

http://diananyad.com/gaining-strength

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

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Gaining Strength

Posted by Xtreme Dream Team on Sep 24, 2011 in Blog | 51 comments

Diana seems to be gaining strength. Her rest times per hour are less and less. At 10:55am, she just had a hydration and a full feeding, and her stroke is beginning to be stronger. Bonnie, Diana and the team are grateful for your support.

Make a Splash and Sponsor Diana's Xtreme Dream!



Archives

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Diana's Tweets



- [@hereandnow](#) Mind over matter! about 1 hour ago from [HootSuite](#) reply to [hereandnow](#)
- [@dallasindiegrp](#) Haha thanks!! Such an honor to be an inspiration to so many. xoxox about 2 hours ago from [HootSuite](#) 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](#)

51 Comments



Nick

Good luck Diane from California :^D

September 24, 2011

Reply



gregg solomon

September 24, 2011

Good luck! How many miles so far and how many miles last time at the same time?

Reply

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Debbie Terry

September 24, 2011

We know you can do this!

Reply



Missy

September 24, 2011

GO, DIANA, GO!

Reply



julie

September 24, 2011

You're an inspiration Diana!! Go, go, go!!!

Reply

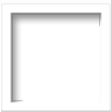


Paul

September 24, 2011

D, keep going girl, there are scores of people watching and rooting for you in England.

Reply



Andrew

September 24, 2011

So awesome!!!

Reply

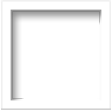


MarathonMike

September 24, 2011

Awaiting your arrival here in the Keys!!!

Reply

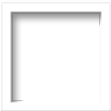


Charro

September 24, 2011

Way to be an amazing inspiration! Stay strong!

Reply



Paul Daniel

September 24, 2011

Your heroism is an inspiration to me! Thank you for the inspiration! If you haven't already, read Atlas Shrugged when you're done, great book about heroism, right up your alley! Good luck! Paul Daniel

Reply

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Anna

September 24, 2011

We're sending our best wishes to you from Dubai. You are in our thoughts and

prayers. By the way, the water is really warm here... remember, you're always welcome to join us for a dip in the Arabian Sea!

Reply



Leigh in NC

September 24, 2011

Diana, You and your xtreme dream team are awesome! I was tracking your first attempt all those years ago. Now I and my kids are following this inspirational effort and praying for your safety and success. Stay strong, one stroke at a time until landfall.

Reply



Corey AKA Diabolical

September 24, 2011

Go Diana!!!!

I'm rooting for you 100% and know you can do it! I'm following it AS closely as I can (being in Alabama).

Good luck, looking forward to see you... stumbling? onto the shores in Florida! 🤞

Reply



Jean

September 24, 2011

Florida will welcome you with open arms.

Reply



Darlene

September 24, 2011

Some people succeed because they are destined to, but most people succeed because they are determined to. ~Author Unknown

You CAN and WILL!!!

Reply



June

September 24, 2011

You are going to do it! Best wishes from the Texas coast.

Reply



Katharine

September 24, 2011

Wow! I'm so glad you're giving it another try — the discipline, effort and required to take on this challenge is truly impressive. I also just love that you have the kind

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of spirit that says, "why not?" It's inspiring !

We're all cheering you on — keep at it- one stroke at a time.

Reply

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Keith

September 24, 2011

It is really too bad you don't have the iOS or Android app to share your progress through GPS. We would love to follow your track.

Reply



Ezequiel Cuellar

September 24, 2011

Go DIANA go!

This time you will make it!

Reply



Greensleeves & Malkavier

September 24, 2011

You are absolutely amazing! We are cheering for you and our hopes and prayers are with you!

Reply



Diane

September 24, 2011

Thanks for your inspiring swim! It was a fine surprise to find out today that you are back in there trying again.

Reply



Dory

September 24, 2011

-Just keep swimming

Reply



Fred Eckersly

September 24, 2011

are there any sexy photos of bonnie stoll available? she is hot... i would like to go for 1000 strokes in her deep waters, if you know what i mean.

Reply



Keith

September 24, 2011

Fred. You are an ass.

Reply



Eddie D

September 24, 2011

Good luck! God's Blessings. Philippians 4:13

Reply

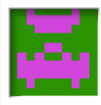
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Ali

September 24, 2011

watching from Phoenix, AZ. Sharing your website with all of my friends. You are my new hero.

Reply



Olivia and Claudia (8 years old)

September 24, 2011

Great Job! Keep it up! We are amazed, you inspire us!

Reply



From the Mini Apple

September 24, 2011

No regrets, Diana. You own this one. Take it all the way and show us what is possible.

Reply



Jennifer

September 24, 2011

I'm sending you all my good energy from now until you finish. You are inspiration!

