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

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Notes From The 1978 Swim

Posted by Diana Nyad on Aug 24, 2010 in Blog | 0 comments



The last time Diana Nyad set her sights on an August swim from Cuba to Florida—in 1978—she was waiting around for a month on pins and needles, waiting then as now for the proper permissions/visas and weather. ...The other night, I ran across the records I kept from the 1978 Cuba to Florida swim. On the first page of a 2 ½ by 4-inch notebook I kept in my pocket—you can see it's been wet; we swim handlers remained soaking wet above the water for about 60 hours—obviously, I had this small notebook on me before and during the swim. In it, I see, I had written a list of questions I was intending to ask Diana pre-swim: "Diana, are we going to leave at 9 a.m.? Are you going to put Vaseline on ear?" [You see then as now, a bathing cap worn over so many hours makes abrasions on the ear.]

Another jotting from the notebook: "Are we going to start on the hour? (Make sure you wind your watch, u don't have one of those that winds itself.) Have you told tr. maybe not feed on ½ hour?" This last apparently, evidence of my making note of last-minute details Diana talked to me about so that one of us at least would remember: like telling the other trainers/swim handlers that she didn't want to start out feeding on the half hour, but rather, to stretch out the time at first, she would feed initially after two hours or an hour and a half. Much as she did on the 24-hour swim this past July, getting more time in before beginning to stop for the feedings.

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Diana's Tweets



- @GeoSocietyPhila Thank you for giving me the opportunity to be a part of an event like this. Looking forward to the fun and the Cuban food. [about 55 minutes ago](#) from [HootSuite](#) in reply to [GeoSocietyPhila](#)
- The first annual GEOfest is bringing renowned explorers and filmmakers to the Philadelphia Area - <http://t.co/nWo8aT3u> [about 7 hours ago](#) from [HootSuite](#)
- @brkfastattiffys Thanks so much for the follow back.. make sure to check out my facebook page! <http://t.co/nf0JK8HG> 06:45:02 PM October 13, 2011 from [HootSuite](#) in reply to [BrkfastAtTiffys](#)
- @janetober Don't let anything stand in the way of your dreams- courage is never stopping!! 06:40:07 PM October 13, 2011 from [HootSuite](#) in reply to [JanetOber](#)

Even though the feedings rarely last more than a minute, they are not occasions where she's moving forward, and that's not easy for her to think about or even to accept. At the feedings, Diana treads water, without touching any boat or anybody, only the thing she's handed, like a thermos or a spoon of peanut butter, so it doesn't qualify as real rest and in her head, she may as well be moving on, getting it with. By nature as well, Diana highly prefers pressing on, looking right in front of her, even getting ahead of herself, or what she calls "banking time."

–Candace

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- [@slatefree1](#) I'm happy to have followers! The next adventure is whatever jumps out at me next in life.

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HootSuite 14 slatefree1
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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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