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

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## The Amazing Suit

Posted by Diana Nyad on Jul 8, 2010 in Blog | 0 comments

A creative bathing suit designer ([Robin Piccone](#) of Body Glove fame) has made a [beautiful suit](#) for me that solves all the somewhat eccentric problems that present themselves over the course of long, long hours in the ocean. In this photo, you're looking at a little pouch sewn into the inside lining, right at the Solar Plexus. And that clear pouch of liquid that I'm slipping into the suit pouch is called a ThermoPad.

The idea is that when I start to get cold (losing weight, leaching heat happens big time, even in the 80-plus degree waters of the Gulf Stream), my handlers will hand me this ThermoPad from the boat and I'll reach inside the suit and glide it into the suit lining pouch. I haven't tried it in the water yet. It's a brand new theory, after many failed attempts with battery-operated systems in the bathing cap. But the idea is to raise the body core temperature by heating the Solar Plexus.

I may try one in the bathing cap as well during the 24-hour training swim but am a bit worried about carrying any extra weight in the head area and causing strain on the neck during all those thousands and thousands of turns for breathing. I'll let you know how this ThermoPad in the [suit](#) pouch works out! I'm so hoping it works!!!!



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- Check out [@mikezubi](#), a wonderful and inspiring artist <http://t.co/SeyfYMCB> Is your Xtreme Dream to be a singer? [about 1 hour ago](#) from [HootSuite](#)
- A winner is made of effort, motivation, perseverance and the courage to always push ONWARD. <http://t.co/lxe2FjBh> [about 3 hours ago](#) from [HootSuite](#)
- Its an honor to be one of the featured figures in the [@secondact](#) awards <http://t.co/r3xfskNL> ~WINNING doesnt mean reaching the finish line~ [about 6 hours ago](#) from [HootSuite](#)
- [@blkberryswirl](#) Back at ya! Have fun, be safe and take in the New Year with a blast! 08:13:41 PM December 26, 2011 from [HootSuite](#) in reply to [BlkBerrySwirl](#)
- [@angelasmith\\_](#) Yes, I love the holidays. Hope you had a great Christmas.

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