

http://diananyad.com/lessons-from-the-swim-toward-the-future-8-9-11-9am/

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Lessons from the swim, toward the future (8-9-11; 9AM)

Posted by Xtreme Dream Team on Aug 9, 2011 in Blog | 87 comments



After 29 Hours Diana Calls The Swim

Photo by Christi Barli

As the crew is motoring in to shore, we get a call: "This story is being covered worldwide, Sydney, Montreal, everywhere— Google just has 1400 articles about the end of the swim alone. Mostly it's about how much Diana's inspiring people." Of course, it is. Especially for the age group Diana intended to give heart to the most, she has succeeded. You think of success and failure differently after living a lifetime of it. How we define success or failure changes as we become mature and wiser and more accomplished. This was always about an attempt. This was always about the importance of reaching beyond your grasp. Of course, a shore to shore success would have been nice—it was what Diana wanted, passionately. There's no sugar coating for that; her disappointment is real. But for her contemporaries whom she so specifically addressed, this was always about the attempt, this was

Archives

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Diana's Tweets



- @freeagentsonly Well thank you :) Happy early birthday. Hope U have lots of fun. Cheers 2 another year of success and prosperity! [about 9 hours ago](#) from [HootSuite](#) in reply to [FreeAgentsOnly](#)
- @mama_pinks WOW thats amazing, keep up all the good work. You seem to be an amazing woman and mother. [about 9 hours ago](#) from [HootSuite](#) in reply to [mama_pinks](#)
- Check out this article I found: <http://t.co/uttzXbGO> Its amazing to know I am not the only one who feels that age is NOTHING but a # [about 9 hours ago](#) from [HootSuite](#)
- @squaretrips I'm so glad you enjoyed the event. It was such a pleasure and honor. [about 12 hours ago](#) from [HootSuite](#) in reply to [squaretrips](#)
- @mama_pinks Good morning! I see that your a youth worker/Learning

always about reach...about the courage to risk wanting anything passionately again—or maybe even for the first time.

mentor, so what exactly do you do?
How old R the kids U work with? [about](#)
12 hours ago from [HootSuite](#)in reply to

Life teaches us that youthful success is easy. Success is incredibly accessible if you define it

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...self. Diana looked us in the eye and said with love but without equivocation. No, you

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can do better. You know you can. Get up, wake up, you can do whatever you set your mind to, or at least you can try. Diana wouldn't let us get away with using age as a rationalization for being tentative about challenging ourselves. This swim was about setting the bar low for an entire generation. It was about the importance of reaching beyond our grasp, whatever the day, whatever the outcome, about the courage to risk engaging in life with our best selves.

Candace Lyle Hogan and Elaine Lafferty

share

share

87 Comments



Albert Yome

August 9, 2011

This is not a failure. The sheer audacity of going for such an attempt and persevering for so long, is a humbling yet inspiring lesson to us lesser mortals.

Reply



George S

August 9, 2011

One of my heroes – none the less! Thank you.

Reply



Esther Hall Gordon

August 9, 2011

Youth and energy – no match for age and experience!

Reply



Chris Baskind

August 9, 2011

Breathtakingly inspiring. The swim made landfall. Maybe not in Florida — but certainly in a lot of people's hearts. Thank you for reminding us how much is possible.

Reply



Dana

August 9, 2011

I got chills reading this post – up my arms and behind my ears. Because it's absolutely awe-inspiring what Diane accomplished. She reminded us all to dream big, work hard, live boldly!

Reply



Dana

August 9, 2011

(sorry about the typo, diana. i'm a goof. you're a star!)

Reply

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Kristen

August 9, 2011

Ok, this made me teary eyed.

Reply



dixie

August 9, 2011

Diana, you have inspired MANY during a time when not very much inspiration is going on in our country! God Bless you for your determination and your genuine spirit!!!! Keep on swimmin' girl! 🐬👏)

Reply



Audrey

August 9, 2011

Thank you Diana for sharing your gift of inspiration so valiantly!

