

https://diananyad.com/the-swim-has-started-shes-in-at-60508

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OCT

NOV

DEC

26

2010

2011

2012

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[10 captures](#)

25 Sep 2011 - 31 Jan 2012



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

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Home » Blog » The Swim Has Started! She's in at 6:05:08

The Swim Has Started! She's in at 6:05:08

Posted by Xtreme Dream Team on Sep 23, 2011 in Blog | 45 comments

Diana is back in the water as of 6:05:08pm Havana time! Check back here for updates on her progress. Our homepage will show her time in the water and count her strokes, 200,000 in all!

Make a Splash and Sponsor Diana's Xtreme Dream!



Archives

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Diana's Tweets



- How is your luck today, have you found any good black friday deals? [about 19 hours ago](#) from [HootSuite](#)
- Happy Thanksgiving, give thanks for everything you've been able to accomplish so far in life, & be excited for what is yet to come! [03:35:08 PM November 24, 2011](#) from [HootSuite](#)
- "Not what we say about our blessings, but how we use them, is the true measure of our thanksgiving." ~W.T. Purkiser [02:38:05 PM November 24, 2011](#) from [HootSuite](#)
- [@nsvrc](#) Thanks for the mention. Hope you have a great Thanksgiving [09:04:44 PM November 23, 2011](#) from [HootSuite](#) in reply to [NSVRC](#)
- [@lfcpectrum](#) Thanks for the mention. Hope you have a great Thanksgiving [09:04:23 PM November 23, 2011](#) from [HootSuite](#) in reply to [LFCpectrum](#)

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!

shareshare

[10 captures](#)

25 Sep 2011 – 31 Jan 2012

OCT NOV DEC
26
2010 2011 2012



About this capture

45 Comments



Sharon O'Dell

September 23, 2011

GO DIANA! I am sending you positive vibes, energy and blessings for a safe and complete swim to Florida!

Reply



Maeve

September 23, 2011

Yay! Go, Diana, Go! I am so excited and, of course, rooting for you ALL THE WAY! So you go, and get it done girl! We're with you here in Iowa.

Reply



Holly

September 23, 2011

GO DIANA! I often say that I don't practice regret... obviously you don't either. I love your message and your powerful spirit. No regrets Diana. See you on the shore!

Reply



Swim Mom

September 23, 2011

I am so glad that you are back in the water this soon. You are not out there swimming alone either, all of us are with you in thought and prayer. We love you Diana!!!!

Reply

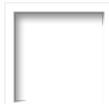


Kori

September 23, 2011

Wooooohooo!!! So exciting!! Go Diana! You got this. Big cheers from Wyoming! Go all "Nyad" on this and leave nothing behind 😊

Reply

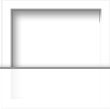


Waaaaahooooo! You GO girl! You are an inspiration to all of us that lean forward into the wind. We support you all the way!!!!

September 23, 2011

Your message...

Reply



cindy lauren

you go, you are awesome, you so rock

September 23, 2011

Reply

[10 captures](#)

25 Sep 2011 - 31 Jan 2012

OCT NOV DEC
26
2010 2011 2012



About this capture



Susan

You inspire me. You go girl!

September 23, 2011

Reply



Vicki

LIKE LIKE LIKE!

September 23, 2011

Reply

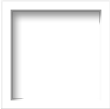


AQUAHOLIC

Your message...Bring it home, one stroke at a time...We'll be waiting for you!

September 23, 2011

Reply



Fred

I am sending thoughts and strength in your direction, Diana. Go for it!

September 23, 2011

Reply



Carol Moore

Go Diana! Go!

September 23, 2011

Reply



(another) Vicki

You make us all proud! and we are with you, stroke for stroke....but! please do this for yourself & not for us! This is your show and you've already earned our admiration and respect. Good luck!

September 23, 2011

Reply



Cindi Cronk

Go Diana. I really hope you complete your dream. I remember you from Stamford Racquetball Club days when you first met Bonnie! Wishing you all the best!!!!

September 23, 2011

Reply



Wolf

September 23, 2011

Water sports are addictive – and I hope you can enjoy it as much as ever possible. From swimmer to swimmer: ++++++

<http://www.swisswuff.ch/tech/?p=468>

[10 captures](#)

25 Sep 2011 – 31 Jan 2012

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OCT NOV DEC
26
2010 2011 2012



About this capture



Heather

Tenacity personified. I admire your moxie.

September 23, 2011

Reply



Keith

You were inspiring as a substitute teacher for me at Hollywood Hills High School in the '70's, and at 50, you still inspire. The Spartans are behind you!

September 23, 2011

Reply



Tara

Go Diana, Go! Keep the faith and believe...I am cheering you on!!

September 23, 2011

Reply



Katherine Tracey

Swim strong tonight, Diana. You are in my families prayers for a safe journey.

September 23, 2011

Reply



Scott

You are amazing and an inspiration. GO GO GO!

September 23, 2011

Reply



Ronen

You are right it wasn't quite complete. And now it's your time to complete it. Let it rip.

September 23, 2011

Reply



Lynda

Go Diana Go! We are pulling for you here in Iowa. So inspiring....

