

<http://diananyad.com/one-month-later/>

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About this capture

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Diana Nyad Xtreme Dream 103 miles. Cuba to Florida. Summer 2011

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One Month Later

Posted by Xtreme Dream Team on Oct 25, 2011 in Blog | 38 comments



Photo: Christi Barli

It's a month now since the Dream came crashing down. I frankly had no idea how much time, heart, energy, soul, belief went into these past two years until I didn't make it to the other shore.

Don't misunderstand me. I'm not disappointed in my preparation. The training, the crew, the decisions on weather and shark team and kayak team and navigation were all world-class. I'd do all of that again, just the same way. I'm not disappointed in my courage. Find me somebody.....ocean swimmer, Navy Seal, anybody.....who has been stung by the deadly venom of the Box Jellyfish and continued whatever they were doing. I swam not only after one outrageously painful and devastating sting, but two. Swam for 41 hours. What more can I ask of myself?

Archives

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Diana's Tweets



- Check out [@mikezubi](#), a wonderful and inspiring artist <http://t.co/SeyfYMCB> Is your Xtreme Dream to be a singer? [about 17 hours ago](#) from [HootSuite](#)
- A winner is made of effort, motivation, perseverance and the courage to always push ONWARD. <http://t.co/lxe2FjBh> [about 18 hours ago](#) from [HootSuite](#)
- Its an honor to be one of the featured figures in the [@secondact](#) awards <http://t.co/r3xfskNL> ~WINNING doesnt mean reaching the finish line~ [about 22 hours ago](#) from [HootSuite](#)
- [@blkberryswirl](#) Back at ya! Have fun, be safe and take in the New Year with a blast! 08:13:41 PM December 26, 2011 from [HootSuite](#) in reply to [BlkBerrySwirl](#)
- [@angelasmith_](#) Yes, I love the holidays. Hope you had a great Christmas.

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Photo: Christi Barli

My best friend and head handler [Bonnie Stoll](#) feared I might die out there. She took care of me, protected me, calmed me, made all the right decisions every step of the two-year journey. My two other closest Teammates, navigator [John Bartlett](#) and Crew Chief Mark Sollinger, never wavered in their belief that we were going to make it across, kept their cool in the face of crisis, and shared our deep tears of disappointment when we determined the effects of the stings were keeping me from making it all the way across.

So I'm not sitting with second doubts at this juncture. We were a tight Team. We were ready to succeed. We left no stone unturned. Box Jellies have never been seen in those particular waters before 2010. They are a new phenomenon in that region. We had no reason to prepare for them. We learned the hard way.



Photo: Christi Barli

So now what? Now do I move on to the rest of my life and leave this Dream behind? Is it my future to recognize I did everything I could, that someone else will find a solution to the deadly jellyfish stings? Do I say "Well, I guess I could look into a solution but I'll just let the story end as is?" I have other Dreams. One-woman show, book, elevate Bonnie and my fitness business [BravaBody.com](#). I'm excited about so much of what lies before me.

But let this story end as is? It's just not me. I can't quit. I can't live with my only memories those of searing pain and paralysis of the lungs and convulsions. I trained with extraordinary discipline for two long years, looking forward to proving that my shoulders, my mind, were capable of gliding across the surface of that ocean for some three continuous days. I want to create the athletic memories of powering through the tough parts.

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About this capture



Photo: Christi Barli

I want Bonnie....and John and Mark....to put their talents and their hearts into getting us through the waves, the Gulf Stream, the dehydration, the hypothermia, the grind on the mind. I want us to share the experience of athletic joy and success, not the crisis of survival. I want us to see the lights of Florida and make those final miles bursting with pride for all the smarts, the stamina, the conviction that we showed.

It is almost impossible for me to imagine training again. Another long, arduous year. I woke up this morning around 3:30am, haunted by the vision of all that we put in already. We did it right. We deserved to get across. But life doesn't work on what we deserve, does it? My friend Lisa Olshansky who died of lung cancer before her 50th birthday didn't deserve that fate. My friend Benita Fitzgerald Mosley, best hurdler in the world, didn't deserve to trip on the last hurdle at the Olympic Trials and not make the team. The great American Olympians of 1980 didn't deserve the boycott of the Moscow Games, their lifelong dreams forever shattered.