Reply



Boca

August 9, 2011

Here's what Diana did for me:

She gave me the opportunity to focus on something positive in life. Every tweet and news report about her challenge took away the news of the crashing stock markets, the problems of Greece, the riots in London, the sadness of Norway. Her effort, determination and grace brought sunshine into a world of darkness these last few days. She is a gentle giant and an inspiration. Thank you.

What did Diana do for you? (let's pass this on!)

Reply



Charlie Burke

August 9, 2011

Never hang your head. I understand your disappointment, but it is NOT failure.

You have inspired men and women of the world and accross generations. I have had my 14 year old son following you. His dream is to play college basketball.

Your focus, dedication and positive attitude are the lessons I want him to learn.

Plus the fact that even if you do not reach your dreams, just the act of trying puts you ahead of 98% of the population. Thank you Diana Nyad for inspiring all of our own Xtreme Dreams!

Reply



Judy Huck Hinton

August 9, 2011



Beautifully said...what an accomplishment!!

Reply

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timothy a. bennett

August 9, 2011

Diana is pure inspiration to many people and she is anything but a failure. Her strength, determination and passions are so strong her story will be inspiring people for generations. I do not understand failure, because I see it as an opportunity to stand up, dust ourselves off and go at it again. I will always support Diana and share her story with anyone who will listen. Diana is a true champion in every way.
much lo

Reply



Roxanne Daniels

August 9, 2011

Diana, you are an inspiration to people everywhere!

Reply



Carol

August 9, 2011

Thanks for going for it against all odds. Diana, you still have lots of good works to do. keep the faith.

Reply



Kitty

August 9, 2011

Swim caps off to you, Diana! If anything, the fact that you didn't reach your destination makes your attempt all the more profound in that it teaches important lessons about acceptance, body wisdom and grace. Scores of other seemingly post-peak athletes will train longer and stronger—and believe harder—because of your attempt. Rest well and eat up. You've a renewed following awaiting whatever it is you're going to model for us next.

Reply



tracy

August 9, 2011

inspiring thousands of people across the globe to feel that they too can set out to make new dreams come true or revive old ones is a huge achievement. Whichever way you look at it Diana, this is a success. Bravo 😊

Reply



Beth

August 9, 2011

She lives life! This spirit embodies what Nike put out in 3 words...just DO it! Old folks just do it w wrinkles!!

Reply

Kori

August 9, 2011

Shakespeare once said, "Our doubts are traitors, and make us lose the good we oft might win, by fearing to attempt." Diana never doubted, she succeeded. Thank you, Diana, for inspiring so many and showing us all how to be our "best selves"!

Reply



Le Anne

August 9, 2011

Words as true as Diana's heart.

Reply



Mel

August 9, 2011

Wow, I have followed, I have believed, have sent you love and energy when it was posted last night, have shed a tear or two and have cheered you on... and now I cheer you on and thank you even more for daring, dreaming and going for it.

Thank you Diana, for inspiring a me and the rest of the world, when we all so needed inspiring.

Reply



Mike

August 9, 2011

Diana, again you teach us to reach for the stars with every goal. As my daughters and I followed your adventure, we talked about our own person goals in life. This talk, was a true gift for a father.

Reply



Suzanne McDermott

August 9, 2011

It's how you play the game. Thank you for sharing your great big dream with all of us and for your courage. It takes courage to attempt the feat you set before you. I think it takes far more courage to let it go when you realize that letting go is what you have to do. That's wisdom. And wisdom is what we aspire to in our development.

You've won the inner game. That's the one that really counts.

Reply



Teresa

August 9, 2011

One of my favorite quotes is a "Spanish proverb" from the movie, Strictly Ballroom: "A life lived in fear is a life half-lived." Diana could have let fear of failure keep her from attempting this challenge. Instead she met it head-on and showed many of us how to live life. Well done, Diana. Continue to inspire us, please.

Reply

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Raul

THANK YOU DIANA! You are a real hero, no matter what!

August 9, 2011

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GF Kremer

August 9, 2011

You succeeded the moment you believed you could! You are the core of my efforts, inspiration and my successes. In short, you are an icon for all of us!

