

http://diananyad.com/our-finish-line/

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

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Our Finish Line

Posted by Xtreme Dream Team on Sep 25, 2011 in Blog | 115 comments



After more than 40 hours of swimming and two Portuguese Man-of-War stings, Diana Nyad decided to end her swim today at 11am. From the water, she called out to her flotilla of four escort boats and addressed each of them in a strong voice. "The medical team said I should not go another two nights in the water and risk additional likely Man-of-War stings which could have a long term cumulative effect on my body. But for each of us, isn't life about determining your own finish line? This journey has always been about reaching your own other shore no matter what it is, and that dream continues."

Nyad swam more than ~~67 nautical miles~~ 92.2 Statute Miles (82.0 nautical miles.) Steve Munatones, the independent observer for the International Swim Federation who is accompanying the expedition, noted that Portuguese Man-of-War stings have doomed many a marathon swimmer.

Archives

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Diana's Tweets



- [@hereandnow](#) Mind over matter! [about 5 hours ago](#) from [HootSuite](#) in reply to [hereandnow](#)
- [@dallasindiegrp](#) Haha thanks!! Such an honor to be an inspiration to so many. [xoxox about 5 hours ago](#) from [HootSuite](#) in reply to [dallasindiegrp](#)



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115 Comments



Allan

September 25, 2011

You are a True Champion !!!

Reply

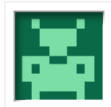


MEG

September 25, 2011

We should all be humbled. Thank you for showing that the path we take matters more than the results.

Reply



Zenwomyn

September 25, 2011

Rock on you amazing woman! Kudos!

Reply



Ruben Garay

September 25, 2011

Good job Diana. You still achieved something only a handful ever could. You've inspired thousands of people with this amazing achievement. Remember, it's the journey, not the destination!

Reply



Lali M.

September 25, 2011

Diana, your 40+ hours of swimming have inspired me MORE than almost any human feat in recent memory. Because of YOU, I now know that I too can persevere and push my limits beyond the obstacles my mind puts up. YOU ARE AN INSPIRATION, A CHAMPION AND A WORLD AMBASSADOR FOR TENACITY, DETERMINATION & DRIVE. I am in awe of you. God bless.

Reply



Kevin Morgan

September 25, 2011

Pretty damned impressive, making my stuff look like a walk in the park. I really enjoy finding people to inspire me, and you certainly do that. Well done! -k

Reply

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Denise

September 25, 2011

So proud & inspired by you Diana....Congratulations!

Reply



Sharon O'Dell

September 25, 2011

Diana! Congratulations on finding your OWN finish line! We may prescribe where the finish line will be in the beginning but life changes on the way....for you to go as far as you did is a testament to all women, and for you to show us that it's ok to claim success when and where we decide is the best lesson from a hero for women that we could get!

Thank you! Thank you !!! Thank you!!!! You will forever be my hero for your swim in the 70s when I was a teen and for your two swims this year – you showed me that age is just a number and that adaptability is the key to a successful and long life of happiness! (P.S. Thank you for taking the doctor's advice, it would not have been a "win" had you suffered consequences to your health!)

Reply



Lisa

September 25, 2011

Kudos! Rest, heal, rejoice in an incredible achievement.

Reply



Karen Christensen | The Legacy Boutique

September 25, 2011

You helped us ALL "reach our own Other Shore." We couldn't have done it without you. Thank You, Thank You, Thank You. Wishing you much well deserved pride and peace. xo

Reply



Jan

September 25, 2011

What an inspirational effort. Congratulations on your strength of body, mind, and spirit!

Reply



John Jimenez from Santa Cruz Ca..

September 25, 2011

Heroic! Diana you have become a role model for millions of people around the world. You have inspired and challenged our imagination to go beyond any dream that we think is unreachable .

Get well

Reply

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Jill Hillman, Los Angeles

September 25, 2011

We are with you at this finish line with praise, wonder, and awe! Looking forward to hearing more about your journey!

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Reply



Mary Stan

September 25, 2011

So much love and gratitude in my heart for you and your team. Thank you again and again and again!