Reply



Best Family Road Trippers

September 24, 2011

We're cheering for you Diana.

Reply



Swimming Holiday

September 24, 2011

Stroke, breathe, stroke, breathe, repeat and repeat. Stop when you hit Florida land! You are almost there!

Reply



Roger in Colorado

September 24, 2011

AWESOME JOB!! Looking forward to hearing about your successful swim! Keep up the great work – we're rooting for you here in Colorado Springs!

Reply



LB and JF in KC

September 24, 2011



Go Girl! We're following you here in Kansas City!

Reply

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T Tati

September 24, 2011

Arriba Diana!!!!!! tu puedes!!!!!! Viva Cuba-USA!!!!!!

Reply



Harp's in New Paltz

September 24, 2011

Watching your amazing accomplishment with our children, little swimmers, and you should be very proud.

Reply



Abby Brody

September 24, 2011

Diana, your workout book and your story helped me gain the courage and strength to hike the Himalayas. You're my hero...I know you can do this!!

Reply



Boston

September 24, 2011

If you make it to dry land in Cuba do you have to stay?
You're a crazy lady and I love it!

Reply



Suzi Wilson

September 24, 2011

You are a true inspiration Diana. We are all pulling for you!

Reply



Karen

September 24, 2011

Diana: All of us in New York send you our best wishes; godspeed to Florida!!

Reply



Donna from Denver

September 24, 2011

Go Diana Go!
You're an inspiration- So happy you're giving it another try: Third times a charm.

Reply



Jen from Asheville, NC

September 24, 2011

What a surprise to hear you trying this incredible swim once again. Wow! You are an inspiration Diana. I wish there were more photos and updates on your

progress – I'm rooting for you to break a world record and/or hit land in Florida – I can't get enough information on your status as this is the best sporting event of the year. Just trying this insane swim again speaks volumes of your character. I swam 3+ hours this morning and thought it was a little long and a little boring, but wow, I need to simply think of you on my "long" swims to be inspired and humbled.

May the waves be caressing, the jellyfish stings be transformative, the current sway to your favor, the intense burning pain be bearable and temporary, your sleep deprivation be mind-bending, your mind be liberated, your heart be joyous and may you dig deeper into yourself than ever before.

No matter where you stop your swim, you are amazing!

Reply



Sergio

September 24, 2011

Just swam my first mile today. You're an inspiration.

Reply



Cheryl

September 24, 2011

You are such an inspiration to women of all ages, but especially for us aging women. I am a 42 yr old attending a prestigious art school and am the oldest student. I walk amongst 19 yr olds and some days I feel like I am past my time to fulfill my dream but you are proof that we are never too old to dream. Keep dreaming, Diana. I will think about you throughout the night and hope that my conviction will keep you going strong until morning light. You make us all proud to be women who have come into ourselves.

Reply



Bobbi F

September 24, 2011

Sending a cheer of encouragement from Indiana. You are such an inspiration to millions of "older" women and dramatic proof that we still have much to give to this world. Not all glory goes to the young. Thank you for reminding us of that in such a vivid way.

Reply



robert d

September 24, 2011

woo hoo!

Reply



NolaJessie

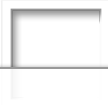
September 24, 2011

Go Diana!! this is amazing to watch! Us here in New Orleans are Rooting for yoU!

Reply

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S

September 24, 2011

Goddamn, human. I swim 13 miles a week, at a fair pace. I gawk at this. I want to be you when I grow up. I totally get why you do it, there was a quote from you somewhere about not switching up strokes, because why bother. That's me in my

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I only hope I can do them in 30 year. You rock, woman!

Reply



Norma Yerena

September 24, 2011

Your an amazing woman and inspiration. Enjoy your journey and my prayers and thoughts are with you.

Reply



iJapanesey

September 24, 2011

YOU ARE BADASS! Winning!!

Reply

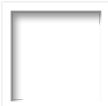


Angela

September 25, 2011

I was overjoyed to hear you were going to try again! We are all rooting for you to make it this time, but even if you don't, you are an incredibly strong woman in mind, body, and spirit and an inspiration to women young and old. Courage Diane! Hang in there!

Reply



Hani

September 25, 2011

Go Diana!

You're an inspiration and a world class winner.

Stay strong.

Hani

Palestine and Canada

Reply

Leave a Comment

Name

Mail (will not be published)

Website

Your message...

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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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- Distance Swum
- Stings
- Almost back to Key West
- On the boat to Key West

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- Name on Stings
- Jack Sage on Distance Swum
- Fred Hone on Diana Nyad Press Conference: 11am, Key West
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Xtreme Dream. For Diana Nyad's representation please contact Pam Derderian