

http://diananyad.com/the-countdown-is-on/

1 capture
28 Dec 2011

Go NOV DEC JAN
28
2010 2011 2012
About this capture



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

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Home » Blog » The Countdown is On!

The Countdown is On!

Posted by admin on Jun 23, 2011 in Blog | 16 comments

The end of two long, arduous years of training. Countless 8, 9, 10, 11, 12, 13, 14, 15-hour swims. Tough hours. Duress on the body. Intense challenge for the mind. This is the last day. 10 hours. Tried to push every stroke. Picturing Key West off in the distance. Cried like a baby when I took the last stroke. My good friend and lead boat driver for training and the Swim itself, Maya, tenderly understood how hard it's been. I did it. We did it. No stone unturned. The Swim from Cuba is going to be a bear. There's no getting around that. 60 some hours non-stop. Nobody, including me, can imagine how I'm going to do it. It's never been done. But I take solace in knowing that there is nothing more I could have done to prepare. I'm ready. Cuba, here I come. The countdown is ON.



16 Comments



Susan Notorangelo Lon Haldeman and Ron bell

June 23, 2011

we wish Diana the best on her swim.. we are all together cycling in Door County Wisconsin and found out about the swim! Good Luck.

Reply



Sticks

June 24, 2011

Count me in as one of the many pushing you from Cuba and pulling you to Key West. You are ready-EXTREME DREAM baby—go get it

Reply

Archives

Select Month

Diana's Tweets



- @blkberryswirl Back at ya! Have fun, be safe and take in the New Year with a blast! 08:13:41 PM December 26, 2011 from HootSuitein reply to BlkBerrySwirl
- @angelasmith_ Yes, I love the holidays. Hope you had a great Christmas. 08:13:03 PM December 26, 2011 from HootSuitein reply to AngelaSmith_
- @h2ornrspf Thanks for the mention. Hope your enjoying the Holidays 06:06:35 PM December 26, 2011 from HootSuitein reply to H2OrnrSPF
- @marystan55 Your very welcome. Keep pushing ONWARD into 2012 and beyond! 06:05:12 PM December 26, 2011 from HootSuitein 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!



Patricia Sullian

June 24, 2011

Dear Diana, all good thoughts and energies are being sent your way. Twice I

swam across the Hudson River in NY in my late 40s and that was only 1.25 miles!! And I was beat (embarrassingly) by a 70 year old man! so while I can't

bit of the pushing and stretching and inner talk required. You know you can summon the strength. You know you will engage whatever you need, at the exact moment you will need it. Don't give up. Don't give in. Fight the demons who tell you to stop. With every stroke, remember all of us who are right there with you, who are dreaming with you, for you. Do it for us. Do it for you. Do it for those who can't. Do it for those who can't dream. Bless you for your courage. Sending love~~

Reply



Liz

June 24, 2011

You can do it, and know that when it gets difficult there are hundreds of thousands of us sending you the strength and will to push on. You rock, live the dream!!!

Reply



jean golden

June 24, 2011

We are with you all the way, Diana.

Reply



Ann Bancroft

June 24, 2011

Diana – you ROCK! Will be watching and cheering closely! Still have fond memories of our chat at the Fitz theater in St Paul. Crank it!

Reply



Sullyheadhunter

June 24, 2011

YOU
CAN
DO
IT

Reply



Steve

June 25, 2011

Diana,
My thoughts will be with you. I know you can do it.

Reply



You are NOT dreaming.

June 25, 2011



You are NOT dreaming

Reply

[1 capture](#)

28 Dec 2011

NOV **DEC** JAN
◀ 28 ▶
2010 2011 2012



▼ About this capture



Lamar Bryan Comer

June 26, 2011

Diana,

You go, girl!

Good luck and God speed on your swim.

Always,

Lamar

Reply



Peter Kiernan

June 26, 2011

Diana

For all the torture you've endured
the buring ember inside will carry you
hour by hour
day by day
sometimes we are pushed beyond our limits
to remind us that we don't have any

God go with you

warm water

calm seas

dear friend

PDK

Reply



Michelle J

June 26, 2011

Amazing preparation and attitude!! Totally impressed, enthralled and excited for your challenge! You WILL do it! 😊 Safe Journey.....

Reply



Julie

June 27, 2011

You are such an inspiration to this 55 year old breast cancer survivor! I want so much to meet you either before or after the swim from Cuba. I live in Fort Myers, FL which is about a 4 hour drive from Key West. I'm determined to get there and root you on! You are awesome Diana.

Julie

Reply



Val

June 27, 2011



Hope to see you on the Key West side of the swim. (although over used it seems appropriate here) You go girl.....You are amazing.

Reply

[1 capture](#)
28 Dec 2011



Audrey
Go get'm Diana!

June 27, 2011

Reply



Laura
Everyone at the Rose Bowl is pulling for you! Most of all, you are "pulling" for you and Florida. Keep the faith.

June 28, 2011

Reply

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Dream

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28 Dec 2011

a is more than a swimmer.
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."

- Happy Holidays!
- We're Horrified. Now what are
- Store Temporarily Offline
- Catherine Opie
- Penn State Shocker. Really?

- alize on Happy Holidays!
- LindaM on Happy Holidays!
- Eileen on Happy Holidays!
- Rachel M. & Kathy M. on Happy Holidays!
- Laura Wilson on Happy Holidays!

- NOV DEC JAN (5)
◀ 28 ▶
2010 2011 2012
- October 2011 (17)
 - September 2011 (43)
 - August 2011 (36)
 - July 2011 (20)
 - June 2011 (11)
 - May 2011 (15)
 - April 2011 (4)
 - March 2011 (2)
 - February 2011 (1)
 - January 2011 (2)
 - October 2010 (3)
 - September 2010 (7)
 - August 2010 (14)
 - July 2010 (13)

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