Reply



Tom

September 25, 2011

The congratulations of myself and the world watching to you, Diana on an amazing swim! In my eyes, your effort was always about the journey, not the destination.

People everywhere are inspired today, and will continued to be long afterward. Be proud of what you've done!

Reply



Janis

September 25, 2011

Diana you are a warrior and a champion!!!! I am amazed at your accomplishment and really there are no words to describe the inspiration you have given to so many people!!!! God bless you!!!

Reply



NameJessica

September 25, 2011

Your message...Congratulations Diana! What an amazing accomplishment!

Reply



Kathrine

September 25, 2011

Amazing achievement! What an inspiration. I could barely sleep last night thinking about you and your challenges in the open water...and getting fired up about my own goals that I could tackle and achieve. You have deeply touched so many of us. Thank you.

Reply



rolfen

September 25, 2011

Do you consider having crossed the finish line? This is how it sounds.

Reply



Charlene Bell

September 25, 2011

You are truly an inspiration Diana to all women and especially to those of us who are aging proudly. You have proven that taking care of your body will reap unbelievable rewards. Thank you and congratulations!!

Reply

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Abbie M

September 25, 2011

Diana, all I can say is thank you. Thank you for inspiring me and millions of others. Thank you for giving my daughter a role model for true beauty, true confidence, and bravery. Thank you for showing the world that there's room for dreaming and for audacity at any age.

We are all proud of you.

Reply



Danny in NYC

September 25, 2011

Fabulous and inspirational effort. The goal is to be the best you can be and you proved that many times! Thanks for the inspiration!

Reply



Danny in NYC

September 25, 2011

The goal is to be the best you can be and you proved that many times! Thanks for the inspiration!

Reply



Shawna

September 25, 2011

You are amazing Diana! Thank you for recognizing your own finish line. You have inspired many people throughout your journey. You gave it your best and we are so proud of you! You will always be an inspiration to me.

Reply



Barbara

September 25, 2011

Kudos to You! -and your amazing crew!

There is much you have taught and much to be learned from all this... may everyone receive a lesson, instead of simply watching, being entertained, or receiving a fleeting moment of commitment. Life is so much bigger than making it to our pre-determined finish line. So much happens inbetween. It is the journey, the lessons, not the destination. May we not look at the surface goal; our journeys are our own... we all have this life to do the way we know inside is best.

Congratulations Diana! I am proud of you once again!

Take gentle – good care of yourself.

Barbara

Reply

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Linda Lange

September 25, 2011

You are my FOREVER hero!!! Congratulations on an achievement that few could



even dream let alone accomplish. You are truly a role model and inspiration to so many! Thank you for being who you are and for being you.

Reply

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Fawn

September 25, 2011

You inspired me in high school and all these years later. You are strong like bull and a real hero.

Reply



Dave Wyman

September 25, 2011

The heart of a champion beat within you, Diana Nyad! The heart of slow-beating champion at that – I was amazed to read your heart beat just 85 times a minute as you continued your amazing journey that was as much the goal as that far shore.

Reply



Nancy

September 25, 2011

Dear Diana,

We are so happy you made your personal best! It has been quite a feat an you are an inspiration to all of us!

Your accomplishment here will make a dynamic statement to your posterity,

All our best...

Reply



Tamas

September 25, 2011

Thanks for the inspiration. Please don't stop this work! You are a strong person and we need you. Go out and teach us and our children how to reach our own other shores.

Reply



Nancy

September 25, 2011

Dear Diana,

We are so happy you made your personal best! It has been quite a feat an you are an inspiration to all of us!

Your accomplishment here will make a dynamic statement to your posterity.

All our best...

Reply

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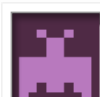
Fred

September 25, 2011

I find myself looking deeper within myself for strength because of you, Diana.

Thank you.

Reply



Sharon from Pasadena, CA

September 25, 2011

What an amazing accomplishment. I have seen someone attacked by ONE Man of War and she was 17 years old and we almost had to take her to hospital. I'm truly amazed you managed to swim through 2 attacks! It boggles the mind. What an amazing woman you are.. at any age.

Reply



Joanne

September 25, 2011

Your message...

