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

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Thank You!

Posted by Diana Nyad on Jul 7, 2010 in Blog | 0 comments

Let me once again express my heartfelt thanks for all the inspiring words of encouragement I'm hearing from so many of you out there.....some long-time friends and some total strangers. There are no doubt sports that require more pure raw talent, but I'm not sure there's a sport that puts body and spirit through more grueling hardships. The hours alone, immersed in unforgiving elements, have on occasion brought me to tears over the last year of training. I have had to look myself hard in the mirror throughout, and ask myself if I truly do have what it takes to face this daunting task. And to know that so many of you appreciate just what a monumental challenge these 100-plus miles are going to present, it buoys my spirits, gives me tremendous comfort to have you all expressing your support. ONWARD, my friends!



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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 2 hours 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 7 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.

Your message...

08:13:03 PM December 26, 2011 from
HootSuitein reply to AngelaSmith_

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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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- Eileen on Happy Holidays!
- Rachel M. & Kathy M. on Happy Holidays!
- Laura Wilson on Happy Holidays!

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