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Diana Nyad Xtreme Dream

103 miles. Cuba to Florida. Summer 2012

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The Streamer in Action: Diana Nyad's Xtreme Dream 2012 Training

Posted by Xtreme Dream Team on Apr 1, 2012 in 2012 Training, Blog | 0 comments

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Now here's that white sailcloth streamer in action. Can you see how clear it is under the surface. Keeps me about 15 feet from the boat and I'm never off course any more. Seems simple.....but it's an innovation I swam that entire decade of the 1970's without. Think of all the mileage I could have saved myself!!!

photo by Christ Barli



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Diana's Tweets



- @starducks24 That's great to hear! Do you feel more energized at work now? about 14 hours ago from HootSuitein reply to starducks24
- Bonnie is such a huge help! She knows just what I need. <http://t.co/LqQ2KC6R> about 17 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 17 hours ago from HootSuite
- See what happens when you have such an outstanding team beside you?! <http://t.co/anEVtKdx> about 20 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

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Diana Nyad's Xtreme Dream

"Diana is more than a swimmer. She'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."

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- Connecting with the folks at Lifespan

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