Reply



Joanne

September 25, 2011

I was stung by a Portuguese Man of War when I was about 15 years old. I'm 72 now and I remember it as one of the worst pains I've ever felt – perhaps even THE worst. I can't imagine having been stung twice and continuing to swim a long distance.

Reply



Heidi

September 25, 2011

Yay Diana! Thank you so much for the awesome swim!

Reply



Melinda

September 25, 2011

So bummed that you weren't able to achieve your goal; but proud of you for getting as far as you did with all of the obstacles. Good job!!!! You'll do it. I know it.

Reply



Sue W

September 25, 2011

Diana,
Contests on a truly inspirational and wonderful swim. You are a winner in every

way. You may not have reached the Florida shores, but you reached the hearts and minds of millions. I am so overwhelmed by your strength, courage and determination. This has to break ALL records for a 62 year old swimmer - a finish line that may never be achieved again.

Way to go. May God keep you in his grace. You truly deserve it!!!

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Sue

Reply



Heather

September 25, 2011

Knowing when to say when takes amazing strength and you certainly have that in abundance. I will not call this another failed attempt because that word does not exist in your vocabulary. Well Done, Diana!! Always a champion and always an inspiration!

Reply



Marsha Kish

September 25, 2011

Dear Diana,

As I sit here this morning, tears running full stream down my face, I realize just how very much I have learned through your amazing feat of strength and endurance! How deeply I have been changed, both mentally and emotionally. I turned 50 in March, and have not lived the life of an athlete. I have, for the most part, squandered my years due to shame, self pity and self doubt. You have given me a new vision of hope. Hope I had long stopped looking for!

Thank you, Diana Nyad. Thank you from the core of this one woman's renewed Spirit! Thank you from the very depths of my tired Soul, where for the first time in decades, there is LIGHT!!!

I know I represent so many others in saying, your Heart-Light has touched a cord in my Heart that has been frozen since my youth! I will NOT give up, give in, or give out! I WILL follow my dreams, both old and new, until "I" decide to call it a day!!!!

I am so honored to have been among the many who followed your quest from the beginning. You may have missed the beach, Diana, but you most assuredly did NOT miss the mark!!!

Sincerely,

Marsha Jane Kish

Reply



Janet

September 25, 2011

Beautifully said Marsha. I applaud Diana for her tenaciousness and I applaud you for making the decision to follow your dreams both old and new. It touches us all.

Reply



Karen

September 25, 2011



I 'met' you when I was 14 & still/again get to feel You swimming! Yes, I'm hoping in. gracias mi amiga, gracias!!! You've changed lives. (mine too) Thank you Ms.

Nyad swimmer

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Sue W

September 25, 2011

Diana,

Congrats on a truly inspirational and wonderful swim. You are a winner in every way. You may not have reached the Florida shores, but you reached the hearts and minds of millions. I am so overwhelmed by your strength, courage and determination. This has to break ALL records for a 62 year old swimmer – a finish line that may never be achieved again.

Way to go. May God keep you in his grace. You truly deserve it!!!

Sue

Reply



Lisa

September 25, 2011

You've AMAZED and INSPIRED so many people from all over the world as we've watched your progress and I hope you feel the love and admiration we send your way. A great job, well done!!!!!!

Reply



Peggy from San Jose, CA

September 25, 2011

Congratulations on making it as far as you did and with 2 stings. Incredible. You inspire me Diana. I have you in my prayers for healing and peaceful rest. Bless you.

Reply



Keith

September 25, 2011

Why couldn't a diverter have been used...in the shape of a boat hull, to clear the path ahead? from a foot above the water, to several feet below, allowing the man-o-war to go to the sides of her but still allow her to swim free? This could be used at the same distance in front of her as the boom holding the shark device.

Reply



Nancy G.

September 25, 2011

You are an inspiration.

Reply



Donnie and Todd

September 25, 2011



The true measure of your accomplishment is incomprehensible—it is found in the millions of hearts that are full right now, the tears that are streaming around the globe, the people who will choose to live a fuller life, the limits on life that have been drastically expanded. You swam 67 miles, a superhuman feat, and that is likely the very least of what you achieved. We are in awe. Thank you!

