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

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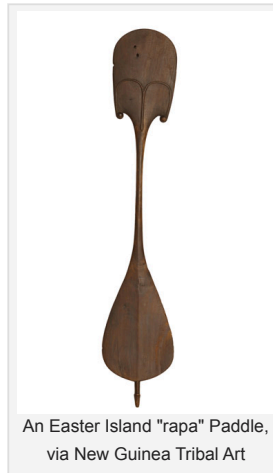
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Paddles in the Water

Posted by Xtreme Dream Team on Mar 19, 2012 in 2012 Training, Blog | 2 comments

Diana is in Saint Marteen training for her 2012 Xtreme Dream swim from Cuba to Florida this summer. So many challenges will be waiting for her: weather, currents, jellyfish and a million unknown factors as well. One thing she has full control over is her own physical and mental conditioning. As her training progresses towards Cuba, she's reporting back to us on her progress.

One critical component of swimming 100+ miles are the "paddles" that will propel her forward. Her hands, while not the dolphin size flippers on Michael Phelps, are more than up to the challenge. For 60+ hours and hundreds of thousands of strokes, they will pull her body across the ocean to reach the other shore.



An Easter Island "rapa" Paddle,
via New Guinea Tribal Art

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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 3 hours ago from HootSuite
- @100inbarbados Thanks so much! I'm so pleased that you find inspiration in what I do! Chase your #XtremeDream! about 6 hours ago from HootSuitein reply to 100inBarbados
- @bicyclelab Thanks so much! about 8 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



Laura B.

March 19, 2012

I'm always amazed at what the body will do when asked of it! Your body is stepping up, doing everything you expect it to – adapting. You are so going to do this!! As for being a hand model, there's nothing you can't do with your fantastic attitude! Take care, all the best.

Reply



Ginger

March 21, 2012

I never thought about swimmers' hands before. It does confirm yet another reason why I am an incompetent swimmer. I wear X-Small gloves. Tiny little paddles. Also had not heard the OJ knuckle push-up story. Figures.

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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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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 Rochester

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