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My home pool in California

Posted by admin on Jun 28, 2011 in Blog | 4 comments

First came the end of the long ocean swims training....then a couple of days later came the last long pool swim. This was the end of the last, long 7-hour session at the 50-meter Rose Bowl Aquatic Center in Pasadena, my home pool in California. The managers and my fellow lap swimmers at the Rose Bowl have been wonderful, curious, supportive pals over these past two years. Far and away the best pool in Southern California. Two 50-meter pools side by side. Always crystal clean, showers hot and also clean, two huge hot tubs with strong enough jets that they are just about as good as having a professional massage. The long course set-up is open so many hours a day that even my extreme needs are met. I tried many other pools and none of them allowed me the 6 and 7 hour non-stop sessions I had to get in. Also, highly unusual for any lap swimming, I always....every single time for two years....got my own lane. No circles. No sharing a lane with someone doing sidestroke with flippers! Sheer luxury.

Fellow swimmers would leave notes of encouragement on my ice chest that I keep next to my lane for quick stops of hydrating and refueling. Annie, a chemistry professor, Vonnie, a teacher, and Casey, a finance guy, had all kinds of brainstorming ideas for me when it came to the salt-water chafing I experience. I never thought I'd say this, after the big burnout from swimming so many thousands of laps back in my youth, but I do believe I'll keep swimming in the mix of my fitness when I'm done with The Cuba Swim. Nothing near this extreme level, but a couple of times a week. with cycling, yoga, and the rest. What a joy it will be to come in for a short little swim of 90 minutes or so.

Shout out to the Rose Bowl Aquatic Center. What a pleasure and convenience they all made out of a trying, disciplined two years!



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Diana's Tweets



- The first annual GEOfest is bringing renowned explorers and filmmakers to the Philadelphia Area - <http://t.co/nWo8aT3u> about 2 hours ago from HootSuite
- @brkfastattiffys Thanks so much for the follow back.. make sure to check out my facebook page! <http://t.co/nf0JK8HG> about 21 hours ago from HootSuitein reply to BrkfastAtTiffys
- @janetober Don't let anything stand in the way of your dreams- courage is never stopping!! about 21 hours ago from HootSuitein reply to JanetOber
- @slatefree1 I'm happy to have followers! The next adventure is whatever jumps out at me next in life. about 21 hours ago from HootSuitein reply to Slatefree1
- @mezzoring I couldn't agree more, we need to lean to preserve the earth and all of the creatures that come with it!

4 Comments



Susan Bell

June 29, 2011



Hi Diana,

Your team, Rose Bowl Aquatics is headed up to Santa Barbara this weekend for the 42nd Annual Semana Nautica swim meet. July 1st-3rd, hosted by Santa Barbara Swim Club. It's part of a month long celebration of all things nautical. Our Santa Barbara swimmers would love to see and meet you... come on up and

inspire the next generation! There is a one mile ocean swim Saturday a.m. and a 3 mile ocean swim on Sunday, all start at East Beach 9:00am....hope to see you there!

Reply



Sherri

June 29, 2011

Diana, I am a 47 year old single mom of three boys. I have led a mostly sedentary life. I have been training with my boyfriend for the past year walking/running and on Monday, July 4, I will be in the 10K Peachtree Roadrace in Atlanta, God willing. I am so excited about the possibilities that being active and fit give me for my life and setting and accomplishing athletic goals. I have been following your story now for a while and I wanted to say that your Dream inspires me also. I am cheering for you!

Reply



Robert Louis Crain

August 11, 2011

Dear Diana,

I'm Robert. I'm 63. I really admire your effort and believe in your spirit and ability, but I don't know anything about open water swimming, excepting for the descriptions I've just read on <http://www.dailynewssofopenwaterswimming.com/2011/08/dianas-troubles-in-middle-of-strait-of.html> (by your friend Steve, I guess) about the trials and tribulations that you faced with jellyfish biting you, asthma, a shoulder problem, and so on.