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Reply



Kevvboy

September 25, 2011

Very proud of you. You inspire everyone. You are a true hero, and whether or not you ever swim another mile you have achieved far more than you can possibly know.

Reply



Deb

September 25, 2011

Thank you so much for taking us on this journey with you. Your story will continue to inspire me throughout my lifetime.

Reply



Kori

September 25, 2011

The Dream will always continue on in each of our hearts because you have showed us the way. I'm almost 40 and my first marathon is in two weeks...I will go all "Nyad" on it and finish with a smile because I CAN!! Thank you for your inspiration and heart. You're awesome.

Reply



Jess

September 25, 2011

Contrats on your incredible achievement! You are a true inspiration to so many people! Take this time to heal, and remember that you have shown so many people how important it is to go after your dreams and to never give up! Thank you so much for all you have done!

Reply



Duane Spears

September 25, 2011

You are amazing, not just for your swimming abilities, but for all you have done and will still do with your life.

I'm just learning to swim so I can compete in Ironman completions. Now when I'm in the pool working on my drills I will think of you and what you have accomplished.

It would have been silly to hurt your health, you made the right decision.

Best of luck in your future endeavors.

Respectfully,

Reply

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Karen

September 25, 2011

Happy Birthday Duane! Aquatically Yours, Diana Devotee #10- to the 9th- to the infinity!

Reply



Swimming Holiday

September 25, 2011

Dear Diana. You have done your best and we all believe this is your life-time achievement! Huge congratulations to you and your team! Wishing you a safe journey back home and a well deserved rest. Stre! Swimming Team

Reply



Ann Z

September 25, 2011

LFC classmates applaud your incredible feat! What a beautiful celebration of life as well as a demonstration of our willful struggles against adversity. You are a champion, Diana, and always have been. Congratulations on reaching your finish line, and thank you for doing this for all of us!

Reply



BAM

September 25, 2011

Diana you are Terrific! Congrats to you & your team. Diana Nyad swam 67 miles in 40 hours. Do you realize that I could not even walk that fast? or far? yikes. Fantastic. You are my new Heroine!

Reply



Charlotte Hudgin - Lake foist College '73

September 25, 2011

AMAZING I can't imagine trying this wild,craziness twice in two months. I am touched, moved and inspired!

Reply



Sarah M

September 25, 2011

Thank you Diana, You are such an inspiration. I am heading to the pool and will swim for you today!

Reply



Scott

September 25, 2011

WOW, that was amazing. Your 67+ mile swim is so huge, in ways that you may never know. You have inspired so many!

I truly hope you see your accomplishment as an amazing thing! By undertaking this long swim, you have inspired others, which may ultimately make a difference in their lives. You did not make your goal of 103 miles but you swam more than half way. Personally, I find your swim to be astonishing.

Reply

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Ali

September 25, 2011

Aww... I'm sure this is hard on you. I am just glad that you created this journey and reached your own other shore.

I know it was beyond hard and painful.

You are my new hero.

Reply



Judy W

September 25, 2011

You've inspired a global community, which is so rare in these polarizing times.

You are a champion in every way.

Reply



Margie

September 25, 2011

You are truly an inspiration and we are all so very proud of your accomplishment and incredible endurance. You Rock Diana!

Reply



Laura @MotherWouldKNOW

September 25, 2011

Inspiring, as always Diana. Thank you for showing what dreamers everywhere, no matter what age or circumstance, can do!

Reply



Dory

September 25, 2011

This last swim was just a training run for next time. Maybe tow a fine net way out in front to screen out the jellys.

You are an inspiration.

Reply



Toni Dockter

September 25, 2011

Diana: Xtreme feat + Xtreme effort = Xtreme hero

I'm extremely inspired by you!

Reply

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Jay S

September 25, 2011

Great job, Diana! And believe me, Key West isn't that great a visit, anyway. Revel in your success!

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Reply



ashley

September 25, 2011

Well done from the island of Jamaica!

