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Diana was pretty sleepy after her birthday party, so I'll fill in what she told me about her day far from home but feeling embraced by so many reaching out to her. She loved reading/hearing all the messages from well-wishers, then later enjoyed a barbecue with a big houseful of boat crew. She blew out the candles with Dee, owner of the Voyager, the escort boat that will go alongside her for the swim. It was Dee's birthday, too. Dee's friend Alice was there, too.

On our call tonight, Diana spent much of the time telling me how much she appreciates Alice, a new acquaintance and apparently a gem; one of those folks who finds a need and fills it. Diana explains: A few nights ago, on a training swim that lasted on into the night, by the time they cleared off the boat, cleaned their gear and got back to Key West, it was after 1 a.m.—everybody was hungry and everyplace was closed—no food. So the next day, after finding out people's various likes and needs, Alice went shopping and announced that from now on at the big house Diana's renting for the crew, she would be cooking omelets for breakfast and a vegetarian lasagne for the team, among other things. Diana says that now, after subsequent outings, they have come off the boat to find sandwiches awaiting them.

Still, Diana has lost some weight since arriving in Key West—not good, but understandable, considering all the stress of not knowing when the weather, visas, etc. will come through (or whether they will at all). Also it took some adjustment after flying there this last time (last week) for many who came from other climates, including herself, to feel right in the stomach, etc.—to acclimatize. Barometric pressure, Florida heat and humidity ... whatever it was causing it, she's feeling good now. And she's on it; Diana knows she's got to gain that weight back. Her hotel room has a fridge so she took home some leftovers tonight (including a favorite, key lime pie) for the morrow. We should all be so lucky as to have to 'bulk up,' right?!

Tomorrow's another busy day for her, back to the business at hand; so many arrangements resisting arranging... What Margie Carroll said on Facebook the other day is so right on: it's all about the waiting now. Margie was her head swim handler in 1978 and remembers many details I've probably forgotten, so am grateful to have her input. I've got another ace in the hole, too. The other day, I found my treasure chest of notes and records from the 1978 Cuba to Florida swim, when I was one of the swim handlers. I'll be looking through those and sharing them over the next few days, if you like.

Diana's mind is totally focused on the present—it always is—so I can't pretend that she is having any thought at all about the past. But for the rest of us, I figure the closest thing to living the 2010 swim could be reliving the 1978 one, for now anyway.

Diana Nyad

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Thanks,
Candace Lyle Hogan

Extreme Dream. For Diana Nyad's representation please contact Pam Derderian

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