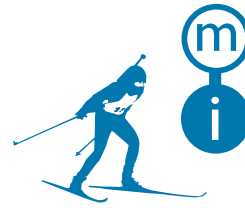




the megan report 2007



m e g a n i m r i e

march 22, 2007



Hello to all my sponsors, friends and fans!

It has been quite a long time since my last update. I hope you still know my name and my sport!

I am in Charlo, New Brunswick on the picturesque Bay de Chaleur. The first race at the Canadian Championships is over, and I have emerged with a gold medal hanging around my neck. Here is a snapshot of what happened yesterday, and what is to be on the weekend.

It was the individual race, which for me, means 12.5kms of pain. It is the longest race that I am required to ski, and in Charlo, the majority of the course is climbing. All that really means is that my legs are quite sore today, and I look forward to the 7.5 km sprint! In the individual, I hit 16 of my 20 targets, so I received 4 minutes of penalties on my final ski time. I had a super ski though, and I flew around the course feeling like I had in Italy earlier this year.

The weather cooperated (for the most part- some freezing rain), and I really can say that I had a great time out there.

Tomorrow I will race the 7.5 km sprint- which I am stoked for, because I am back on my game again. On Sunday will be the final race of the year, and a 10 km pursuit.

I have been enjoying the famous East coast hospitality by visiting a sugar shack. Believe me when I say I ate my fill of maple syrup candy while listening to a lively fiddle tune.

Thank you for your support this season, it has been my best so far and I look forward to being in touch with everyone after I return from these final races!

Megan Armine

biathlon “in pursuit and on target!”



megan's european tour 2007

European Cup # 4 Forni Avoltri, Italy Jan. 19 Sprint

www.biathlonworld.com

World Junior Champ's Martell, Italy Jan. 25 Individual

www.biathlon-martell.com

Jan. 27 Sprint

Jan. 28 Pursuit

Jan. 30 Relay

European Cup #5 Jablonec, Czech R. Feb. 10 Sprint

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Feb. 11 Pursuit

European Cup #6 Nove Mesto, Czech R. Feb. 14 Sprint

www.biathlonworld.com

Feb. 15 Pursuit



Thank you to all of my sponsors, without you, my dreams would not be possible!

I would like to thank my newest sponsor, **The Daremax Foundation** for joining my support team, **Thank You!**

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