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About this capture



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

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Diana is in Cuba

Posted by Xtreme Dream Team on Sep 22, 2011 in Blog | 26 comments

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Diana is in Cuba and will have more to say tomorrow at a press conference. For the latest news, check back here, follow [@DianaNyad](#) or like Diana on [Facebook](#).

Archives

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Diana's Tweets



- Back in the water : <http://t.co/3vhOQQpl> about 1 hour ago from Twitter for iPhone
- @MattCNN get over here Matt! We are waiting for you! :) #XtremeDream about 1 hour ago from Twitter for iPhonein reply to MattCNN
- 12:20am Back in the water <http://t.co/3vhOQQpl> about 1 hour ago from Twitter for iPhone
- New blog post:<http://t.co/oy4tabxe> about 1 hour ago from Twitter for iPhone
- Keep sending your encouragement, well have another update soon #XtremeDream about 1 hour ago from Twitter for iPhone



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-Xtreme Dream Team



26 Comments



Sally

September 22, 2011

Good luck to you Diana, you can do it. We will be in Redlands cheering you on!

And missing our friend Candace. Get her done!

Reply



Name

September 22, 2011

I saw the documentary about Diana on CNN and was so inspired. I am 50 years old, and stopped running and swimming when we started a family. In my late 30s, I had three children in less than four years. Now that they are old enough to stay alone, I have no excuse to give up on my physical health. Though I was always an average runner and swimmer, I loved both. A few months ago, I started running and swimming again. I am having a problem with the heel of my right foot. After numerous doctor's appointments, MRI and X-rays, the best they can come up with is tarsal tunnel syndrome. As a result of favoring my right foot when I run, my left hip started hurting. My dream is to run a half marathon and I was feeling very discouraged about my additional aches and pains.

Then when I saw Diana swimming through the agony of asthma and a hurt shoulder, I thought, "If that lady can swim for 29 hours in that much pain, I can run a half marathon." So I am stretching and trying to build up strength in my 50-year-old legs. It would be so easy to give up on myself. Thank you for fighting to reach your dreams. It truly inspires others to do the same. Thank you Diana! Keep dreaming!

Reply



Jane

September 23, 2011

Don't give up. I am 50 too and ran my first

1/2 marathon last year. I will be running my

3rd 1/2 marathon in November. I definitely

do it.

Don't give up!!

Reply



Raúl

September 23, 2011

Keep it up! Greetings from Campeche,

México. I'm also a runner and was inspired

by this story.

Reply



Lisa B

September 22, 2011

Thinking of you Diana and sending your wishes for a safe journey! Swim strong.

Reply



Nancy Curran

September 22, 2011

I Believe! It is the time, your team of support is powerful! It will be done this time!

See you on the beach in Key West!

Reply



Chris Foster

September 22, 2011

Stop your self-indulgent nonsense. You are NOT improving relations between the

US and Cuba or inspiring anyone to lead a more active life. You are simply

making a fool of yourself. Stop wasting money that could otherwise be used

productively rather than to indulge your whims. Enough!

Reply



Anti-Chris(t) Foster

September 22, 2011

You have a lot of nerve! Why don't you find some other site to

post your rants. Just because you are pathetic doesn't mean

other people are!

Reply



Brian Suddeth

September 22, 2011

What the hell have YOU ever done CHRIS? Don't be such an

asshole.

Reply

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pep

September 23, 2011

Your iealousy is bevyond words. The world has too many like you.

Reply



diana salha

September 23, 2011

you don't have dreams. go get some.

Reply



Fred

September 23, 2011

One man's whim is another (wo)man's dream.

Reply



Susan S

September 23, 2011

Dear Chris,

Did your parent ever tell you that if you don't have something good to say, don't say it? It would be nice if you would keep your negativity to yourself, since this blog is designed to support Diana.

Please don't hate on Diana.

Thank you,

Susan

Reply



Krisie

September 23, 2011

If you don't have anything nice to say, don't say anything. If you don't like what she is doing, don't watch or contribute.

Reply



Donna Gaudet

September 22, 2011

Diana...good luck to you. May the wind and the currents be at your back and may your will and your body carry you from one shore to the other.

Reply



Elisa

September 22, 2011

OMG, can't wait to hear the news!

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Reply

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Judi

September 22, 2011

Keep on keepin' on, the real people support you in your quest to succeed!

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Reply



Taro

September 22, 2011

I'm one of swimmer live in Thailand. Your story gives me power. You are shining.
Thank you.

Reply



Brian Suddeth

September 22, 2011

Diana, You inspire the HELL out of me. Do what you want, and I will follow.

Reply



Clara

September 22, 2011

Buoyant thoughts going out your way in thanks for the powerful image you cut for
the rest of us!

Reply



Mary Stan

September 23, 2011

Why the hell not! Yay...I'm with you 100% with love in every breath.

Reply



Megan Tobin

September 23, 2011

Go Diana Go! Your courage makes me stronger in all I face!

Reply



Liz

September 23, 2011

Si, se puede! Buen viaje.

Reply



Strel Swimming Vacation

September 23, 2011

GO GO DIANA, YOU CAN MAKE IT!

Reply



Wow! Best of luck to you. I am 45 and registered to do a short 2-mile swim in St

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Reply



GO DIANA GOOOOOOOOOOOOOOOO!!! Sending out cheers and the best of wishes to you from Wyoming! This is it. This is your time. As I tell myself during my long training runs for my marathon: "I'm going all Nyad on this!" 😊 You got this.

Reply

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Diana Nyad's Xtreme

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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."

- 1220am Back in the Water
- Update 1130pm
- Receiving Medical Treatment
- Stung in the face
- After 24 Hours, Sunset

- Bbaall on Stung in the face
- Rachel on 1220am Back in the Water
- mike on Receiving Medical Treatment
- julie on Update 1130pm
- Eileen on 1220am Back in the Water

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About this capture

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