Reply



Dax

September 25, 2011

Why didn't Diane use copious amounts of SAFE SEA jellyfish lotion on such a long swim as this? That would have helped her achieve her ultimate goal! Was she using this or not? <http://www.buysafesea.com/>

Reply



George S.

September 25, 2011

Well done, Diana! Congratulations for making it as far as you did and for enduring the pain and difficulty associated with the jelly fish. It's always something, right? If it were easy, someone else would have done it already. Keep the faith. There's always another opportunity.

Reply



Sara

September 25, 2011

this is so inspiring! I am in high school and most people do not have the self drive you have to attempt their goals, no matter what they are. Even though you had to stop because of the stings, you didn't give up the 1st time they stung you, and tried to finish even after getting medical attention for the stings. Your perseverance and determination are an inspiration to people around the world. You made the right decision to stop the swim. Thank you for the inspiration you've provided me to reach me goals.

Reply



Maxa

September 25, 2011

BRAVA!!!

you are an inspiration
to throw ourselves
headlong and passionately
into living.

onward — whatever form it may take 😊

Reply

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Chris

September 25, 2011

Congrats to all you have accomplished. I am about to compete in my first IronMan



Triathlon this next Sunday. Will definitely be thinking about you and all you have set our to do. Mind over matter will be my mantra during the race!

Reply



Dax

September 25, 2011

Does anybody know if Diana was using SAFE SEA (<http://www.buysafesea.com/>) to prevent jellyfish stings? It would be a pity to have jellyfish be the cause of ending the swim early when there is such an effective, easy way to avoid these kinds of problems. Oh well, best of luck next time.

Reply



Deb

September 25, 2011

Congratulations on this attempt. You will forever remain an inspiration to me. God bless. Looking forward to you trying again if ur heart decides.

Reply



Laura Packer

September 25, 2011

Diana, your endurance, strength and wisdom are amazing. Thank you for being brave enough to try again and wise enough to know your long term health is worth more. You inspire me.

Reply



Virginia Kahler-Anderson, aka HomeRearedChef

September 25, 2011

Awesome...daring...adventurous! It really takes lots of heart to makes your dreams a reality. Congratulations on your accomplishment!!

Reply



Marcia Miner

September 25, 2011

Long time fan. You continue to be a champ!!

Reply



Shawn

September 25, 2011

Truly amazing. Having conquered my fear of open water swimming this summer for my first triathlon at age 47, you have given me new inspiration to reach for greater distance. On that note, my girlfriend and swim every Tuesday & Thursday

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and are making it our goal to swim 103 miles in honor of you – might take us a year, but you have given me strength to increase my distance with each swim.

Reply

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Jolie

September 25, 2011

You are my hero.

Reply



Lucia S.H.Trillo

September 25, 2011

Hi diana.congratulations for your constant effort to try to find your limit, I sincerely believe that when you find it, you will say ... I can go further.

Reply



alex k

September 25, 2011

You have it your best! Still impressive.....

Reply



John G in N.C.

September 25, 2011

Kudos Diana! This unfortunate setback makes me wonder if like the like the lighted fiber optic cable that is floated in the water at night.. could something that's V shaped and of some? depth and of appropriate width be towed in advance of the swimmer such that anything floating in the first few feet of water is pushed out of the way?

Reply



Jonah, Josie & Grayson

September 25, 2011

Diana,

Thank you for continuing to inspire me and my children.

What strength & grace you show in determining your own finish line, wherever that may be. You've taught us about what's important when following your dream.

Reply



Jen

September 25, 2011

What a huge accomplishment in and of itself, but who knows? Maybe this swim will turn out to be a training event for some other gigantic achievement of yours that has yet to present itself to you. Be ready!

Reply



Norma Yerena

September 25, 2011



Congratulations...youve inspired me and I want to challenge myself to new limits.
You are my new hero and I have respect for you as a being and what you've accomplished.

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Reply



Jean

September 25, 2011

Your swim is an inspiration to all of us, especially those who are senior citizens.
Thank you so much. I look forward to following your next endeavor.

Reply



Carol Moore

September 25, 2011

WE love you DIANA!

