

http://diananyad.com/my-time-has-come/

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

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My Time Has Come!

Posted by Xtreme Dream Team on Aug 6, 2011 in Blog | 46 comments



Photo by Catherine Opie

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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 7 hours ago](#) from [HootSuite](#) [reply to saragepp](#)
- [@lavishpearlrock](#) Thank you. Cant wait to hear about your upcoming adventures :) [about 7 hours ago](#) from [HootSuite](#) [reply to lavishpearlrock](#)
- [@jrexaggregations](#) Thank you! [about 7 hours ago](#) from [HootSuite](#) [reply to JRExaggregations](#)
- [@worldtravelmom](#) YES! So happy for you. Thank you so much for watching the documentary! Have a favorite part? [about 8 hours ago](#) from [HootSuite](#) [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 8 hours ago](#) from [HootSuite](#)

It's almost midnight Friday night. My time has come. By Sunday at this hour I will have already stepped off the Havana coast and started stroking the long, almost unfathomably long way to Florida. Visions of 1978, those smashing 8 ft seas, flash through my brain. Not this time. Strong memories of the hardships of these past two years make me strong and determined not to waste all that disciplined time

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So many good people have taken this journey with me. Intimates and strangers alike. I will never forget the support, the encouraging words, the inspiration showered on me since I announced this Xtreme Dream. I truly hope my arrival on the Florida coast will shine like a beacon of hope to many, many individuals who want to make the most of their lives, want to feel passion and commitment, want to be their best selves, no matter their ages. I'm excited. And I'm afraid.

It could be 60 hours. Non-stop. It could be more. One thing I know. I'll either be unconscious out in the ocean somewhere....or I'll make it all the way across.

Nothing in between.

My heart is pounding.

Onward!

Diana Nyad



46 Comments



Jo-Anne Green

August 6, 2011

I'll be thinking of you and wish you well all of the way across. I believe in you.

Reply



Alana

August 6, 2011

My hearts is pounding for you. This is a moment in history. Breathe it in, and swallow your fears. You have nothing to lose Diana.

Reply



Jessica

August 6, 2011

So many positive thoughts and prayers from so many will be directed your way as you swim. Take that and use that, and know so many believe in you and are rooting you on. You are such an inspiration for so many to chase down those dreams, no matter what it takes. You are also a very beautiful and honest writer, I just love reading your blog posts. Best of luck to you Diana! I'm praying for smooth conditions for you!

Reply



Zenwomyn

August 6, 2011

My heart is pounding for you...and the world

Reply



Sullyheadhunter

August 6, 2011

YOU

CAN

DO

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Reply



Gae Polisner

August 6, 2011

For many of us "middle-aged" women, or at least this one, whether you finish is not so important. That you've trained, that you believe, that you are willing to set forth and try. It is unfathomable and endlessly inspirational. You have already made me a braver, stronger woman. So thank you. Will follow your journey stroke by stroke. Stay safe, swim free.

Gae

Reply



Erin McHugh

August 6, 2011

Go, go, GO, Diana! We're with you in spirit out there!

xoxox

Reply



Deb

August 6, 2011

Totally excited for you. Very best wishes. Thank you for the inspiration!

Reply



amber whitehead

August 6, 2011

Good luck, and safe journey. We'll be cheering you on from land here in Florida.

Reply



Chuck Hayden

August 6, 2011

Diana – Wishing a safe, successful swim! I wish I could be there when you walk out of the water in Florida to clap for you! You are a great inspiration to so many people.

Reply



Tami Kennedy

August 6, 2011

You are absolutely amazing!

Reply



Raylene Baumagrt

August 6, 2011

I have been following your blog everyday. Like you, my heart is pounding so fast. I am praying for your safe journey.

Reply

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mario

August 6, 2011

good lucky, Diana! everything will go very well! <http://gooutside.uol.com.br/829>

Reply



alison h

August 6, 2011

good luck! you can do it!!!

Reply



MiN New York

August 6, 2011

Best wishes from NYC!

Reply



Justin

August 7, 2011

Your swim highlights the senselessness of an embargo on a nation just a 103 mile swim from our coast. Good Luck Diana!

Reply



Gary Cortese

August 7, 2011

You go! One hand in front of the other. Good for you and I know you will do it!

Reply



Laura Packer

August 7, 2011

Sending you good thoughts and calm waters. Good luck!

Reply



laz

August 7, 2011

good luck. take care of yourself. all of us are with you

Reply



Nancy G.

August 7, 2011

What a strong and powerful role model to inspire people to live their passion. Wishing you success.

Reply

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Scott Couto

August 7, 2011

Good Luck, Diana. You've got this. What an accomplishment this will be

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Reply



Jeremiah Keenehan

August 7, 2011

I recall reading a book one time about great women in American history – women like Amelia Earhart and others. The quote that has stuck in my mind for over forty years is a response from one of those women when asked by a reporter why she took the great risks – her answer, which says so much about human experience was "...Courage is the price that life exacts for greatness, those who lack it can never be free of little things." Godspeed, Diana, all the energies of the universe and all the courage of so many women before you go with you – make it to Florida – you have the courage to do it!

Reply



Dezlboy

August 7, 2011

Good Luck!!

Reply



Donald in AZ

August 7, 2011

I am there with you in spirit and send you and all your crew my positive vibrations. Swim strong, I believe in you.

Reply



Elynn Eiss

August 7, 2011

Key Colony Beach and the rest of the world are behind you, in front of you, beside you and over you ... g_d speed, Diana and best wishes to your entire team of intrepid believers !!!

