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

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## How do you like this uber tan?

Posted by Diana Nyad on Apr 6, 2011 in Blog | 1 comment



Now these are clearly the marks that almost describe an athlete's battle scars. When you swim for 11 hours, 10 hours, 9 hours continually, etc, as I am doing in the ocean these days, the salt water crystals draw the sun's rays and the skin goes browner and browner. I made an appointment with a dermatologist to discuss how to somehow protect the sun while in the water all these long stretches. She examined me, heard my routine, called in her colleague from down the hall and, after writing my check for \$250, told me that I should try to spend a little less time in the sun. Thank you!

Or, as a bank teller said to me recently, unsolicited: "You know, they make some very good sunblocks these days." I've decided not to worry about all this sun and just take care of my skin the best I can when I'm out of the water. What's really funny is that my head handler, Bonnie Stoll, who has been an unabashed and not-to-be-dissuaded sun worshipper all her life, pals around with me when I am fried to a crisp like this and people think we've been doing the same thing, whatever that may be. We were in NIKETOWN recently and a young guy came toward us with "WOW. that's gnarly, dudes! You guys are so rad! What have you been doing, ice climbing or something like that?"

Well, I've been doing "something like that". Bonnie has been sitting in a beach chair poolside, helping me through workouts.

### Archives

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### Diana's Tweets



- @brkfastattiffys Thanks so much for the follow back.. make sure to check out my facebook page! <http://t.co/nf0JK8HG> about 16 hours ago from HootSuitein reply to BrkfastAtTiffys
- @janetober Don't let anything stand in the way of your dreams- courage is never stopping!! about 16 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 16 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! about 17 hours ago from HootSuitein reply to mezzoring

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One Comment



Straker

June 28, 2011

I dunno about the tan but you still look amazing at 61 Dian. Total cougar! Good luck on your Cuba to US swim! I'm rooting for you!

Reply

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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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- Laura B. on Kathy Loretta
- Bruckner Chase on Shark
- Kajon on Shark
- Swimming Holiday on Shark

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