Reply



Mudman

August 9, 2011

It's always better to DNF (did not finish) than to DNS (did not start). You're an inspiration and a hero, especially to us "youngsters" 😊

Reply



Trish McGuire

August 9, 2011

Diana Nyad, I applaud your courage to recapture a dream of long ago and your commitment to carry it through. You are an inspiration to people of all ages to live our passions no matter what the outcome. Rest up, and then develop a series where you help others do the same.

Reply



FeliciaB

August 9, 2011

Well said! She is still my hero for having attempted this epic swim. In fact, she's even more of a hero to me because of the way she's teaching us all how to cope gracefully with disappointment.

Reply



KJ

August 9, 2011

I am only in my 40s but could not stop watching your efforts and believing in your dream. You are an inspiration and I hope to continue my quest for health and living a full life like you, Diane Nyad!!

Reply



Jeff Glass

August 9, 2011

Diana,

I'm 54 and just resumed competitive (pool) swimming a year ago after a 30 year layoff. When I heard about your upcoming attempt, I knew that whether you finished or not, it would be an awesome accomplishment. The lesson you've

taught us all is to not give up on our hopes and dreams, at any age, and to think beyond our self-imposed limitations. Thanks for your inspiration.

Reply

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Paoli Pete

August 9, 2011

You gave it your best shot. Kudos to you! A courageous thing to attempt! Well done!

Reply



J

August 9, 2011

Thank you for inspiring our generation and future generations...we don't know our purpose in success and failure until we have time to reflect. You have shown me that, ultimately, it's not about the success or failure...but the attempt.

Reply



Leslie

August 9, 2011

Life is more than just getting up everyday it's about vision and perseverance. You have both so keep going. You said it in your message and I learned it as a child, always make your reach further than your grasp and you did just that.

Reply



José Aloisio Soares

August 9, 2011

What a pity! I was rooting for you to make the crossing. You serve as an example of perseverance for all. You deserve trophies for your bravery. You should not be sad. His name is in the annals of world sport. Life goes on! Good luck, Diana

Reply



Liza Cotter

August 9, 2011

Diana,

So proud of you. I've been following you from the start. You are such a warrior and a perfect example of strength, courage and youthful joy!

Terry sends love...he called this morning from Mount Kilimanjaro where he will summit on Saturday. He is climbing to celebrate his 70th birthday! Right on, Cotter and Nyad. You both rock my world....

Liza

Reply



Mike Hacker

August 9, 2011

We are often too focused on 'winning,' which is what a Florida landing would have felt like. This attempt was a marvelous feat that captured the imagination of many people. Congratulations -

Reply

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Michelle Cordle

August 9, 2011

I am 41 and am training for my first triathlon. You have inspired me and when I

doubt myself or get tired I think about you and push on through. Diana, you are amazing.

Reply

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Charlotte

August 9, 2011

I think she is amazing. All I could think about on my run this morning was how she dreams big and reaches far. I'm often too afraid to reach or dream and fail. I don't want to feel the failure. You address it so perfectly above. I need to challenge myself and accept I might fail rather than living easy and "succesfully," but not really achieving much or feeling the hard half of life.

Reply



Carol Moore

August 9, 2011

We hear what we need to hear when we hear it. Diana thank you for inspiring me. I struggle with LIFE and sometimes doubt my existence, I ask why am I here? I customize my fears and I cling to my faith but I still hold back. I can never seem to stretch myself as you do but you inspire me to. I preach to others not to be like me strive to be better because I know that I am not working towards my goals. ANYway you inspire me to continue to improve my situation and my spirit. Plese continue to be the inspiration that you are to so many!!!!wishing you a speedy recovery!!!

Reply



Candice

August 9, 2011

I was so lucky to have met you several years ago on a cruise ship and have watched your courage and determination in awe ever since. You have now inspired me to follow my own "dream." At 52, I have decided to take up surfing here in Oahu and will remember your "dream" every time I get mashed up by a scary wave. YOU ARE MY HERO DIANA!