Reply



Joe & Stacy Holiman

August 7, 2011

GOD SPEED YOU and YOUR TEAM BE SAFE, OUR FRIEND KATIE DAVIS FROM GRASSY KEY GOD BLESS AND BE SAFE, GOOD LUCK TO THE FINAL MILE!!!

Reply



Kori

August 7, 2011



GO DIANA GO!! You have prepared for this and are ready...so are we, to cheer you on, to send all our energy, good vibes, best wishes, prayers, love, support, you name it and we'll send it your way! YOU CAN DO IT! Sending you a big ole YEEEEHAW from Wyoming! You're awesome.

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Reply



Suzanne McDermott

August 7, 2011

The word hero is way overused. But you are my new hero. I've always been a fan but this venture is spurring me to new heights in my own life. Just getting back on my feet after a long fall in early February. Thank you for your example.

I am rooting for you.

Go Diana! XO

Reply

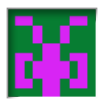


t. ski

August 7, 2011

You go girl!!!!!! routing for you

Reply



Tom

August 7, 2011

I vividly remember your first attempt in 1978. I will be pulling for you. You go girl!

Reply



Pola

August 7, 2011

You go, girl! I am praying for you and holding you in my positive thoughts! I know everything will go even better than planned!

Reply



Juli Kagan

August 7, 2011

Mind Your Body & Keep Moving!

I'm watching your back!

Lisa Wheeler's Pilates Teacher

Boca Raton, FL

Reply



tracy

August 7, 2011

inspiring, courageous and wonderful. We'll be spiriting you on all the way. Wishing you strength, luck, love and a gently friendly sea.

Reply



Cheryl

Diana,

August 7, 2011

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Good luck from someone who once watched you swim while we were both students at Lake Forest College. I was just learning to swim while you were doing laps in the pool. You were then and still are an inspiration to me...and I love swimming, too. Imagine my surprise when I learned we share the same birthday – August 22nd. Will be cheering you on your journey from Evanston, Illinois.

Reply



Jim

Inspirational !!!!

August 7, 2011

Reply



Kc

You are such an inspiring woman. I will be following your journey and sending you positive vibes. You are simply amazing!

August 7, 2011

Reply



Asimov

Good luck Dianna! You are an inspirational human being.

August 7, 2011

Reply



Teri Tiso

You go , Diana! I was a fan in 1978 and still am today! I will swim in the Long Island Sound each day in solidarity!

August 7, 2011

Reply



RTM

Diana....you are fully prepared to reach your ultimate goal.

Remember the connection Poseidon makes between 'Seamanship and Horsemanship'.

Ancient sailors called upon the the mythical power of the horse to keep their ships on course.

If things get tough...in your minds eye, imagine you are riding a pwoerful horse along the white line to Victory. Godspeed!

August 7, 2011

Reply



Rayssa

Wish you luck Diana! You are very courageous!

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Lisa Naylor-Boulette

August 7, 2011

God Bless YOU!!!!

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You Go Girl!!!!

Please be my guest after the swim, maybe next month after a long long rest, and allow me the pleasure of bestowing upon you my award winning services of a Color, Highlight, Haircut & Styling at my Shampoo Salon 2505 S Ocean Blvd, Palm Beach FL location!!!

God Speed!

Lisa

Reply

X

August 7, 2011

If my soul can reach out and help you while you are there, I want to be in your mind whispering "I really want you to succeed..please rest but don't give up.... you are what makes life exciting"

Reply

Damien Stark

August 7, 2011

The sea is ready and so are you.....

Reply

Leanne Hensley

August 7, 2011

Sending tidings of love, joy, safety and enlightenment.

Reply

Lu Ann

August 10, 2011

Ever since i was a little girl, if a misfortune would come to me i would think of a way i could trump it by making something good happen that would never otherwise have occurred.

Diana, I challenge you to do the same in your life. Take that awesome drive and courage and passion and do something with it for others that you would have otherwise never done. Dreams don't have to die..... they can change. Show us how they can be the fuel for something even greater. Dreams that help others trump the dreams we have for ourselves.

Reply

Cathi Watson

August 10, 2011

Hi Diana,



You my dear ARE AN INSPIRATION TO EVERYONE...GLOBALLY.

QUOTE...The danger of middle age is the fact that most people accept where they are and stop visioning where they want to go....R.C. Barker..

I'm Cathi Watson....Radio/TV Host/Producer.

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Log-on <http://www.blogtalkradio.com/cathiwatson> and click on Seniors on the Move, Moving higher on the path of life which has no end, only new beginnings, new opportunities, new vistas, portals to enter and explore.
You were featured on both shows.

I'm inviting you to contact me...I want everyone to hear about you and your passion, your WILL... NEVER TO GIVE UP!

E-MAIL....cathistudio@sbcglobal.net

Web....cathiwatson.com

I SALUTE YOU!

Cathi Watson

Reply

Trackbacks/Pingbacks

[Diana Nyad says big swim is Sunday | South Florida Scene](#) - [...] In 1978, Nyad attempted this same swim. After just over 40 hours in the water, her team pulled her; ...

[Diana Nyad Fails Big Swim but Succeeds to Inspire | Natural Health News | Natural Health Resources | Live in the Now by StopAgingNow.com](#) - [...] [Image: DianaNyad.com] [...]

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Diana Nyad's Xtreme

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is more than a swimmer.
if hope to us all

that we can dream big, live life
large, and look back at all of it with
no regrets whatsoever."

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

- 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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About this capture

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

