



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

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The Dream

None of us can go back in our lives and relive periods we think we could have done better. And no athlete, especially, can go back and capture that one moment he or she always dreamed of achieving.

I broke many records in my prime as a long-distance swimmer back in the 1970's, in my twenties. For my world record—102.5 continuous miles from the Bahamas to Florida in 1979—and other swims, such as breaking the 50-year-old mark for circling Manhattan Island, many Halls of Fame have honored me. I had a stellar athletic career and achieved my dream of swimming the farthest openwater swim in history. Yet my dream of swimming from Cuba to Florida was dashed in 1978, after fighting stiff winds and huge seas for 41hrs, 49 mins, and still not reaching the Florida coast.

Now I'm 61. Ancient by world-class athlete standards. And the Dream, the Xtreme Dream, is once again alive. For my own inner sense of commitment, and to share our empowerment with all the baby boomers out there with so much life still to live ahead of us, I want to finally step off that beach in Havana and some 60 hours later walk up onto that shore in Florida.

Twitter Updates



- @amybriannatural thanks! about 2 hours ago from HootSuitein reply to AmyBrianNatural
- @1more4gsus NO WAY! Its still on, just waiting for an exact date. Stay tuned: <http://ow.ly/5gPRj> 09:14:09 PM June 13, 2011 from HootSuitein reply to 1more4gsus
- Check out the Latest news <http://ow.ly/5gFJH> 07:20:03 PM June 13, 2011 from HootSuite
- @gabiandrade Gracias por su apoyo! 06:16:36 PM June 13, 2011 from HootSuitein reply to gabiandrade
- @justcoachit Thanks for helping to spread the word...I appreciate all my supporters!! 05:30:02 PM June 13, 2011 from HootSuitein reply to justcoachit
- @rockdoclv Your welcome!! Have you checked out my website yet: <http://ow.ly/5gCAP> 05:24:07 PM June 13, 2011 from HootSuitein reply to RockDocLV
- @bowswim Thanks so much!! 05:20:02 PM June 13, 2011 from HootSuitein reply to bowswim
- @roostercycle Thanks for the RT 05:06:33 PM June 13, 2011 from

The Earth is four-fifths water. I could plan a 100-mile swim just about anywhere. But I've already swum 100 miles. What I didn't do was the swim I invented, Cuba to Florida.

Until a year ago, I hadn't swum a stroke for 31 years. Swimmer's burnout gripped me to the point that I had sworn I would never, ever swim a lap again in my life. But approaching 60 last year threw me into a partial angst of wondering what I had done with my life. I felt choked by how little time

[35 captures](#)

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seemed left. I started swimming a few laps, just to take some pressure off the knees from all the other activities I enjoy.

My workouts escalated. My motivation started to burn like a fire in my soul. One day I was driving, after a long swim, and I stopped and looked hard in the rearview mirror. And I said to myself: This is one dream I actually could go back and achieve. At 60, I could swim from Cuba to Florida. This time, without a shark cage.

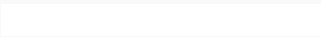
I was experiencing what millions my age are feeling these days. Disenfranchised, no longer valued, terribly worried that my best days were behind me. Yet the business of life is to live large and you can dream at any age. To me the phrase "60 is the new 40" is not a joke. We baby boomers can put truth into those words. We are far from irrelevant at 60. We're now emotionally mature, brimming with wisdom and calm, still physically strong. This should be the prime of our lives. Training for this swim has filled me with the heartening, empowering conviction that it's never too late to chase your dream.

[HootSuite](#)in reply to [roostercycle](#)

- Great way to follow my journey is through my website: <http://ow.ly/5f68n>

@GDLA last week? <http://ow.ly/5ealp>
02:01:52 PM June 13, 2011 from
[HootSuite](#)

Music by Craig Marks©



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