

http://diananyad.com/those-moments/

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Those Moments

Posted by Xtreme Dream Team on Sep 24, 2011 in Blog | 14 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 3 hours ago from HootSuite

Here's a dispatch from Candace Hogan, a close friend of Diana's for 35 years, who was part of the Nyad Cuba Swim team in 1978, and is again this time.

Diana on... Those Moments

You can't imagine, as much as you try to be prepared for any contingency – the jellyfish, asthma, a big storm — exactly what it is going to be like when you're out there. Sure, you can say, when I'm getting cold I'll drink hot apple cider; in a sudden thunderstorm, I'll take a strobe light from the boat and just bob around til it passes. And it may work. The point is, you don't feel those things til you get there. And thinking about it too much just brings it on. So I just stay in the moment, enjoy what I'm doing when I'm doing it.

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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!



14 Comments



Jeff at West Marine Stock Island

September 24, 2011

We've been following your progress all day. Many people who come into the store have been asking about you. We're all sending you and the entire team all of the good thoughts and energy we can.

Reply



Makai63

September 24, 2011

Awesome!! Kickass...jellies be damned!!

Reply



Argo

September 24, 2011

More updates PLEASE! Love hearing every detail. Strokes per min, jellyfish, sharks, seaweed, all of it! Look over your shoulder Diana, we're Behind you all the way!

Reply



GeoBonsai

September 24, 2011

Diana Nyad: You're an inspiration to me and to athletes of all ages. Thank you for inspiring me 30 years ago to successfully ride my bicycle up Mt. Diablo, California. While some just dream of success, others wake up and work hard for it.

Reply



Jean S.

September 24, 2011

KICK BUTT, DIANA!

Reply



Dave B

September 24, 2011

I'm glad that Diana decided to try the swim again... and to do it soon after the

August attempt since, as she says, she'd already been training and was in great shape.

I'm also glad she's attempting the swim now rather than 10 or 20 years ago, because we can all follow along with her on Twitter! It really does help convey the up-to-the-minute excitement of what's happening on the journey. Thanks for keeping us updated, and best of luck to Diana!

Reply

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Laura Miller

September 24, 2011

Thank you for the updates!!

Reply



Marbin Pazos

September 24, 2011

"Ya es digno del cielo el que intenta escalarlo" Jose Marti

Thank you Diane, you are true inspiration! Keep it on all the way to the finish!

Reply



Gay Dochin

September 24, 2011

Definition of inspiration: Diana Nyad • Definition of never give up on a dream:

Diana Nyad • Definition of my hero: Diana Nyad — GO, DIANA!

Reply



Terrie wurzbacher

September 24, 2011

I agree – were starving for these wonderful updates – keep em coming

Thank goodness for twitter too

Reply



Sarah in WI

September 24, 2011

People like you are here to inspire people like me. Thank you!

Reply



Kajon Cermak

September 24, 2011

Love you Diana!!! Thinking, and retweeting about you all day....bought ALL of your goodies at your support store! My hero forever DIANA NYAD!

Reply



Stacia

September 24, 2011

I can't even tell you what and inspiration you have been to me... I eagerly await

your landing on USA sands!! Swim Girl, Swim...

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Kelly

September 24, 2011

Keep the updates rolling....sending still water wishes and lots of love from

Portland, OR. Come on Diana, keep reaching with every stroke!!!

xoxoxoxoxoxoxoxoxoxoxox

Reply

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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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