Reply



Lynne Wiggers

August 9, 2011

Diana, you certainly have not failed. You had to adjust to and accept big issues – Nature and her inconvenient waves, your finite physical body hitting you at the very core of existence (breathing) and excruciating shoulder pain, not to mention all the other aspects of being in water for that long. You knew before you went into the water that all these elements were present. You chose to get in the water and go. You have changed our lives. We have no more excuses to not 'do' or 'go'. I cannot wait to hear about your next decision to grab LIFE and by example

continue to inspire us! Much Love to you and your team of friends and may blessings of rest and peace encompass you all!

Reply

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beth

August 9, 2011

I am a 56 mother of 9 year old twin boys. We loved following your story.

I cried for you today as we got the news.

Thank you. Today you have inspired me to be more. I hope you get to feel your amazing accomplishments.

Reply

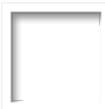


Nikki

August 9, 2011

Thank you for inspiring us all. 30 hours!!!! That is amazing. I cant wait to see what you have for us in the future. God Bless You!! Congrats!!

Reply



Marcie

August 9, 2011

If my memory is correct, I think my father and I met and talked to your father a few times in Honduras back in the 70's. He sure was proud of you then, so I know how proud he would be of you now! You are an inspiration to us all!

Reply



Stephanie

August 9, 2011

Beautifully written and so true! Diana you have set in the minds of millions how to not only measure success, but how we think of our past, present and future achievements. Thank you, Diana Go to a quiet beach somewhere and gets some rest 😊, the world needs you.....

Reply



Stephanie

August 9, 2011

To Candace and Elaine,

Thank you for writing this 😊 you all must be tired as well. I have one question:

It's obvious how much love is in the article for Diana, so I am confused by the sentence-'This swim was about setting the bar low for an entire generation.'

Shouldn't it be high? not low?

Reply



Sandy

August 9, 2011

29 hours swimming in the Florida Straits is an unbelievable accomplishment.

Reply



Kelli Trudel

Diana,

August 9, 2011

Let's keep the dream alive. Let's do this swim together!!!!

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Kelli

Reply



Shannon

August 9, 2011

Diana you accomplished something beyond your actual swim details of time and distance...you managed to INSPIRE. And that will last much longer than your news articles. Inspiration is often what we lack the most as humans and you have shared yours, Thank you.

Reply



Darryl

August 9, 2011

What a stupid idea in the first place. it proves nothing other than she wanted attention.

Reply



Seth

August 9, 2011

Inspiring you contemporaries? You set your sights too low, Diana. I am 30 years your junior and I am inspired.

Reply



Kirsten

August 9, 2011

Reading this really moved me. I have tears in my eyes. I hope you write a book about this. I will buy it and read it again and again. I am only 43, and after seeing what you've done, I know I still have many years ahead of me to be accomplish great things!

Reply



Chuck

August 9, 2011

Diana, you are an inspiration to everyone. So sorry that it didn't happen for you this time. When someone tells me of an instance where someone didn't reach their objective, I often reply with "...the greatest failure comes from never trying..." and so kudos to you for your attempt; you should take solice in knowing that you tried and showed others what is possible at any age.

Reply



Alysofast

August 9, 2011



@Kori ~ Awesomely said!

Thank you Diana for your inspiration. Just getting in the water, swimming as along

as you did with the great big heart and great message of goodwill. You are the

Victor!Indeed

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Reply



Huw

August 9, 2011

Congratulations for swimming for 29 hours!

Reply



Dan

August 9, 2011

Congratulations on a great achievement, Diana. You went a long way! Been praying for you, on and off, since Sunday.

Reply



Salam Paix Shalom

August 9, 2011

fantastic what you've want to realize and thx for all the people in love with peace

Reply



Anne

August 9, 2011

It's been great, and age is just the excuse of couch potatoes to justify their weakness, myself at 25, despite being trained, wouldn't be able to swim 29 hours in a row. I hope to be like Diana at her same age!

Cheers on, this was amazing!

Reply



Rod DeRemer

August 9, 2011

Diana,

Thank you. Today is my 64th birthday. Good effort!