September 23, 2011

Reply



Deb

You rock Diana! All good thoughts and energy coming your way! Thank you for this great surprise I am so excited for you and hope all the conditions remain

September 23, 2011

perfect.

Reply

[10 captures](#)

25 Sep 2011 – 31 Jan 2012

OCT NOV DEC
26
2010 2011 2012



About this capture

Sarah O'Leary

September 23, 2011

I had the great fortune to meet you once, thanks to Sharon L and the Women's Sports Foundation. As BJK would say, "YOU ARE MY SHERO!" Go get 'em!!!! So proud of you!

Reply

Kimber

September 23, 2011

Following along from New York and CHEERING you on loudly!! Go girl, go!!! You are an inspiration!! So proud of your dedication, commitment, perseverance, and tenacity!!! You are a success in my eyes, no matter the outcome!!! With you all the way!

Reply

Debbie

September 23, 2011

You Go Diana, I wish you the best of luck,,, I am sending you my energy, and ringing the bowl for you to give you everything that you may need to get you to Florida..... Good Luck and God Bless

Reply

Barbara Norton

September 23, 2011

GO DIANA GO! You were an inspiration then, and you are now.
-An old Ak-o-Mak Camper.. from your cabin when you were a CIT, -Barb

Reply

Jeanne

September 23, 2011

Go Diana!! I'm rooting for you!! Sending you lots of go-go mojo!!!

Reply

Jane

September 23, 2011

This is your time. You're going to accomplish your goal of completing the swim. I can sense it. You are an inspiration and I admire you.

Reply

Thales

September 23, 2011

Wow, you make a grown man reach out for some Kleenex. Diana, We'll be cheering you on. You're a winner no matter what the outcome.

Reply

[10 captures](#)

25 Sep 2011 - 31 Jan 2012

Adriana

Will you marry me Diana?

September 23, 2011

OCT NOV DEC

26

2010 2011 2012



About this capture

Reply



Sherri

September 23, 2011

I am so happy for you. Getting right back into the water. As someone said eariler in the comments,do this for you, not for anyone else. Of course we are cheering for you. You are amazing!!!!!!

Reply



Antonio Deveras

September 23, 2011

I hope she makes it. But really, what's the point? Cubans try to get to Florida for more compelling reasons, not just because its a sport.

Reply



andra

September 23, 2011

You can do tis! I am 61 and have just finished an adventure of my own so I know how much you need to do this, and you will.

Reply



Laura

September 23, 2011

Go Diana! I'm so excited that you decided to give it a second try! You are such an inspiration to me and many others! We're all out here rooting for you.

Reply



Jessica

September 23, 2011

YES! YES! YES!!!!!! So excited to hear you are back in the water! If you start to slow, feel all of the ENERGY and LOVE of so many people who are cheering you on! We are all swimming along side you in spirit!

Reply



Kitty Brodrick

September 23, 2011

You've been my hero for a long time, Diana. My heart is swimming with you all the way, kiddo!

Reply



PJ Maddox

September 24, 2011

Hit it hard gal, There are a lot of us other old broads rooting for you.

We love you. You are in inspiration for everyone young and old.

Love and Light,

pj

Reply



Barbara

September 24, 2011

Keep singin' through the night! listen to those head tunes!

You just keep on keepin' on...

So- so many are thinking of you Diana!

Reply



Cecil

September 24, 2011

As Winston Churchill said in a very famous speech: "Never never give up"! I'll be sending fibs from the pool this morning.

Reply



Jessica A

September 24, 2011

Go Diana!!! Sending you lots of good vibes from Michigan! Wish I could be there when you reach the shore of Florida!

Reply



Rene

September 24, 2011

As a 60-year-old female, business owner and cleaner of swimming pools every week, it is wonderful to see your love of the sport. Who says we're too old... never!! Good Luck Diana.

Reply



Jonah, Josie & Grayson

September 24, 2011

Diana, you are an inspiration. It is so wonderful that you try, try again. And yes, you are full of Grace. We thinking about you & hoping you have a wonderful swim.

Hope you don't see any more Portugese Man-of-War out there.

From Jonah, swimmer & mom, 38

Josie, swimmer, 10

Grayson, swimmer, 7

Reply



Swimming Vacation

September 24, 2011

[10 captures](#)

25 Sep 2011 - 31 Jan 2012

OCT NOV DEC
26
2010 2011 2012



About this capture



Rock and roll Diana! We are with you! All best

Reply

[10 captures](#)

25 Sep 2011 – 31 Jan 2012

OCT NOV DEC
26
2010 2011 2012



About this capture



digoodwitch

Tuned in and rooting!!! And come Monday I'm getting back into the college pool and working my way back up to a mile because you got back to your swimming goal.

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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Michael Farr on Expeditions and solving the challenge of the jellyfish

Archives

November 2011 (1)
October 2011 (17)
September 2011 (43)
August 2011 (36)
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)

OCT NOV DEC

◀ 26 ▶

2010 2011 2012



▼ About this capture

[10 captures](#)

25 Sep 2011 - 31 Jan 2012