Photo: Christi Barli

So here I am, unable to turn away from this Xtreme Dream. Swimming from Cuba to Florida has grown far, far beyond a sporting event for me at this point. There are others now, keen to garner the publicity that came my way, who are announcing that they will make the crossing in 2012. I would like to ask them to show some class, some generous grace, and let this 62-year-old have one last chance at her lifelong Quest. But what can I do? It's a big ocean out there. Even if they don't have the deep relationship and history with this swim, I can't stop them. And I have to dig down and find my own grace

in knowing that I will go once again, even if some other swimmer makes it before me. I wanted to be the first but that record is no longer as important as just plain making it.

The vision of reaching that shore is alive in my soul now. People at the dry cleaners, at the airport, with the inner voice talking to just me, say "You wouldn't give up, would you? You've proven that you wouldn't give up, right?" That's exactly right. I would never give up. I will make it from Cuba to

Florida. For me. For you. For all of us who want to live inspired lives.

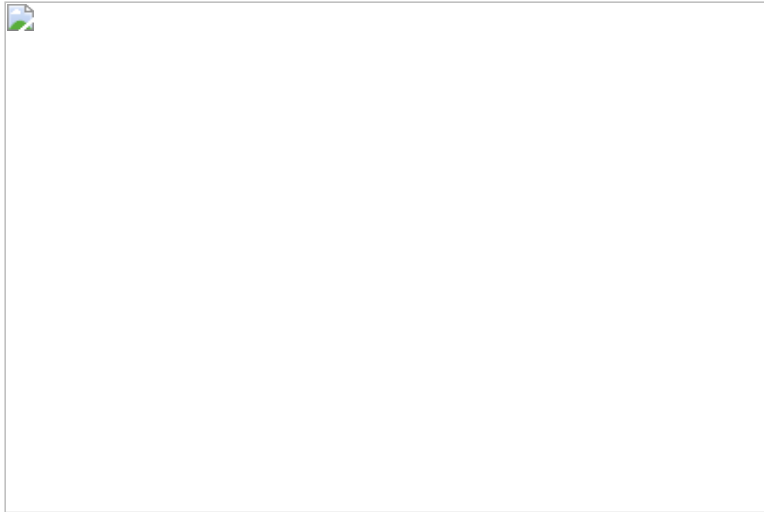


Photo: Alex de Cordoba

So I'm off to the pool now. Again. Except this time, trying some jellyfish protection suits.

-Diana

We have not been able to archive the video associated with this YouTube page.

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38 Comments



Laura B.

October 26, 2011

Follow your heart and you will never go wrong! Everything will fall into place. You don't have to dig very deep for your grace, you have always had it! If you try again, it doesn't have to be the last chance for your quest. Your body is in great form and I think you could go on swimming for as long as you wanted. I don't

think you have reached the cut off point, even at sixty-two years of age! All the best, Diana.

Reply

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Nicole

October 26, 2011

You are an inspiration!!! Your success is incredible, no matter if you accomplished your goal or not. In the end, you inspired others and that is just as important as finishing. You taught us to follow our dreams and that nature is a fierce competitor that you can't always win against.

Reply



Cat Rokitski

October 26, 2011

All I can say is this, every time I hear you speak, I hear your heart and it inspires mine. That inner voice that you listen to, you have transplanted it into my heart. Go Diana, you are making dreams come true all around the world!!!

Reply



Judith DeZinno

October 26, 2011

Sweeeeeet!!!!

Reply



Swimming Holiday

October 26, 2011

Brilliant and inspiring swimming story Diana!

Reply



Jennifer Estlin

October 26, 2011

I've been following you since I was 14. When you're ready to do your one-woman show (after you make it from Cuba to Florida), it would be an Extreme Honor if you would consider putting it up at the theatre my partner and I own, even for one night. Holding the dream with you!!

Reply



Leah B Encouraged Alvarado

October 26, 2011

Your article grabbed my attention as this is a big day for me. Im not a swimmer about to brave the ocean, but a single mom about to buy a house. In your words I found comfort and much meaning. For me to fight for the American Dream is as you crossing the ocean to the other side. You are an inspiration. Youve encountered extreme obsticals and paiful(even dangerous)set backs yet you stive on. I do it for my children you do it for that joy and success, so really we arent all that differant. You want it, so got get it!!!

Congratulations on your logic and commensense in looking into jellyfish

suits(rare in these days...the commonsense that is).

B Encouraged Leah

Reply

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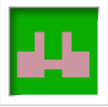
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Nancy J

You'll do it... I have no doubt!