Rod

Reply



Jenscla

August 9, 2011

I have long followed Diana's NPR programs, and I find even in the attempt a stoic inspiration. Thank you Diana, and I'll be listening.

Reply



Pam Carpinelli

August 9, 2011



Diana, you entered the waters off the shore of Cuba just as I turned 61. I felt so happy for you knowing that you were living out your extreme dream after the long delay. I cannot imagine swimming for as long and as far as you did. You exemplify courage on so many levels. Thanks for inspiring me to reach beyond and raise the bar for myself. I wish you the best and congratulations to you and the whole crew, truly amazing job.

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Reply



Norman Dixon

August 9, 2011

You are an amazing woman, Diana. I am always inspired by you and hope to "always reach beyond my grasp to engage in life with my best self" the way you do. Thank you for being a shining light! xo

Reply



Heather

August 9, 2011

I love the line "Life teaches us that youthful success is easy". It's amazing to look back on life and see how true that really is. The successes we work toward as we get older mean so much more because we actually have to work for them. The hard work makes the success taste sweeter than it ever could have before now. Even though you had to cut the swim short, I hope you can see the sweetness that lies in the 30 hours you spent in the ocean working your tail off for your goal.

Reply



Keith

August 9, 2011

Diana. thx for trying. i swam harder today because of you.

Reply



Mark

August 9, 2011

Ten years and fifty pounds removed from my bicycle, I got back on very recently. Diana's effort has provided me equal parts inspiration and resolve. The swim was a success by many measures, some of which may not be immediately and fully appreciated. Thank you!

Reply



Konsta Beck

August 9, 2011

Keep you chin up! You should be proud of what you have accomplished! Keep inspiring people and enjoy life ;D. Greetings from Finland

Reply



Konsta Beck

August 9, 2011

I mean: Keep your chin up!

Suzann

August 9, 2011

Diana You have given me the courage to regain my ability to swim again. Thank

you for that. At my age of 65 my strength was waning. You are my new hero and your effort was outstanding for anybody at any age. As you say "Onward" and that is just where I am headed. You are one amazing 61 year old woman! "We are woman hear us roar!"

Reply



Richard

August 9, 2011

I'm absolutely buzzing with pride. I'm inspired by actions, not outcomes.
Nothing but admiration and love for Diana. Thanks for waking us all up!

Reply



Luis F Cai~as Milanes

August 9, 2011

PLEASE, first find out the situation in Cuba = FREE HORROR, – 52 – years of a military dictatorship, those waters are the RESTING PLACE of more than – 70,000 – cubans, they deserve RESPECT, do you know about that ?, or you are just trying to make money of our suffering ?,
Come ON Diana, you can do better, read, read and GOD BLESS YOU, Regars Lou.
NOTE:
- They are using you

- Virgilio Campaneria was executed by a firing squad in – 1961 -, loved to swim, he was only – 22 – years old, GOD BLESS HIM.

Reply



Lowell

August 10, 2011

If

Rudyard Kipling

If you can keep your head when all about you
Are losing theirs and blaming it on you;
If you can trust yourself when all men doubt you,
But make allowance for their doubting too;
If you can wait and not be tired by waiting,
Or, being lied about, don't deal in lies,
Or, being hated, don't give way to hating,
And yet don't look too good, nor talk too wise;

If you can dream – and not make dreams your master;
If you can think – and not make thoughts your aim;
If you can meet with triumph and disaster
And treat those two imposters just the same;
If you can bear to hear the truth you've spoken

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Twisted by knaves to make a trap for fools,
Or watch the things you gave your life to broken,
And stoop and build 'em up with wornout tools;

If you can make one heap of all your winnings
And risk it on one turn of pitch-and-toss

And lose, and start again at your beginnings
And never breath a word about your loss;
If you can force your heart and nerve and sinew
To serve your turn long after they are gone,
And so hold on when there is nothing in you
Except the Will which says to them: "Hold on";

If you can talk with crowds and keep your virtue,
Or walk with kings – nor lose the common touch;
If neither foes nor loving friends can hurt you;
If all men count with you, but none too much;
If you can fill the unforgiving minute
With sixty seconds' worth of distance run –
Yours is the Earth and everything that's in it,
And – which is more – you'll be a Man my son!

