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

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## Diana's email to her Crew!

Posted by Xtreme Dream Team on Jul 11, 2011 in Blog | 6 comments



Photo by Julie Milligan

Dear FRIENDS

Key crew arrived here in Key West on June 28, thinking that we might be a week, maybe 2 from a GO.

Warmer than usual weather of May and early June gave us that prediction.

But since then there have been tropical disturbances coming through with rain and constant cloud cover, meaning the water temps that were rising nicely tapered off and have stalled around 84. I need a minimum 86, with 87-98 inside the Gulf Stream, in order to make it all the way across.

The first half will bring potential dehydration, due to the extremely hot water temps. But the second half danger will be hypothermia as I start losing weight and am immersed in a liquid much below normal body temps.

Sunshine last two days and we need more.

### Twitter Updates



- [@barbara061](#) So glad to hear you've gotten motivated to run! Keep at it. [about 4 minutes ago](#) from [HootSuite](#) in reply to [barbara061](#)
- [@jarbella](#) [@sunrae17](#) Thanks for the support! Hope you're having a great Friday afternoon. [about 16 minutes ago](#) from [HootSuite](#) in reply to [jarbella](#)
- [@HuffingtonPost](#) did an interview of me on my Xtreme Dream that was posted a few days. Check it out now, share the link! <http://ow.ly/5FDFz> [about 25 minutes ago](#) from [HootSuite](#) in reply to [HuffingtonPost](#)
- [@matt0701](#) Thanks so much for the support! Have you gotten a chance to visit my Facebook page yet? [about 28 minutes ago](#) from [HootSuite](#) in reply to [matt0701](#)
- RT [@thelegacyboutiq](#): You are my #1 Shero! Much much much love, gratitude, and well wishes sent to you always, always, always. [about 28 minutes ago](#) from [HootSuite](#)
- [@blashstudios](#) I have about 9000 calories a day and I'm in the water for about 9 each day. So that's me. [about](#)

After a week of training here, 10 of us, thought we got here way too early. But the details that need to get organized are many and we now realize we have needed all this time to be ready. How to clear customs without going to the Coast Guard station in Key West after being in Cuba? Housing for the entire crew of 25 as they come into town? Which boats, how to charter? Expand teams of shark divers 4 captures  
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moves on a swimmer in the Caymans, even though she had two electronic shark shields with her.

One issue we still have floating is how big a boat to charter for any FRIENDS who might be able to make it down. I realize some of you may not want to come out on the water but be at the beach at the end. But some of you do want to make it to Key West to get on the FRIENDS boat and come out to be part of it. Hard to predict your plans when we can't give you hard dates. We have now pushed to latish July as reasonable guess.

Please keep in touch with me if as you have ideas as to whether you might realistically make it down.....or not.

Will be extremely hot and sunny. Sunblock and hats necessary.

As for plans/housing after the Swim, we haven't begun to work that out yet.

More later.....ONWARD!! Thank you, my good friends. Thank you! What a thrill it will be to see your faces, hear your voices, as we pursue this Xtreme Dream!!!!

49 minutes ago from HootSuitein reply to blashstudios

■ @hostonwinmommy Thanks for the support! How about 52 in 2010  
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HootSuitein reply to blashstudios  
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- @keirahenninger Seems like a nice change from the ocean! Enjoy your weekend. about 1 hour ago from HootSuitein reply to KeiraHenninger
- @fitnfun Thanks for your support! about 1 hour ago from HootSuitein reply to fitnfun
- @lucyran21 @runenfly Thanks so much for the support! Hope you'll stop by my Facebook page. <http://ow.ly/5FD36> about 1 hour ago from HootSuitein reply to lucyran21

## 6 Comments



Lyndaldarlene

July 13, 2011

Just found your sie, diana! Keep the faith!

Reply



Bill Josephs

July 13, 2011

Go Diana, go Diana,

GO, GO GO!

Reply

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