I've been reading a book lately. It's called Iconoclast by Gregory Berns. Have you heard about it? Or read it? Better yet, maybe you could listen to it while you do training swims in the pool. Maybe you'll find a way to succeed in your quest with a new way of thinking about it. Since I don't really understand open water swimming, I can't really offer insights, but I was wondering if there is any reason that you could not swim with at least a large net spread out in a large perimeter around you to keep away the critters. You could still swim freely, but have some of the protection of a pool environment.

Another thought was that instead of bucking currents and such, maybe you could adopt the idea of harmony with nature and swim with the currents. That way, when you stop swimming, you'll still be moving ahead. In that case you might even swim (and float) for a thousand miles, and then someone could calculate out how many miles you actually swam (or maybe there is a stroke counter that you can wear?). I actually got this idea from a scuba trip to Key Largo many years ago. Someone invited me to go "drift diving". A boat drops you in the water at one point and you just float with the current and watch the underwater sights. Then they pick you up down the line.

I have lots of ideas for someone who knows nothing about this, maybe too many silly ones, but I want to state one more. I think that your story would be MUCH

about 21 hours ago from HootSuitein
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more interesting if you gave it a sort of Thor Heyerdahl treatment by describing all of the things that you met on the way. It might require you to focus outward a bit more than you are used to, perhaps, but almost no one on the planet has ever come close to experiencing what you must have experienced many times.

If I might put all three ideas together to manufacture such an account, it might go like this:

"When I entered the water that evening at the Loco Waterfront Pier in Havana, all I could think of was the wonderful martini that I had drunk 20 years ago on a night like this in Florida. The characteristic balmy climate of the Caribbean gave me a flashback, so I just kept that thought in mind and had a very pleasant start. About an hour later I started coming out of this trance and found myself singing Guantanamo to myself. It was idyllic. Suddenly, however, I was jolted out of my reveries by an overwhelming feeling that something had reached into my chest and begun squeezing my heart, like a big octopus or something. It was an asthma attack."

There you go. It would be a great story and encourage a lot of less able, but secretly adventurous people to share in your quest. And I don't think it's important that you swim a certain distance, break a personal record, or whatever. What is that about, anyway? I would be happy to hear about a two hour swim and your thoughts and activities during that time. It would enhance the idea of communion with nature, while keeping yourself safe as well.

I don't know if my ideas will be useful to you. You've probably heard them a thousand times, but, if I may say it again, I love a good account of a sea adventure, and you are certainly in the right "place" to provide it. Hmm, now that I think of it, you probably already have done this.

Happy Swimming,

Robert Crain

(currently teaching English in Taiwan over the past 11 years, and former resident of Santa Monica, Westwood, and Redondo Beach in Los Angeles County, California. I've read Thor Heyerdahl's book, Kon Tiki, Don Schollander's account of his lighter attitude toward swimming competition than contemporary Mark Spitz, and various submariner's adventures, whose names I have forgotten.)

P.S. My favorite part of your philosophy is that we are all important, regardless of our ages.

P.P.S. Maybe you should start carrying a dosimeter (or ten) during your expeditions because I've heard that the radiation leaked into the ocean from the Fukushima disaster will pass northward toward Alaska, then back southward, reaching the California coastline, and finally back across the Pacific toward Taiwan. It may already have reached your home area by now, but I'm not sure.

P.P.P.S. I saw a short report about you in the Taipei Times. I had seen one there about you before, so I was interested and then looked it up online. Keep up the good work! (bccrain@hotmail.com)

Reply

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Joanna

September 25, 2011

You are so inspiring!

I am a 38-year-old mom of three boys who also swims at the RBAC, my home away from home! I found swimming late in life (about 8 years ago) and it's now a regular part of my week. I, too, love the RBAC. Going there to swim laps is like a

meditation to me now. I cant live without it! I can only hope to have a quarter of the stamina you have!

Keep up the inspiring Cuba to Florida journey. So many are rooting you on! You have admirers who you've inspired to reach for their goals, no matter what age. You go girl!

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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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