October 26, 2011

Reply



Adrian

A dream doesn't just float off and die , it continues to grow until we've reached it or given it up in favor of that "something else"... yet when the dream reaches to the depths of our soul and our true being we have no other choice then to chase it feverishly until the sun no longer sets....

Keep reaching Diana.... Much love

October 26, 2011

Reply



Karen

Shhhh.... Don't tell those other swimmers, but we don't really care about them.

YOU have our hearts and imaginations. We are with you through every stroke of this journey. And it's thrilling to think that you'll give it another shot.

October 26, 2011

Reply



A poem...

What happens to a dream deferred?

Does it dry up

like a raisin in the sun?

Or fester like a sore—

And then run?

Does it stink like rotten meat?

Or crust and sugar over—

like a syrupy sweet?

Maybe it just sags

like a heavy load.

Or does it explode?

—Langston Hughes

October 26, 2011

Reply



tgoody

I did a little research on the Web when your dream was going down . . . I'm sure you have many contacts who can help more with this, but the three things I found of interest were 1) jellies avoid red so wear a red suit, 2) there are some lotions

October 26, 2011

that are supposed to help prevent the sting from causing pain and damage (you probably know about this already), and 3) there seems to be some association to their presence near shores at certain phases of the moon. (This may not help that much, as you are going from one shore to the other across everything in between, but still . . . !)

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I'm sure you will call in your best contacts and experts on this, but I'm hoping you can find a multi-pronged approach to getting across safely! I would love to see you make it! 😊

Keep swimming and dreaming!

Reply



Dave

October 26, 2011

this blog post will be printed and hanging on my wall...and every time training gets hard, this will be my inspiration...

i created a motivational saying that keeps me moving...and i think you might like it..

"some people are content with the label "human being"...i'm not..from now on, i will be a "human acting", a "human doing", and a "human achieving"...just "being" is not going to cut it anymore" – dave snow

we are part of a small population that understand what it means to work towards a goal...

thank you diana, for all your hard work

Reply



Don McCumber

October 26, 2011

Why is it, that I am not surprised in the least? You were ready – not just physically, but mentally, for ALMOST everything that you would encounter. I have no doubt, that you WILL do this... there IS a way to deal with the box jellies and man-o-wars, and you WILL find it. Maybe it's clothing, or maybe it's some variation on this product: <http://www.buysafesea.com/?source=google&gclid=COy9p5j3hqwCFY9b7AodbyPZ-g>

When you put together your team, I want to be a part... I want to watch you blow your bugle, jump into the water, and make your way up that beach at the end of the swim. I want to see this Xtreme Dream fulfilled.

Reply



Katie Oglesby

October 26, 2011

Yes! YES! YES! I am so happy you're gonna go for it in 2012. I couldn't care less about the other folks going for the swim. You, Diana, have more character and guts and stamina than anyone I know. It's not the record I'm excited about. It's seeing you accomplish your dream. Does that make sense?

Reply



Rob Jones

October 26, 2011

Ms. Nyad – Please show respect for your swimming peers. Those who have

come before you; those who are doing it right now; and those who will come after you.

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Reply



Kate

October 26, 2011

Huh? A more graceful, respectful person doesn't exist.

Reply



sticks

October 26, 2011

half a league half a league half a league ONWARD

Reply



Kate

October 26, 2011

YES, YES, YES!!!!

Reply



Susan L.

October 26, 2011

Wow! You are so awesome and I couldn't be happier you are giving it get another try. Others may try it and perhaps succeed, but you are the best, the toughest, and are doing it for the best reasons. I just did a 4k swim around Harrington Sound in Bermuda and you inspired me the entire time. 90 minutes is less than a morning warmup for you but it was my first open water swim. Now I am hooked, thanks to you..Swim on, Diana!

Reply



Kevin

October 26, 2011

Diana, everything is in the dream. I understand your need to fulfil this dream. You are an inspiration to many. Your accomplishments to date are amazing, and I know as a middle aged goal seeking athlete that we always seem to measure ourselves by our latest achievements and discount what we have already achieved.

From an athletic perspective you have achieved incredible feats. Absolutely live in the moment but try not to discount what you have already achieved. If this is your mountain that you want to climb then go for it, climb it and live it, but ask yourself how would I feel if I stopped going for this goal? And how do I feel reaching for this goal? I think that may help you get to your answer.

Recently a friend passed away from Cancer, with his memory in mind I committed to running 12 marathons in 12 months. This is nothing compared to what you have and are doing? I have completed 5 to date and looking forward to the next

one. Honouring those lost to this disease and raising money for the cancer society is very rewarding.

