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Diana Nyad Xtreme Dream

103 miles. Cuba to Florida. Summer 2012

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About Diana

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World's Top 100 Open Water Swims

Diana Nyad Di-R1-E005

Diana Nyad Di-R1-E005

Biography

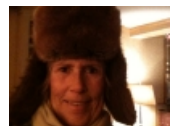
CUBA1

CUBA8

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DianaMom



DianaandTeam

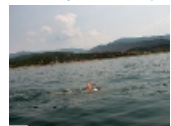
Doldrums

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Jellyfish_sting_sm



Pepperdine_1

Pole_1sm

Pole_21

123 ▶

For ten years (1969-1979), Diana Nyad was the greatest long distance swimmer in the world. In 1978, she attempted to swim 100 miles from Cuba to Florida. After being in the water for 41 hours and 49

Archives

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Diana's Tweets

- Could not connect to Twitter

minutes, Diana fell short of her goal due to strong currents and bad weather. In 1979, she stroked the longest swim in history making the 102.5 mile journey from the island of Bimini (Bahamas) to Florida. She also broke numerous world records, including what had been a 50-year mark for circling Manhattan Island, setting the new time of 7 hrs 57 min. Diana is a member of the National

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Until a year ago, Diana hadn't swum a stroke, not a single stroke, for 31 years. This summer, at the age of 60, Diana Nyad is going to stroke her way from Havana to the Florida coast. Again, millions of people will be cheering her on, but this time over the internet, no one will miss it. And when she walks up onto the far shore, no one will ever look at a 60 year old quite the same way again.

For decades, Diana has been at the heart and soul of the baby boom generation, many of whom are feeling irrelevant, lacking in vitality, and dejected that their best days are behind them. This summer, the imagination of the American public will once again catch fire. The authentic message, the walk that Diana walks, will resonate with millions of baby boomers looking for renewal, parents hoping their children spark to inspired lives, and women searching for proof that middle age is their prime, not the beginning of the end.

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that we can dream big, live life large, and look back at all of it with no regrets whatsoever."

- It's a GO!
- Congrats to USA Women
- Ops Team Update: we go when the window is GREAT
- It's Mind Time
- A letter from Bonnie to the Handler Team

- Mimi Gonzalez on It's a GO!
- Xtreme Dream Team on It's a GO!

- Jen on It's a GO!
- Hadar on It's a GO!
- Lee on It's a GO!

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