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The Reality Of What I'm Going Through

Posted by Xtreme Dream Team on Mar 13, 2012 in 2012 Training, Blog | 7 comments

It's not ever pleasant to be witness to bad skin problems so please forgive me if these images are hard to take. I just want to share with you the reality of what I'm going through at the moment. In order to protect my skin from jellyfish venom, I'm trying a number on long suits, as opposed to the freedom of simple bathing suits.



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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 7 hours ago from HootSuite
- @100inbarbados Thanks so much! I'm so pleased that you find inspiration in what I do! Chase your #XtremeDream! about 10 hours ago from HootSuite in reply to 100inBarbados
- @bicyclelab Thanks so much! about 11 hours ago from HootSuite in reply to BicycleLab
- @carlenebyroncom I'm glad I managed to inspire someone. Remember, pain is temporary! 08:43:53 PM March 29, 2012 from HootSuite in 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 [HootSuitein](#) reply to [mrleome](#)

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Here in St Maarten first day of training a few days ago, I tried what's called an Italian paper suit. Seems soft as can be. Incredibly lightweight. But the seams under the arms split right away. I kept the suit on until the first short feeding stop, which was at 90 minutes. Look at these severe burns that developed from the skin rubbing each stroke against the splits in the fabrics, all exacerbated by the friction of the salt water. This all happened in just 90 mins.

First is the left underarm. Second is the right.

I continue to train but we're not celebrating that the shoulders are in good shape, that I seem to be in FAR better shape overall than at this time last year.....we're dealing with the potentially incapacitating result of this severe chafing. We can't afford these burns to get any worse.....and we certainly can't afford ruptured wounds and potential infections. I remember the great boxer [Floyd Patterson](#) finishing the New York Marathon, where he was revered, being from New Jersey, and the front of his racing singlet was dripping with blood. That was from his nipples rubbing against that fabric the entire 26.2 miles. When I first covered the [Race Across America](#) bicycle race there was one rider who developed saddle sores in the form of large blood blisters. After Day Three, he simply could not touch his fanny to the saddle. His team cut the leather of the seat but it was that chafing, not the grueling riding itself, that wound up his biggest enemy.

It seems every endurance athlete, with extreme numbers of repetitions, wind up dealing with chafing. And that's where I am right now.

~Diana



7 Comments



Ginger

March 13, 2012

Well I've had chafing before but you win!!!! Hope you heal fast and that your training stays on track. I imagine cursing in French is much more satisfying.

Reply

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Dee Dee

March 13, 2012

Sometimes my friends tell me that they think endurance athletes are slightly nuts

and perhaps it's true, but in the best possible of ways.

Chafing is the worst so I'm wishing you a speedy 'heal quickly'- I'm sure lots of us are sending positive thoughts your way!

Reply

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Mary Wrigley

March 13, 2012

I tried to comment on Facebook but I got a message up saying that I didn't have the relative permissions ... anyway what I wanted to say was that I wish there was another solution that some sort of long suit versus the [relative] comfort of a regular swimsuit 🐬:(

Reply



Mary Wrigley

March 13, 2012

... but I have now managed to post it (the message) successfully!!! 😊

Reply



Laura B.

March 13, 2012

I'm very fair – white skin, blue eyes. When I was living and working in Hawaii, the sun was brutal, I was always burned and what helped most was the oil from the kukui nut. Maybe it will help you as well..... <http://www.siphawaii.com> has some nice products, might be worth a try. It looks so painful and raw but it didn't stop you from training! You have the heart of a champion, I know you will solve this problem as well! Try not to be discouraged. Take good care of yourself.

Reply



Joanne R.

March 15, 2012

Looks almost as bad as the burns my friend Barb had from her radiation therapy for breast cancer. Silver ointment kept infection away while she healed. Research can be scary stuff. Heal fast.

Reply



NMR

March 15, 2012

Di, what about anything historical to battle these jellyfish? Im talking ancient stuff. I just read the Brendan Voyage which pertains nothing to a distance swim but it became clear that all their "modern" fabrics and tools were useless compared to ancient ones. Did pearl divers battle jellyfish? Is it really possible that they have never been dealt with previously? What about natural fibres like silk?

For your skin, live aloe plant, tea tree oil...
If my comments seem naive grant me slack...I just find that people forget
simplicity in the face of scientific experts...
Heal fast!!

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Reply

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Your message...

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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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