



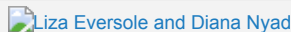
Diana Nyad Xtreme Dream 103 miles. Cuba to Florida. Summer 2011

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Reinventing Yourself –Liza Eversole, Diana Nyad's sister

Posted by Xtreme Dream Team on Aug 18, 2011 in Blog | 1 comment



Diana's Sister, Liza Eversole with Diana

Forty-five years ago, the summer Diana turned 17, she was diagnosed with a virus in her heart called Endocarditis. She had been training for the Olympics since she was a 10 year old kid and I was the five year old with only her to look up to. A national record-setting sprint swimmer, she was a candidate for the backstroke on the Olympic team when the debilitating virus hit her heart. She had her heart set on qualifying for the Olympic trials but she had to stay in bed, so I sat with her all summer. Finally given a clean bill of health, Diana resumed training full throttle but she missed qualifying for the Olympic trials by something like a 100th of a second. So far behind in her training because of the medical issue, it's remarkable how close she came to qualifying (4th Olympic alternate in Munich Games). But that meant nothing to her, just as it means nothing to her to have gone 56 miles last week—the point for her is to get shore to shore; there are no compromises for such an athlete.

Her Olympic dream was dashed, and she had to get through the devastation. It was hard for me to watch, much like now. She felt a strong need, then, to demonstrate her worthiness as an Olympic contender. In the next year before she graduated high school, she was offered the opportunity to compete in the international marathon swim circuit. In long distance swimming, she was able to reinvent herself and take full mastery of her talent for setting goals and achieving goals. Diana may get angry at the injustice of it all—she put in the training only to be tripped up by a medical issue again, this time—but she doesn't wallow in self pity at any setbacks. Although this is hard, she will take the opportunity to make the most of this and be open to reinventing herself in a way that may even come as a big surprise to her.

—Liza Eversole



Archives

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Diana's Tweets



- @saragepp Aww thank you and I am so excited for dedication to surfboarding, You will do great! Aim high and never loose sight of your goals! [about 9 hours ago](#) from [HootSuite](#) in reply to [saragepp](#)
- @lavishpearlrock Thank you. Cant wait to hear about your upcoming adventures :) [about 10 hours ago](#) from [HootSuite](#) in reply to [lavishpearlrock](#)
- @jrexaggrations Thank you! [about 10 hours ago](#) from [HootSuite](#) in reply to [JRExaggrations](#)
- @worldtravelmom YES! So happy for you. Thank you so much for watching the documentary! Have a favorite part? [about 10 hours ago](#) from [HootSuite](#) in reply to [WorldTravelMom](#)
- To my followers and supporters~Live ur dreams & Get high on everyday life! Thank U all 4 watching my [@CNNbrk](#) documentary <http://ow.ly/6yIP0> [about 10 hours ago](#) from [HootSuite](#)

One Comment

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jean golden

From your lips to God's ears, Liza. (An old yiddish saying)

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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."

Recent Posts

- Diana's Reaction to the Documentary
- My Escort Boat – Voyager
- Bonnie Stoll head handler of the Xtreme Dream
- 'Diana Nyad: Xtreme Dream' Documentary Virtual Viewing Party
- Bridget's Story

Recent Comments

- CandaceLyle on Don't Miss Dr. Sanjay Gupta's documentary, "Diana Nyad:Xtreme Dream"
- CandaceLyle on Thank You.
- CandaceLyle on 'Diana Nyad: Xtreme Dream' Documentary Virtual Viewing Party
- Martha Sullivan on 'Diana Nyad: Xtreme Dream' Documentary Virtual Viewing Party
- CandaceLyle on 'Diana Nyad: Xtreme Dream' Documentary Virtual Viewing Party

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