



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

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Excerpts From The 24 Hour Swim

Posted by Diana Nyad on Jul 11, 2010 in Blog | 0 comments



Sending this again with a live update on Diana 's progress from Bonnie Stoll, her business partner, friend, and one of her handlers: "Diana is swimming perfectly and right on course. As she didn't want to eat enough when she first started out and we were concerned after three hours in the water that she would get dehydrated. We asked the Team Doctor Michael Broder to speak with her and threaten to end the swim if she didn't take in enough sustenance. She has now been eating tubes of peanut butter and drinking Ensure hourly. The gulf is like glass and we are very grateful. We don't even feel fatigued. She's such an inspiration!"

—Bonnie Stoll

Looking strong all the way through, swimming the same 60 strokes per hour she did 30 years ago, her quick wit showing at almost every feeding, ready with a joke and a smile—mixed in with a few groans of course—tackling the gulf stream is no picnic especially at midnight on a moonless night.

This was a training swim meant to test not only her mettle but also the tricky currents and vagaries of wild waters, boats and crew. Diana was fine in the water—but she always gets seasick on boats.

Lips, eyes swollen from the saltwater and the relief of finishing a "training" swim that had her swimming in open water only 5 hours less than the 29 hours it took her to make history in 1979, diana's first words were for her crew: thank you for the 100% support you gave me and each other.

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Diana's Tweets



- The first annual GEOfest is bringing renowned explorers and filmmakers to the Philadelphia Area - <http://t.co/nWo8aT3u> about 3 hours ago from HootSuite
- @brkfastattiffys Thanks so much for the follow back.. make sure to check out my facebook page! <http://t.co/nf0JK8HG> about 22 hours ago from HootSuitein reply to BrkfastAtTiffys
- @janetober Don't let anything stand in the way of your dreams- courage is never stopping!! about 22 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 22 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!

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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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