Reply



Pam

August 10, 2011

Thank you Diana. for living up to your desires. You didn't fail!!! You succeeded by encouraging all women to look at what they REALLY want to do!

Reply



James Ray

August 10, 2011

Relevant people touch hearts. Diana is relevant. To swim 49 miles @ the age of 61, shows the world you can at any age, inspire.

Congrats Diana. Your 2 very hard years of work proved to be successful. You inspired me!

Reply



Bee

August 10, 2011

You still have it in you, and always will. Very proud of you, Diana!

Reply



Sandra Williford

August 10, 2011

I'm thinking how quickly so many of us almost immediately jumped from the disappointment of the moment when you called off the swim and raced away from those emotions...that pain, that feeling, is precious as well, and I just wanted to remind you that it is human and important to grieve as well...allowing ourselves

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that vulnerability can be pivotal, loving, empowering and precious...much like you are to the rest of us, Diana. Thank you what what you have given us all.

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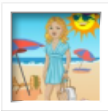


Kim

August 10, 2011

Dianas courage and passion touched my heart. It breaks my heart she did not realize her dream. My prayers are with her, and her gift of courage has touched many lives. There is no failure when there is genuine desire and attempts. She may not have made Key West- however she got up every day and did what she had to do to try and make that happen. God Bless her and her support team..They are all amazing

Reply



venetia flowers

August 10, 2011

Diana, You are my inspiration!

Reply



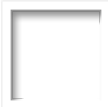
Veronica

August 10, 2011

I am in awe.

Thank you for making me look at myself again.

Reply



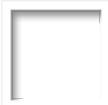
Bodaciousboomer

August 10, 2011

You were amazing before Sunday. After that you went well beyond.

Congratulations on every stroke. I'm beyond impressed. I hope your body recovers quickly. Thanks for being such an inspiration. I wrote about you today at my place-<http://bodaciousboomer.com/2011/08/she-coulda-been-a-lady-tarzan/>

Reply



M.-J. Taylor

August 10, 2011

You are, indeed, an inspiration to our generation, Diana. When I met you last winter at the Coffee House in Key West I knew I had met a hero. I can't tell you how impressed I am that you attempted the swim. I breathe more deeply and stand taller today because of you. I know you are disappointed, but I trust you will soon feel more of the pride and awe that women all over the world feel today because of you.

Reply



Tiffany

August 10, 2011

So much admiration for you and your swim. Wonderful!

Reply

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carl tsang

August 10, 2011

"never quit sometime you have to stand when standing is not possible just keep

that head high and dont let anything bother cuz life is to short to worry, so why not make it count" these are the words i live by

Reply

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Maeve

August 10, 2011

Thanks for this post. I have struggled to put my finger on what it is about Diana's swim that has so enthralled and captivated me and I think your statement has captured some of this for me. Kudos to you all. You are an inspiring lot!

Much love and admiration-

Maeve Clarke

Reply



Fauster Vittone

August 10, 2011

"You think of success and failure differently after living a lifetime of it. "

I'm sure all of the millions of people who became aware of this attempt had to think (if only for a moment) of how they could personally challenge themselves. To have that kind of impact is certainly a success for Diana.

Imagine what future achievement will be credited to the inspiration provided by Diana's attempt? Only then will the full measure of Diana's success begin to be understood.

Reply



Karen

August 10, 2011

Diana, you made me believe in second chances. It doesn't matter that you had to call it off — you swam in the ocean for almost 30 hours. That IS an amazing feat, at your age or any age. If your goal was to show that older people can still do amazing things that most youngsters wouldn't even attempt, you succeeded. And the world WAS watching.

Kudos from Israel

Reply



Jean Golden

August 11, 2011

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 us might make a commitment to some special effort in our 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?

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.

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15 Nov 2011 – 4 Feb 2023

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."

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- One Month Later
- 9/11 Memorial
- Expeditions and solving the challenge of the jellyfish

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