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Steven Munatones will verify the swim



Steven Munatones is from the [International Marathon Swimming Hall of Fame](#)

This morning, I announced Diana's swim at the Central American and Caribbean Aquatic Sports Convention in Acapulco. It was amazing to see the looks of disbelief. I have been monitoring the growth of open water swimming since 1982, but since 1999 and, especially since the 2008 Beijing Olympics, the sport has really taken off. The demographic group that is experiencing the greatest percentage of growth is women over the age of 40 – these women are enthralled about Diana's vision, persistence, energy and exploits as I am sure she is aware. For example, for the first time in history, a major open water swim (defined as an event with over 5,000 competitors) had over 50% female entrants (at the Great Swim in England in 2009). In 2009, 41% of the English Channel swimmers were female – a significant increase from the historical 32% of channel aspirants being female.

To address the hunger of this passionately enthusiastic audience, if it is worthwhile and if it has not yet been prepared, it may be good to prepare a FAQ list that explains the what, when, where and how of Diana's exploit. For example, the Shark Shield has been used widely among the current marathon swimmers in the Hawaiian Islands and Australia – which has been a welcomed news to swimmers around the world. I can help you (or others) prepare this information – which is more technical than may be desired by the general public. The "why" of the swim is not questioned by the open water swimming world – they appreciate Diana's drive. However, the effects of currents, tides, surface chop, wind speed, water temperature, air temperature (throughout the day and night), muscular discomfort, training preparation and ongoing mental focus are what these people want to learn.

Steven

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