

https://diananyad.com/its-official-the-xtreme-dream-2012-is-on/

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23 May 2012 – 30 Jun 2012



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Diana Nyad Xtreme Dream

103 miles. Cuba to Florida. Summer 2012

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It's official, the Xtreme Dream 2012 is ON!

Posted by Xtreme Dream Team on Mar 4, 2012 in Blog, Slider | 21 comments



It's official, the Xtreme Dream 2012 is on! This summer, I will make the swim from Cuba to Florida, where I will finally crawl up on that shore this summer. I'm a little bit afraid. The pressure's on. This time I've got to make it. I'm excited and finding the best within myself. I want to do this as much for you as for me. I want to live life large and I want you to believe all your dreams are attainable. So here we go!

Archives

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Diana's Tweets



- [@gonesswimmingdan](#) Well aren't you lucky! :) [about 6 hours ago](#) from [HootSuitein reply to GoneSwimmingDan](#)
- [@sunnydaysahead](#) Whoa! That is ALOT of hiking! Remember to stay hydrated! [about 6 hours ago](#) from [HootSuitein reply to sunnydaysahead](#)
- [@thelaurabell](#) Girlfriend camping trip, that sounds like fun. How many days? Have you been there before? [about 7 hours ago](#) from [HootSuitein reply to thelaurabell](#)
- [@starducks24](#) Awesome! Share some photos while you're out there. [about 7 hours ago](#) from [HootSuitein reply to starducks24](#)
- [@rauchjr44](#) Florida is definitely worth the trip at least once but you're definitely much closer to California which is also amazing. [about 7 hours ago](#) from [HootSuitein reply to rauchjr44](#)

It's Official, Diana Nyad's Xtreme Dream 2012 i

Status of this video is unknown at this time

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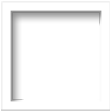
2012

2013

About this capture



21 Comments



Brent

March 5, 2012

Go Diana! So much fun tracking your preparations & hearing you thoughts out loud. I'm re-preparing for my own summer challenge here in Florida, trying to pass the last level of a very difficult financial exam (CFA). Similar to you, we get one shot per year and last year... wasn't my year. Nothing like swimming the Straits but similarly frustrating to have to wait a whole year to try again. But as you say, all you have to do is not quit. Fall down ten times, get up eleven. Go Diana!

Reply



Yvonne

March 5, 2012

This is your year!!! All of the training, years and years of training. It is time. Your higher powers will glide you across the calm waters and get you where it is you want to land!! You go Coach!!!

Reply



Delores age 59

March 5, 2012

Diana, I have been silently cheering you on for the past 2 years, all the while finishing my degree in Education. I am still attempting to pass my last state test before I can do my practicum and gain licensure as a teacher. This has been my childhood dream, and like you it is now within reach! I am currently 60 years old and no longer see that the same way, thanks in part to you. 60 is the new 50 for the baby boomers like us, so we are essentially still in our prime!!! So please continue to sound the trumpet, we are proceeding to the victory lap!!! Delores

Reply



Hadar

March 5, 2012

Yay, Diana! You've inspired me to do a Catalina Channel crossing for my 40th

birthday in two and a half years – I would never have thought to do this if it weren't for your Xtreme Dream!

Reply

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Karen

March 5, 2012

I could not be more thrilled for you, Diana. I'll be watching, cheering, and finding my own ways to do you proud. You are an inspiration!

Reply



Jim Osterman

March 5, 2012

Diana — This is your time. You will make it.

Reply



Dee Dee

March 5, 2012

This is absolutely awesome! You've got all of us cheering you on and I can't even begin to express what a wonderful, motivational woman you are to so many!

I'll be cheering from NYC. Don't worry, you'll be able to hear me!

Reply



Vicki

March 5, 2012

Oh boy- I'm excited!! Yes, you are an inspiration! I am a 56 yo runner who is dreaming big and you help me.. we will make our dreams come true! Thank you and keep rocking it!

Reply



Mary

March 5, 2012

How will you deal with the jelly fish that caused your troubles the last time? Have you come up with a solution to protect yourself?

Reply



Kori

March 5, 2012

You are awesome!! I know you can and WILL do it this year! It's your year and it's your dream...make it come true. GO DIANA GO!!

