



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

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Xtreme Dream historical, physical and psychological insights

Posted by admin on Jul 8, 2011 in Blog | 1 comment



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Diana's Tweets



- [@blkberryswirl](#) Back at ya! Have fun, be safe and take in the New Year with a blast! [about 16 hours ago](#) from [HootSuite](#) in reply to [BlkBerrySwirl](#)
- [@angelasmith_](#) Yes, I love the holidays. Hope you had a great Christmas. [about 16 hours ago](#) from [HootSuite](#) in reply to [AngelaSmith_](#)
- [@h2ornrspf](#) Thanks for the mention. Hope your enjoying the Holidays [about 18 hours ago](#) from [HootSuite](#) in reply to [H2OrnrSPF](#)
- [@marystan55](#) Your very welcome. Keep pushing ONWARD into 2012 and beyond! [about 18 hours ago](#) from [HootSuite](#) in reply to [marystan55](#)
- Just in case you havent seen my video yet, I wanted to make sure I got to say Happy Holidays to all of my followers! <http://t.co/J2fZgmde> [about 19 hours ago](#) from [HootSuite](#)

(Factoid: Diana swam around Manhattan Island October 6, 1975)

There are so many interesting aspects to Diana's swim. I am not sure to whom to ask these questions, but Diana's Xtreme Dream is not only going to be an incredible and historical physical and psychological endeavor, but her swim can help shed a lot of new insights into oceanography, science and medicine.

Oceanography

When I observe marathon swims around the world, I also often observe small eddies in the ocean. I do not know what causes these inconsistent flows in the general direction of the ocean currents, although I assume winds and differences in the gradient of the ocean floor may have something to do with it. Even in an 8-lane pool at the Olympics, we now know the flow of water is inconsistent in a static pool (e.g., a swimmer in lane 1 faces different flows that the swimmer in lane 4 does). So it would make sense that

in the Caribbean Sea or any body of water, water does not always flow the same way or direction. As a reporter of open water swimming and observe of this swim, I would love to talk to the oceanographers and marine specialists who are assisting Diana on her swim. I think they can shed light to those in our global open water swimming community who can benefit from learning this knowledge.

[1 capture](#)

27 Dec 2011

I just observed 48-year-old Penny Palfrey's 40 hour 41 minute solo swim from Little Cayman to Grand Cayman in the Cayman Islands. The water temperature ranged from 80 – 82°F. She started in pre-dawn hours and swam through one complete night, finishing after 10 am on her second day in the tropical water that I assume will be similar to what Diana will face. She encountered a variety of marine life, but what was most striking was the change in her soft tissue in and around her mouth (i.e., tongue and lips). We know of the concept of Third Spacing, but I would love to talk to the medical staff who are assisting Diana on her swim. I am hopeful they can shed light to those in our global open water swimming community who can benefit from learning this knowledge.

Medicine

In Penny's swim (and most other warm-water marathon swims), we know the swimmers usually gradually become more and more dehydrated. In Penny's case, we estimated that she needed 800-1000 ml of hydration per 60 minutes, but she was only taking in 600 ml as this appears to be her intake limit. I assume Diana has some of the world's finest sports medicine doctors and nutritionists helping them. It has been my observation that the best hydrated athletes are often those who perform the best, even at the shorter 1-2 hour swims at the world championships, Olympics and sprint triathlons. Learning what Diana's medical advisors are suggesting and preparing for Diana would be great to share with the global open water swimming community.

Secondly, it will also be interesting to compare the effects of Diana's upcoming swim with the effects she encountered back in 1978. How does the human body interact with the elements under such extreme conditions – when one is under 30 years old and when one is over 60 years old? We have never had two such extreme data points on the same individual – 30 years apart. Do differences in Diana's body fat percentage, weight, muscle mass, etc., have any affects – positive or negative? All interesting to the increasing number of individuals who continue to swim in their 30s, 40s, 50s, 60s, 70s and 80s.

Thank you very much for listening.

Steven Munatones

Editor In Chief, [The Daily News of Open Water Swimming](#)



One Comment



Mary Kelley Richard

July 8, 2011

Thanks for the article. It's great to draw attention to other purpose besides the great achievement of someone I have long admired. Please keep it coming.

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