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

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The Pole: Xtreme Dream 2012 Training in St. Maarten

Posted by Xtreme Dream Team on Mar 29, 2012 in 2012 Training, Blog | 1 comment

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Back in the '70's, all through my marathon swimming career the first time around, I always had trouble tracking the escort boat next to me. That boat sets the most direct course. It's up to me to follow IT, not the other way around.

But I get drifting WAY OUT. Your mind starts to wander. You're lifting your head to breathe some 55 times a minutes so you don't always have an easy focus on the boat, nor the people on board. If there is any slight chop at all, your sight line at the very surface allows you to see nothing other than water.

So when I started on this Cuba Swim Xtreme Dream, I was again drifting as much as a quarter mile away from the boat. Think about it. You swim so many miles, not only toward your destination, but now you're adding on countless, useless meters and even miles, by going away from the boat and back again.

Archives

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Diana's Tweets



- My #XtremeDream team is the best! They rigged a brilliant little device to help me stay on course during my swim! <http://t.co/G63arRcW> about 53 minutes ago from HootSuite
- @100inbarbados Thanks so much! I'm so pleased that you find inspiration in what I do! Chase your #XtremeDream! about 3 hours ago from HootSuitein reply to 100inBarbados
- @bicyclelab Thanks so much! about 5 hours ago from HootSuitein reply to BicycleLab
- @carlenebyroncom I'm glad I managed to inspire someone. Remember, pain is temporary! 08:43:53 PM March 29, 2012 from HootSuitein reply to CarleneByronCom
- @mrcleome Thats the message I hope to give, no matter your age you can do what you set your mind to! Thanks for

listening! 06:47:06 PM March 29, 2012
from [HootSuite](#)in reply to [mrcleome](#)

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▼ About this capture

A swimmer wearing a blue cap and a red and pink swimsuit is captured mid-stroke in the water. The water is dark and choppy, with white foam from the swimmer's movement. The swimmer's head is above water, and their arms are extended forward.

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One Comment



Ginger

Think that is so smart. I just keep thinking that it is unfortunate that you have to remember where you are. I think it is one reason I enjoy the spinning bike so much. I don't have to pay attention to anything.

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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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- A Celebration of Aging with Lifespan in Rochester
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- Mark Sollinger, My Close Friend & Xtreme Dream Ops Chief

Recent Comments

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- Ginger on The Pole: Xtreme Dream 2012 Training in St. Maarten
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- Ginger on A Celebration of Aging with Lifespan in Rochester

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