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The Camelback & Chafing

Posted by Xtreme Dream Team on Apr 2, 2012 in 2012 Training, Blog | 1 comment

The rules of the sport are that you cannot get out onto the boat. Nor can you hold on, nor hold other flotation aids such as ropes or rafts or kayaks or the like.

But you need fuel for these long hours. So you come close to the boat so your handlers can help you with whatever you need. Here's another thing we didn't have back in my first go-round in this sport, the 1970's. The camelback.

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Rather than try to hold a cup up over the surface, making sure salt water doesn't contaminate your drink, taking all that muscular energy for the leverage it takes to keep one arm high up, we now use the sipper system of the Camelback. I can simply bite on this hose and take in as many fluids as possible on each stop.

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Diana's Tweets



- @annerichter15 Thanks for the invite. Could be an option after my Cuba swim. We shall see. [about 11 hours ago](#) from HootSuitein reply to annerichter15
- @looksurlly Great. Any other music suggestions? [about 11 hours ago](#) from HootSuitein reply to looksurlly
- RT @safekidsports: CA bill #AB1628 going 2 vote Tue: bckgrnd checks 4 coaches, mndatory repting, extends SOL @WagnerforAD70 blocking [about 11 hours ago](#) from HootSuite
- I spooked the team a little with my internal clock. Now if only I could turn the thing off. Or put it on snooze! <http://t.co/MfB8J0Zp> [about 15 hours ago](#) from HootSuite
- @looksurlly I enjoyed that performance. Thanks for sharing. Have you seen them live? [02:35:59 PM April 20, 2012](#) from HootSuitein reply to looksurlly

The Camelback hose flows only one way so I can let it go and when floating in the ocean, it won't allow any intake of salt water through the mouthpiece. My handler holds the bag up higher for a faster flow, down low to slow it down.

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About this capture

'round the clock to heal those so that I can get in this week's series of training swims.

Mark has been vigilant about observing me both while I'm swimming and when I stop for feeding. If there is a trace of red, showing thin skin and blood close to the surface he takes a rubber glove, smears it with Anhydrous Lanolin and coats the area liberally. Made it through the first if the 10-hour swims with no further chafing to these injured areas. A relief.



One Comment



Hadar

April 3, 2012

Wow, that's a great idea! I have one of those for backpacking, but it never occurred to me to use it for feedings, and it's absolutely brilliant for that purpose!

You're doing everything right, Diana. Swim on! I'm cheering for you from San Francisco.

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Diana Nyad's Xtreme

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

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- Whistle
- A belated Happy Passover and Easter
- Mark & Fred Pass the Time
- The Core Team

- Laura B. on Like A Metronome
- sullynyc on Like A Metronome
- Sally Henshaw on Training in Saint Maarten: Simpson Bay Lagoon
- Joanne on Whistle
- Laura B. on Whistle

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