

<http://diananyad.com/an-intense-few-days-down-in-key-west/>

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An intense few days down in Key West

Posted by Xtreme Dream Team on Aug 11, 2011 in Blog | 11 comments

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Diana's Tweets



- [@borgonovorob](#) If you want to show some support, check out the store: <http://ow.ly/6DH8U> about -1 years ago from [HootSuite](#) in reply to [borgonovorob](#)
- Wanna show more support for the [#Xtreme](#) Dream? Join the crew with one of these wristbands: <http://ow.ly/6DH1h> about 3 minutes ago from [HootSuite](#)
- At 8:57am, the flotilla and Diana are about 25 miles from Cuba. about 20 minutes ago from [HootSuite](#)
- Diana's regular feedings & hydration continuing. Candace Hogan, who has been on f Diana's swims since '78, says Diana can recover &... about 21 minutes ago from [HootSuite](#)
- Nigh turned into day as the dawn broke slowly on the horizon. "You're doing better. I can see it," said Bonnie Stoll, her chief handler. about 22 minutes ago from [HootSuite](#)

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Diana addresses her friends and family

Photo by Christi Barli

This has certainly been an intense few days down in Key West. As you well know, from being on the first Cuba swim so many years ago. Bonnie Stoll was a truly amazing trainer for Diana on this swim, and Candace was there by Diana's side, too, as she was on the Cuba swim with you.

Of course Diana is intensely disappointed, and grieving the end of this particular dream effort. But as she put it "It's a disappointment, but not a failure." And certainly, from reading her facebook and twitter messages by the thousands from all over the world, it is clear that, almost unanimously, her feat (she swam nearly 55 miles over 29 hours in open water) is seen as an heroic effort that has inspired her many thousands of followers to think about how each one of them might make a commitment to some special effort in their own lives.

That has been her message from the beginning of this dream, and clearly, that message has gotten across. By the way, did you know that Hero was a woman? She was the one Leander swam to every night across the Hellespont in Greek mythology. She was his muse and inspiration. Sound like anyone you know?

I flew home this afternoon, but many of Diana's friends and crew are still there, probably until the weekend. Some were going out to swim with dolphins this afternoon, including Diana. I hope they all go out and dance themselves silly in one of the fabulous bars in Key West, before they leave. Diana is the best dancer I know. We had a ball in the 70's dancing our way around every bar in Manhattan.

And I hope there will be a big party for her, perhaps back in LA around her birthday on the 22nd? I wish I could be there, too.

As we all know, there is nothing like spending time with this incredible woman to make you feel alive and inspired to do great things yourself, not to mention royally entertained by all the wonderful stories, [2 captures](#) 24 Sep. 2011 – 20 Jun. 2020. She pulled off a truly bravura performance of that function at her thank you gathering for

her crew and friends last night. Just 18 hours after that amazing swim. Diana is truly a force of nature.

CNN will be broadcasting a 1 hour special about the swim and hopefully focusing on Diana's larger message of inspiration to the world, on Sept 17th. Sanjay Gupta is doing the story. CNN was on the boat for the entire swim. And I am sure all of you will hear from Diana very soon.

The Heroic journey is a long one, with many twists and turns, and it is far from over for Diana. Let's each of us recommit ourselves to taking that journey seriously in our own lives, in honor of her effort this week. That's the message she wants to send, as she said at her press conference after the swim. I'm starting today.

Onward, Jean

Jean Golden



11 Comments



Mary Stan

August 11, 2011

Thank you for the continuing updates. My commitment is to show up for whatever comes along in my life. I will not run from the grief or the joy, but live each moment fully. There is no failure in trying my best. Thank you Diana for this message that I have received at my core and feel viscerally. If there's a party in LA, I'm there!

Reply



Ken Skier

August 11, 2011

Diana—you are an INSPIRATION. To all of us who swim in the open water...or run on trails or roads...or take on any challenge that seems Too Far and Too Hard.

You've shown us that NOTHING is Too Far or Too Hard.

Diana, I salute you.

Reply



Martha Bates

August 11, 2011

Jeanie! I had forgotten what a great writer you are. The late, lamented Mrs Gluck would be proud. This is terrific. Thank you.

Reply



Judith DeZinno

August 11, 2011

I'm in!!! Lovely piece of writing. I'll actually be in Key West on Diana's birthday so

I'll be sure to raise a glass in her honor.

Reply

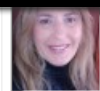
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Susanne Alexander

August 11, 2011

Congratulations and thank you to ALL! Very well written, Jeanie. Diana has certainly been an inspiration to me!

Reply



Dana Deliberato

August 11, 2011

What a wonderful piece. Thank you Jean. THANK YOU DIANA for inspiring us all to take the time to examine our true spirits and realize it is NEVER too late to be our best selves.

Reply



John

August 11, 2011

In the pool again today...occupying my mind with your attitude.

Reply



John

August 11, 2011

my 55th B-day today, Pikes Peak Marathon next weekend!!!

Reply



JoAnn Szott

August 12, 2011

I have read all the articles about Diana and her Cuba swim. She is definitely an inspiration to me. Thank you Diana and I hope to get to meet you someday. I am still waiting for my t-shirt and when I receive it I will be wearing it in your honor Diana!

Reply



Jinx Jenkins

August 12, 2011

Blessings to you and for all you have done
And please dance your fanny off.....

Reply



Suan Hudson

August 12, 2011

I want you to know than miss dyan. you hav inspired me to get up on my feet and get fit. You have motivated me to move on with my dremms. You have reminded me to repsect my self. You hae reminded me to keep trying and keep going. you are and wesome lady. I hope that you will continue to show us how to get fit and how to

keep going and go after the goals of what inspires us and try to keep going again and again to reach our goals even if they change in life. I have shared your story with my 13 year old daughter. She has so many questions. We are going to continue to watch. Thanks for everything. God bless you. Susan Hudson finally ps i hope you recover soon

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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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- Rene on The Swim Has Started! She's in at 6:05:08
- Diana Nyad – Legend in the Making! « Central Florida Top 5 on A Challenging Night
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