

http://diananyad.com/after-24-hours-sunset/

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SEP

OCT



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2010

2011

2023

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

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After 24 Hours, Sunset

Posted by Xtreme Dream Team on Sep 24, 2011 in Blog | 35 comments



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Diana's Tweets



- [@hereandnow](#) Mind over matter! [about 1 hour ago](#) from [HootSuite](#) in reply to [hereandnow](#)
- [@dallasindiegrp](#) Haha thanks!! Such an honor to be an inspiration to so many. xoxox [about 2 hours ago](#) from [HootSuite](#) in reply to [dallasindiegrp](#)
- There are so many words of motivation & inspiration. I thank U all 4 Ur belief in my [#XtremeDream](#). This is not the end but a new chapter [about 2 hours ago](#) from [HootSuite](#)

The sun is setting low in the sky as Diana continues her epic swim. At 6:30pm we are 49 miles from Havana, Cuba. Diana has passed the 24-hour mark, despite getting [multiple Portuguese Man-of-War stings](#) just two hours into the swim.

By some accounts here in the flotilla, one of several major turning points this afternoon came with the administration of captain Nancy Jordan's chicken soup. Jordan is co-captain of [Sunluver](#), and she made a special concoction that was put into a blender. Diana is continuing all sorts of nutrition every 45 and 90 minutes, but it seems the chicken soup has spurred both her appetite and her spirits. Tonight, her second night in the open water, may be the most critical. Steve Munatones, the independent observer for the International Swim Federation who is accompanying the expedition, says that swimmers have a much better chance of success if they can make it through the second night.

So everything is set for this evening. The safety divers are adjusting their shifts – a special shout out to those who spotted both barracudas and sharks today. Chief handler Bonnie Stoll is ever present, as co-handlers Heidi Horner and Christi Barli share handling duties. The red LED streamer from the vessel

Voyager will light up, illuminating the course for Diana. Onward!

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and Sponsor Diana's Xtreme Dream!



Your purchase of a Wristband, Hat, Polo or T-Shirt will help bring Diana, one stroke at a time, across the ocean from Cuba to Florida!



35 Comments



Fred

September 24, 2011

Go, Diana...we're with you, for every stroke.

Reply



Daan

September 24, 2011

Keep on going Diana!!! Amazing what you are doing!!

Greetings from Holland!

Reply



Brian in AZ

September 24, 2011

You go girl!

Reply



Linda Lange

September 24, 2011

Diana I recently found this... You are all this and so much more..Keep up the good work!!!

Be Focused, determined, relentless, unstoppable & grateful!

Live with Passion

Train with Passion

Reply



Sharon Marshall

September 24, 2011

Courage Diana!

Reply

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26 Sep 2011 - 4 Feb 2023

JoAnn Szott

September 24, 2011

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SEP

OCT

◀

26

▶

2010

2011

2023

▼ About this capture



I am so excited that you are doing the swim again. You are my inspiration Diana and always will be no matter what! I will be

praying that you make it safe and sound back to Florida.....

JoAnn/Bradenton, Florida

Reply



Gae Polisner

September 24, 2011

onward! (Go, Diana, go!!!)

Reply



Jim Melle

September 24, 2011

You are truly amazing!!!!!!!!!! I am praying for you to achieve your goal, for safety, and serenity throughout your endeavor. Keep the faith and stay strong. God Bless.

Reply



Marsha Kish

September 24, 2011

You are an amazing example of the Strength and Endurance that resides in the Heart of Every Woman! Blessings of Love and Light to you,Diana! May Earth Mother guide you gently through the rest of this journey! Namaste!

Reply



CONNIE

September 24, 2011

So nice to get some background info and detail of what you and your crew experience on such an undertaking! We are all just HANGING on this information and trying to picture the journey ACROSS to Florida...all the way! We all feel such inspiration and excitement but the stories help us push you toward the shore in our minds!

Reply



Marsha Kish

September 24, 2011

Very well said, Connie! My Life Partner,Jenni and I are 100% in agreement with you! Blessings!

Reply



GeoBonsai

September 24, 2011

Your message...You go girl! Swim to the other shore!

Reply

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Simone

We are all there, swimming with you!

September 24, 2011

AUG

SEP

OCT

◀

26

▶

2010

2011

2023

▼ About this capture



Reply



Rob Macpherson

September 24, 2011

What an incredible sunset! But I can't wait to see the upcoming sunrise! You are a remarkable woman and what an amazing TEAM you have with you! I was so touched watching the first CNN documentary that Sanjay did with you and I hope you'll do one with this swim.

Reply



mary

September 24, 2011

I am in awe... you just do it!