For marathon 2 and 3 I was injured, marathon 4 I was uncertain what would happen, you were swimming on that weekend, I recall waking up earlier than normal before the race to check into your progress. once checked I thought 26.2

miles running that is easy compared to what you are doing, hurt or not I would run the race. As it turned out the race went well.

I have dabbled in ocean long distance swimming, nothing more than 5 miles, and can tell you what you are doing is so beyond, the measure of other endurance sports, that it is truly unbelievable.

I have rambled on a bit here, but if this is your mountain, this is your goal then go for it, but do it for you, you do not need to do this for others, what you have done to date is so inspiring, you don't need to do any more for anyone else.

Keep up the training and reach for the stars, it is all in the dream.

Kevin

Reply



Dave Harper

October 26, 2011

Diana I have no doubt if you can find a way to stop the stings of the jelly fish that you will be jumping in again. I just wanted to let you know that one of the proudest moments in my life was accompanying you across the the Florida Straight. I know Don jumped in with an offer and I just wanted to let you know that I would be there in a heart beat if the need arises. I woud love to see you accomplish your dream and finish the swim.

Reply



laura wilson

October 26, 2011

Your message...

Reply



laura wilson

October 26, 2011

Here in little Roanoke Indiana, I followed your swim and was sad for you. But I am awed by you . I am a swimmer also, not as good as you—for sure—but I swim several miles a week and always try to find a lap pool when we travel. Swimming has meant so much to me my whole life. No one will be disappointed if you do not make that swim. Try it again and we will all cheer and pray for you. But decide no to do it and we will all cheer and pray for you for your next endeavor. I am so glad to see swimming finally getting some of the attention it deserves!

Reply



Karen W

October 26, 2011

Diana, Your grace, courage, and strength is astounding. I haven't known about your dream for long, but from the instant I heard, I was inspired. I've spent the

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past few years of my life rebuilding my self, my body, my family, and my mind. I've only just started swimming this year, and all of my hours in the pool have taught me so much. I've run and biked and swam this past year with the single dream that my children would know a mother who was healthy and whole. I've completed plenty of races, runs, triathlons. I dream of more races, a marathon, more triathlons, I dream of traveling and learning to ice climb. But those dreams pale in comparison to the dream I have to just keep getting better, getting stronger, and being more honest with myself every single day. My dream is to raise my children in a home full of life, full of activity, full of goals. Thank you for sharing yourself with the world. Thank you for moving forward and continuing to dream, maybe a little bit for all of us. We're right there with you.

K

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Reply



Barbara

October 26, 2011

Love...absolutely love.....your show! Can't wait for 2012. Our eyes will be upon you.

Reply



Barbara Edwards

October 26, 2011

FAR OUT!!!!!!!

Reply



Arlene Deutsch

October 26, 2011

Wow...I am so happy for you! You have such spirit and determination and I think it is so wonderful that you are fulfilling your dreams. I am rooting for you all the way and I'll be following your progress. Your determination is contagious and you make me feel so uplifted. No matter what the outcome you have accomplished so much and inspired so many! I thank you.

Arlene

Reply



Jean S.

October 26, 2011

I have no doubt that you'll make the best decision for yourself. I'm behind you no matter what.

Reply



firebah

October 27, 2011

In 2011 history repeated itself:

This is from 1979 and said by one of the greatest swim coaches in the world. RIP Doc!

By taking on the Channel, Counsilman also hoped to help plot a truer course for a sport that he feels is being exploited by "phony-baloney promoters." He cites the

example of Diana Nyad, "a very mediocre swimmer with a very good publicist. Most of her swims have been failures. For instance, she has attempted to swim the Channel three times and has never finished. Still, when she gets into the tide off the Bahamas and rides it to Florida, a swim that truly great marathoners like John Kinsella could do with one arm tied behind their backs, she gets all the attention. The result is that more deserving marathoners like Loreen Pass-field, the current women's world champion, go begging."

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Reply



TNTriathlete

October 27, 2011

And don't forget Susie Maroney, who already swam from Cuba to Florida in 1998. I'm sure this comment will be deleted, because Nyad and her handlers don't want people to know this swim has already been done. They keep claiming Nyad will be the first, which is not true. She would be the first to do it without a conventional shark cage, using the electronic shark shields instead.