Reply



PJ Maddox

September 25, 2011

I'm am so sad for you. I have been badly stung by these jellyfish. It is something you cannot even imagine, and will never forget. To continue, like you have was more than possible for most people. No matter what you will always be a great champion.

Love and Light,

Reply



Karen LL

September 25, 2011

Diana, words cannot adequately express the admiration I have for your accomplishment. Your story speaks volume about determination, persistence and health. I will blog about what you have meant to me! Thanks! Be Well. God Bless!

Reply



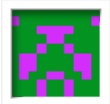
Steve Fuhrer

September 25, 2011

What an outstanding performance against an incredible challenge! Your courage inspires me.

All the best, Diana!

Reply



Marty Fox

September 25, 2011

You have inspired so many of us. Live well, live long, be true to yourself. Your courage is incredible and a destination all its own.

Reply



AQUAHOLIC

September 25, 2011

You're just getting started, just warming up. 40 hours of anything, would kick

pretty much anyone's ass, just sitting and trying to stay awake that long, let alone actually doing something, something HARD is an amazing feat. You're an

things....ROCK ON GIRRRRL!!! We'll be watching!

Reply

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Cotti

September 25, 2011

What did you prove?

Reply



Sue W

September 25, 2011

What a dumb question? You have really missed the entire point.

Reply



Cotti

September 25, 2011

Explain.

Reply



Pat September 25, 2011

It's the attempt that matters, not the outcome. She proved she's got guts. She got back up after a defeat and tried again. THAT's the point. THAT's what's so inspiring.

Reply



Maxa

September 25, 2011

she proved she's alive.

and that it's possible to throw oneself FULL TILT into what you're doing.

outcome is not the point.

the process of living passionately is.

at any age.

until it's over.

(and we all know that it
ain't over 'til it's over,
yes?)

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Reply



Jerilyn Praul

September 25, 2011

this incredible accomplishment will continue to inspire me for the rest of my life!
you are my hero. thank you Diana Nyad!

Reply



Anne

September 25, 2011

It was one of my dreams that you would swim this swim again. I'm in tears
thinking about how awesome you are. I'm SO GRATEFUL that I could get a
glimpse of what courage, strength and grace look like. They look like you.

Reply



Deb

September 25, 2011

Thanks for years of heroics. You make this 60ish woman try harder. You go girl!

Reply



Melanie

September 25, 2011

Thank you for being such an inspiration. You are my mantra when I encounter
difficulties during my challenges. Today after a 10K race I met another woman
who was following your progress. We are both inspired and in awe.

Reply



Chernynkaya

September 25, 2011

I can't tell you what an inspiration you are! I know you feel disappointment, but
you shouldn't. Your perseverance and determination have energized so many of
us—especially me, who turns 62 this Thursday. And here I thought I was ready to
be put to pasture! Thank you, Diana!

Reply



Maria, LA California

September 25, 2011

YOU DID IT!!!!
Your example of facing the ocean's creatures with courage and determination in
the face of two attacks is very inspiring. Thank you

Reply

Judith DeZinno

September 25, 2011

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About this capture

Diana, at the 10 mile mark of 20 mile bike ride this morning I took a spill trying to go over some railroad tracks. I hit my head pretty hard (but was wearing my

helmet)and my face and really cut up my leg. But no broken bones thankfully. I had only to think of you being in the water for 40+ hours at that point, having been stung by those jellies and still getting back in the water and swimming. I told myself "no pity party for you – get off your butt and bike home". Those 10 miles back to the house hurt pretty bad but you got me through it and for that I want to thank you. It wasn't until I got home that I saw you had ended your swim. I'm glad you took the doctor's recommendation and are taking care of your health because we need you to keep on doing what you do which is to inspire us all to keep going...Onward!!!

Reply



Pat

September 25, 2011

This second attempt was nothing short of an astounding act of courage and determination. And ... good for you for taking care of yourself. Long term damage to your body is NOT an acceptable outcome to this adventure. You have inspired me to never give up reaching for my dream, whatever the outcome. It's the reaching that matters, the attempt. You can hold your head high and say you gave it your damndest!! So very, very proud of you!

