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24 Hour Swim July 10th

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

Saturday morning will start a 24-hour last training swim here off Key West. 24 hours on one hand should be reasonable for me after all these long training swims over the past 7 months. Nevertheless, 24 hours non-stop in the ocean is never easy. Am already feeling some adrenaline butterflies. Trying to keep calm and just reminding myself to take one hour at a time. Whole crew is getting here, one by one, two by two, now. Documentary film unit and CNN crew just got in. CNN will be live throughout the 24-hours if you want to check in on our progress now and then.



My navigator and shark kayakers are getting in from St Maarten later this afternoon and my personal handlers arrive from LA and NY tonight. Meetings re the boats, the gear, the nighttime lighting plan, the shark divers, everything and everybody tomorrow. It's a world-class team and we're ready to execute this 24-hour as if it's the Real Deal, Cuba. On Sunday, tired as we'll all be, we'll have a Team debriefing and sort all the things that went right and all the things we need to improve upon. Then I'll get my body rested, get back to pushing for governmental approvals, and FUND RAISING!!!

Thanks to all of you for checking in...means more than you know to read all your supportive words!!



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Diana's Tweets



- 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 HootSuitein reply to BlkBerrySwirl
- @angelasmith_ Yes, I love the holidays. Hope you had a great Christmas.

Website

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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