing it out in some rough water. These 10 hour swims are long but #empowering! <http://t.co/DMyvHvqt> 10:40:03 PM April 05, 2012 from HootSuite

Then Bonnie dabbed me with some non-chafing lanolin and off we went for the rest of the afternoon. I stop every 90 minutes or so for some hydration and energy boost nutrition. I can't tell you how much I look forward to talking to Bonnie and Mark and Fred, sharing some ideas, some fun stories. We were joking about Bonnie's mother's Brooklyn accent this day. So the kids coming by for a couple of minutes

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7 Apr 2012 a welcome diversion.

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2 Comments



Janis

You rock Diana! Keep workin it out girl! 😊

April 5, 2012

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Sam the Cheerleader!!!

Your message...

April 5, 2012

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Diana Nyad's Xtreme

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7 Apr 2012

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."

- The Core Team
- Swimmer-Handler Dynamic
- 2nd Graders Visit Training
- Bonnie's Back: Xtreme Dream 2012 Training
- Connecting with the folks at Lifespan

- Michinstant on One Month Later
- Sam the Cheerleader!!! on 2nd Graders Visit Training
- Ginger on 30 Mins to Go
- Hadar on 30 Mins to Go
- Janis on 2nd Graders Visit Training

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