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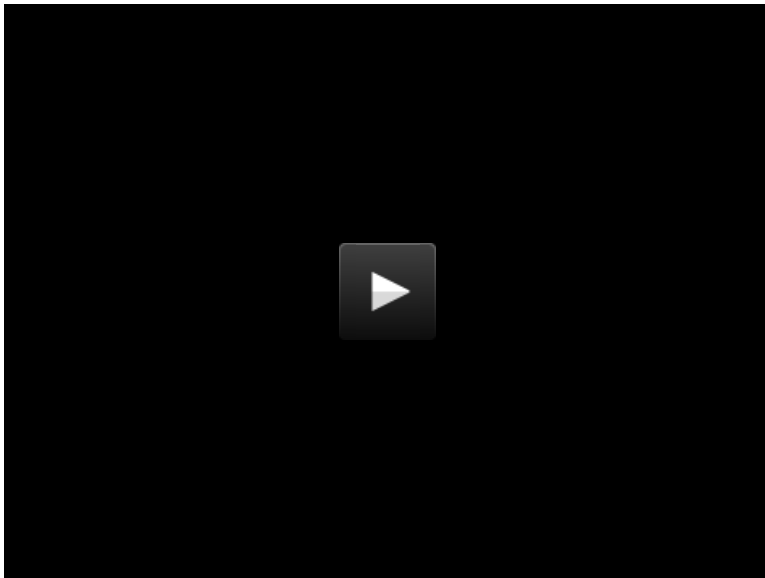
Diana Nyad Xtreme Dream 103 miles. Cuba to Florida. Summer 2012

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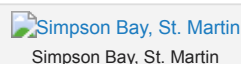
Training in Saint Maarten: Simpson Bay Lagoon

Posted by Xtreme Dream Team on Mar 28, 2012 in 2012 Training, Blog | 2 comments



St Maarten, half French, half Dutch is one of the larger of the Caribbean islands. The sea is a gorgeous azure blue, especially magical as seen from the heights of the island's mountains.

But this time of year the sea has not reached 80 degrees yet. Still hovering around 78. That sounds plenty warm but it's just slightly chilly to the touch. Most U.S. pools, for instance, maintain 80 for lap swimmers, and they're only swimming an hour or so.



Simpson Bay, St. Martin

But for this stage of training for me, 10 hours each time out, I'm shivering in 78 after just short while. So the lucky thing is that St Maarten has this interior Simpson Bay while is not only protected wind-wise but is shallow around the shores. We're training mostly in the Bay at this point.

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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 56 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

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Laura B.

March 28, 2012

It sounds warm enough, 78 degrees but it's on the cool side. Being in the water for 10 hours is a long time but you can do that and more Diana! And you make it look so easy! Take very good care of yourself.

Reply



Cayce Clifford

March 29, 2012

It's a beautiful, beautiful place! Keep warm!

Reply

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Dream

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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."

- The Pole: Xtreme Dream 2012
Training in St. Maarten

Simpson Bay Lagoon

- A Celebration of Aging with
Lifespan in Rochester
- Training in St. Marteen: Morning
Start
- Mark Sollinger, My Close Friend
& Xtreme Dream Ops Chief

- Cayce Clifford on Training in
Saint Maarten: Simpson Bay
Lagoon

- Ginger on The Pole: Xtreme
Dream 2012 Training in St.
Maarten
- Dick from Rochester on A
Celebration of Aging with
Lifespan in Rochester
- Laura B. on Training in Saint
Maarten: Simpson Bay Lagoon
- Ginger on A Celebration of
Aging with Lifespan in
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