Reply



Jen from Asheville, NC

September 25, 2011

Kudos for dreaming this dream and having the courage and leadership to pull it all together – twice! What a spectacular accomplishment. I can only hope I'm capable of a quarter of that when I'm 62. I can't tell you how much I was inspired you this weekend. This was certainly a much better sporting event than football, basketball, golf, or baseball. I hope I can view a video soon. What's up next?

Reply



Jen from McDonough, NY

September 25, 2011

What a determined athlete you are! Courageous, powerful, and challenging yourself to the max!! You will probably never know how many people you affected through your x-treme dream; you have touched so many lives and inspired so many; you have given so much hope and inspiration to so many. Life is indeed so precious. Every once in a while someone like you comes along and touches so many of us. Thank you for sharing your x-treme dream and allowing all of us to swim and glide along....You have given us all so much. I believe your have made your dream come true. Time for you to heal from the vicious stingers and float back to health. We all just love having you on earth!! What a honor and pleasure it is to have been able to follow this dream with you. Thank you.

Reply



Kelly

September 25, 2011

Stood at the starting line of a triathlon this morning with a few hundred other

women. It was the first tri for many of them, and a first ocean water tri for many more. Turns out, this was about the same time that you reached your finish line. I

here, another woman learning a bit more about what she really is capable of there.

Your tenacity is an example to us all. Thank you!

Reply



Adina

September 25, 2011

Your strength, determination, courage and perseverance are inspirational to me, my family, and all who know of you. You are amazing, Ms. Nyad, and I will continue to look to you as an example of the kind of woman I want to be. Thank you for showing the world what kind of powerful stuff a human body and spirit are made of, and capable of! Thank you for inviting us along for your journey.

Reply



Stacia

September 25, 2011

Words can not due justice to how you have captivated our hearts and minds to move us on to better ourselves and live our dream... whatever it may be!

You did so much more than most thought humanly possible.... Be proud! You gave more than most would give but you were wise in the conquest of your dream. I admire you so and will always be inspired by this journey.

Reply



sunniva

September 25, 2011

You are exactly where you need to be and I thank you for that. You are so vulnerable to all of us waiting on the sidelines to see you, watch you and cheer for you. I have spent the weekend with you in my own celebratory way. I signed up for my 1st 40 k mtn bike race- the inspiration you are and the fact that you were out there stroking when I was spinning gave me pause and made me take deep breaths!!!

You are amazing Diana and thank God for you- to shine that light on all of the people that have decided mediocre is an option. It is not an option- and complacency is not an option either. There are so many people and things that need our attention in this world today and we need inspiration to do something about it. You are that source of inspiration-I thank you from the bottom of my wee heart for you. I am so proud of your dreams and efforts and i am so proud to be a woman! . Xo Sunniva

Reply



Laura

September 25, 2011

[30 captures](#)

27 Sep 2011 - 4 Oct 2025

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About this capture



You are truly an inspiration!

Reply

[30 captures](#)

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About this capture



David

September 25, 2011

Congratulations for your inspiring effort! You may not have reached one destination, but you inspired countless others to follow the difficult path that leads to a meaningful life.

Reply



Penny from Columbus, OH

September 26, 2011

You are an inspiration to go after our dreams, no matter how different they are from other people's and how difficult they might seem to achieve. Most people only talk about how they would like to, but then find excuses not to. Not you! Thank you!

Reply

Trackbacks/Pingbacks

[Sunday's Saying — from Diana Nyad | Janet Oberholtzer](#) - [...] from Diana's blog: After more than 40 hours of swimming and two Portuguese Man-of-War stings, Diana Nyad decided to ...

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27 Sep 2011 – 4 Oct 2025

that we can dream big, live life large, and look back at all of it with no regrets whatsoever."

- Diana Nyad Press Conference: 11am, Key West
- Stings
- Almost back to Key West
- On the boat to Key West

- Deege on Stings
- Linda Lange on Diana Nyad Press Conference: 11am, Key West
- West
- marion on Diana Nyad Press Conference: 11am, Key West
- Patricia on Diana Nyad Press Conference: 11am, Key West
- Robin on Diana Nyad Press Conference: 11am, Key West

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