Reply



Melana

October 27, 2011

Somehow I knew you would never be able to turn your back on this. You could be as philosophical as you wanted to, understand where you were, what happened and where you tried to go....you could second guess yourself, your training and you could try and tell yourself that you did your best and that maybe your best had to be good enough. But that's not how you feel is is Diana....you feel incomplete, empty, you feel as if something is missing in your life...a hole that cannot be filled...that things aren't as "sweet", life is just another day of searching for something that's missing.....and it will never be whole, YOU will never be whole until you try again....and again....and succeed. I've been there, I walked away and was never ABLE to go back and "finish" what I started....and my whole life will be regretting that I didn't/couldn't do it.

Do what makes YOU feel whole, what makes you look in that mirror every morning and say, "yeah, I DID IT". And it doesn't matter one bit that anyone else will "do it" before you, that's not the point here...it's a very personal thing to finish it yourself....I know you CAN do it...I'm following you...I'm gonna watch until your done. Doesn't matter how old you are, or scared...it just matters that the thing gets done. Hugs...you'll have no idea how many people are cheering for you...and for a little bit of themselves too.

Reply



Lisa

October 27, 2011

My first thought was I never thought you wouldn't try again. No way are you not making it to Florida.

Unfortunately for those who attempt, and maybe finish before you, it won't matter. You will always be identified with the swim. No matter who gets there first, anyone thinking about Cuba to Florida will think of you. If another swimmer makes it

before you do, his or her name will always be coupled with yours. Long after you have left this earth, the world will identify you with this swim, your attempts and courage. There are a pool full of little girls, boys who want give up because you never did. They too will continue to reach for the shore with hopefully the same grace, strength and poise you embody.

And as for the whole age thing...I don't see you as 62 anymore than I see myself as 45 *shrug*...life for some of us begins a bit late 😊

Lisa

Reply



TNTriathlete

October 27, 2011

Another swimmer has already made the swim. Susie Maroney, an Australian, did it in 1998.

Reply



Marcie

October 30, 2011

What exciting news that you're still considering the "trek" for 2012! Listen, Diana, forget about other swimmers. They simply are not you. Who cares about them? There's nobody out there that has your particular history with this swim, your VOICE, your cache, let alone in your age group. There's just no comparison, so tuck that one away, please, and go for YOUR dream. The jelly fish do bring up necessity to uncover and prepare for every potential threat out there in the ocean, every threat that has been presented to ocean swimmers that perhaps haven't been a threat to you personally during your trainings. So, other swimmers are a gift to you now, because you can learn from the threats they have faced and prepare yourself even better for your next run at it. We are all rooting for you, and continue to be inspired by you. Hopefully this will add some bouyancy to your long trainings ahead!!

Reply



Stephen O.

November 2, 2011

What is with this endless TALK?

FAIL, talk, talk, talk, talk, talk

If you failed then be graceful in defeat. Stop the self-glorifying posts and bow out gracefully. Or try again- just keep your dignity!

Reply



Jess Witkins

November 18, 2011

Diana, I feel so fortunate to have learned about you and your inspirational Xtreme Dream challenge today. You are an amazingly strong woman to have kept going when you did and also have the grace and patience to understand when you must stop presently to do better in the future. I wish you all the success imaginable in 2012 when you try again. For now, rest up, heal yourself mind and body, and

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keep inspiring women all across the world through the hard work you do everyday. Thank you for sharing this journey with us.

Reply

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michele

November 23, 2011

Looking forward to seeing you in the water again Diana. Women athletes still need to be exposed and highlighted in this male dominated sports world. I would love life even more if women dominated just about everything. !!!!

Reply

Trackbacks/Pingbacks

[Will You Look Back Without Regrets?](#) by [Marcia Richards](#) | [Jenny Hansen's Blog](#) - [...] you are so inclined, you can vote for Diana here. You can visit Diana's blog here to read the full ...

[Guilty Good Reading: A Mash-up of Awesome « Jess Witkins' Happiness Project](#) - [...] to do our own Xtreme Dream challenges. So after you've read Marcia's post, check out Diana's own blog about ...

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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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- The Value of Being Silly, Absurd & Making Fun
- Happy Holidays!
- We're Horrified. Now what are we going to do about it?
- Store Temporarily Offline

- alize on Happy Holidays!
- LindaM on Happy Holidays!
- Eileen on Happy Holidays!
- Rachel M. & Kathy M. on Happy Holidays!
- Laura Wilson on Happy Holidays!

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