Reply



Alicia

September 24, 2011

Sending you light and love for your second night! Onward!

Reply



Susan Reed & Johnette Howard

September 24, 2011

We are WILLING you on! Love Susie & johnette

Reply



Jenni Cooper

September 24, 2011

May the ocean guides continue to be with you as all of Mother Earth watches is awe!

Diane, you are an inspiration to us all!

Reply



Pam

September 24, 2011

Diane,

Remember your words:

""This weekend is my magical moment. I can't imagine any other ending than making it to the other shore."

USA is behind you and we WANT you to make it to OUR shore too! I love it that you dream BIG.

Have a safe night. Our prayers are with you tonight and your magical moment in progress.

Reply

[14 captures](#)

26 Sep 2011 - 4 Feb 2023

AUG

SEP

OCT

◀

26

▶

2010

2011

2023

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Sue W

September 24, 2011

Way to go Diana and team. You are doing a great job. I have been following your throughout the day and night and keeping you in my prayers throughout the journey. You are absolutely an amazing lady who is an inspiration for all who are following. Keep up the great work!!!

Reply



Heidi Mansion

September 24, 2011

Diana,

Saw your story on MSNBC last month on your first attempt and was cheering you on then. I am so happy that you decided to give it another try. Know that I am praying for you down here in Texas. Praying for your safety, for your strength and for your success as you fulfill your goal! Way to go!!!

Heidi

Reply



Terrie wurzbacher

September 24, 2011

Keep on going Diana! You're achieving greatness with every single stroke!

Reply



sharon

September 24, 2011

You are so supported around the world we will hold you strong in our hearts, our minds and most of all in your passion!!! Keep it up, you CAN DO IT!!!!

Reply



Greta & Amy, Columbus, OH

September 24, 2011

Who can watch college football wHen something AMAZING is happening in the ocean??? This is an incredible journey to follow...our very best to Diana and the TEAM that is supporting her along the way! Our prayers will be with all of you through the night!!!

Reply



Kelly

September 24, 2011

Have a safe and strong night, Diana. Good vibes coming your way from California!

Reply



Louise and Amy, California

September 24, 2011

We love getting every detail, large and small, words and images, and we imagine

every stroke bringing Diana closer to shore. We suggest a collective intention to help Diana through her second night. Love, Amy and Louise

[14 captures](#)

26 Sep 2011 – 4 Feb 2023

AUG

SEP

OCT

26

2010

2011

2023

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Reply



jennifer

September 24, 2011

Go Diana! Have a safe night, you are truley an inspiration to many!

Reply



Collen Fales

September 24, 2011

Diana- We have been following you since August and all day today. My kids and I are truly amazed. I suffer from anxiety and depression which in my case has been hard to treat so everyday is a challenge for the most part. You have made me look at things differently and have truly given me DETERMINATION and hope ! I would LOVE to meet you someday as you are my hero Diana. May you have a peaceful night we all know you can do this.

Reply



PJ Leitner

September 24, 2011

Diana- Awesome picture/ awesome athlete. Rooting you on from L.A.

Reply



Lee

September 24, 2011

go – go – go – Diana!!

Reply



Sunny

September 24, 2011

You're livin' the dream!!! GO GIRL GO! GIRL POWER!!!!

Reply



Judy W

September 24, 2011

Greetings from South Florida! I hope you can feel our "tug" towards our shores.

Reply



Katie Oglesby

September 24, 2011

Way to go crew and supporters! You guys deserve a big shout-out for sticking with her all this time. I look forward to reading every update. Please keep them

coming. Best wishes to all of you!

Reply

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26 Sep 2011 - 4 Feb 2023

AUG

SEP

OCT



26



2010

2011

2023

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Jim Timman, Los Angeles

September 24, 2011

Just sting them back Diana!!! You can do this!

Reply



Sue R.

September 24, 2011

What a wonderful inspiration you are!!!!

Reply

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is more than a swimmer.
of hope to us all
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

▪ Sandy on Diana Nyad Press
Conference: 11am, Key West

- Jack Sage on Distance Swum
- Fred Hone on Diana Nyad Press
Conference: 11am, Key West
- Motivation comes from you |
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Distance Swum

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SEP

OCT

(36)

◀ 26 ▶

2010

2011

2023

▼ About this capture

▪ July 2011 (20)

▪ June 2011 (11)

▪ May 2011 (15)

▪ April 2011 (4)

▪ March 2011 (2)

▪ February 2011 (1)

▪ January 2011 (2)

▪ October 2010 (3)

▪ September 2010 (7)

▪ August 2010 (14)

▪ July 2010 (13)

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