Reply



Nancy

March 5, 2012



You're an inspiration to all of us, and we all believe in you. Go get 'em!

Reply

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Katherine Hacey

March 5, 2012

Congratulations on your decision, Diana. 2012 is your year – NEVER QUIT!! We will be cheering for you from Maryland. You are an inspiration to so many people.

Reply



Elisa

March 5, 2012

OMG this is so exciting! I am so glad to hear it. Can't wait to follow your journey and see you arrive triumphant on the other side.

Reply



Carly

March 5, 2012

Good Luck Sister!!!! I am holding a vision of you claiming your victory!

Reply



.Al

March 5, 2012

Diana,
I believe you will make it this year. I'm picturing you standing on a Florida beach, arms raised in victory. At age 60 I hope to train for and complete my first marathon this year. I'm also about to begin a new career as a physical therapist assistant. Thank you for your inspiration.

Reply



Zenwomyn

March 6, 2012

I want to support you! Tell us how to get a tee shirt early so I could have it before you swim...BTW...I never got my second one last year, ordered two, received one.
...and Kudos for not giving up! Persistence is definitely your middle name – Hey! That would make a great tee! Diana Persistent Nyad 2012!

Reply



Argo

March 6, 2012

OY. NOT AGAIN! Sleepless nights in August again!? Why do you have to put me through this damn you! Got my t-shirt on, and the pork chops are ready!

Reply



Laura B.

March 6, 2012



You go girl!! Live your dream, love your life! I know you will do it!

Reply

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Wendy B.

March 7, 2012

So very excited for you! You are such an inspiration to so many. I am training for my first marathon at 42 and you have inspired me! Thank you:)

Reply



Leslie Peck

March 8, 2012

Diana, you are amazing! I have been a fan as well as a swimmer since the 70's! Love you and your challenge has inspired me as well!! You see, in 1995 at age 34 I was diagnosed with Stage 2 breast cancer. My kids were young and I was scared. But, my Dad used to come to my house at 6AM so I could leave and go the the local YMCA for a swim before I went to Chemo. It was an amazing coping tool!! It is very cathartic to get in the water and beat the hell out of it for an hour. Fast forward to 2006 (age 46) and the nasty BC hit again in the other breast. Once again I started treatment that lasted a year. In 2008 (six months after finishing chemo) I did an Alcatraz Crossing with Coach Pedro Ordenes in San Francisco. I managed to cross in about 50 minutes!! I placed 132 out of roughly 300 swimmers!

Fast forward again to October 2010. I saw my Dr on a Wednesday, I was scheduled to swim under the Golden Gate Bridge on Sunday.....and when he examined me I felt the air get sucked out of the room.....it was back! Stage 4 metastatic breast cancer. This time in my neck, along my clavicle and blocking the lymphnodes under my arm thus the fluid wouldn't drain from my arm. I had terrible cramps and had to do some of the swim on my back. Back stroke in the ocean sux! But I finished!!! And this time I was 31 out of 32(boo)....but I did it! Swimming has kept me sane over the years and you are my inspiration. To challenge myself this year i am hoping to match your mileage....the 103.....not the training miles (lol). I plan to swim 103 miles this year. I've lost alot of ground with my swimming.....my endurance just isn't what it should be. But I am determined. So, my question after all of this.....have you ever done a Make a Wish? My wish is to meet and swim with you! Someday!!

Train hard Diana.....I know you can do this crossing!! The planets will align, the jelly fish will be somewhere else, Portugese man of War will be back in Cuba.....it'll happen!

You go girl!! I'm cheering for you from New Hampshire!!

Reply



Swimming Vacation

March 9, 2012

DIANA GO AND DO IT! This is an awesome announcement. I wish you best preparations and we look forward to following your strokes, all the way to FL and! Swimmngly

Reply

Trackbacks/Pingbacks

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more here. The best to Diana. You are an inspiration! I followed the last two years and will again this ...

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Your message...

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Dream

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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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- Care
- End of 13 hours
- First Day in Mexico—13 hours
- Got Ensure?

- Al3 on Diana gives a swim clinic in Mexico
- Seja on Diana gives a swim clinic in Mexico
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- alize on Diana gives a swim clinic in Mexico

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