



the megan report april 2009



m e g a n i m r i e

Dear Sponsors, Friends, and Fans:

Hot pink headband. Extreme green stretchies. Radical orange shades basking my face in a fabulous eighties glow. Have I skied back in time you ask? No- it's simply spring time in the Rockies! And there is no better closing ceremony for my wintry biathlon season than a sunny Hot Dog Day in Fernie.



Ending the season in style is a critical step in many a cold-weather athlete's training regime. A festive hot dog day (read: 80's day celebrated by all on the ski hill) eases the stress of being focused and highly competitive for the past 5 months. Add a splash of neon, and all those painful moments of lactic acid and frozen digits are twisted into a warm, buttery loaf, later to be misconstrued as fond memories. This is integral to our survival as athletes. In order to be hungry for more racing, more training and pain-ing, we have to do it up right every now and then.

But I digress. This winter for the first time in my life, I circumnavigated the globe. I began the year in the dark 'Winter City' of Ostersund, Sweden. Racing under giant floodlights due to the pitch black night that fell at 2pm. I followed the biathlon circus through Austria, Germany, and Italy; the trio of old standby's, but nevertheless extremely exciting. I encounter hundreds of thousands of fans at these venues, and I love them more each time.

The kicker this year was World Championships in Pyeongchang, South Korea. Finally! I'd been waiting. Practicing. Perfecting. And not just my biathlon skills...no, I had finely tuned my get-over-jetlag ability to a T. Excitingly enough, everything went as planned, and I had a personal best of 45th in the individual (120 starters), and the girls and I had a groovy relay result of 9th (26 teams), qualifying us four women for the Olympics. Woohoo!

About 10 peel-a-gourmet dinners and 5 'seat back and tray table upright' speeches later, the entire biathlon family was on Canadian soil. The first Canuck World Cup biathlon event since '99, and in western Canada to boot! Our team was stoked and ready for the test. It was a great help to have my family and friends roaring out encouragement as I left the start, the range, or bombed into the finish. I can't wait for 2010 to roll around! Have your cowbells at the ready!

biathlon

“in pursuit and on target!”



Immediately after throwing down another huge 9th place result in the Whistler relay (this time we were SO close to a 'flower ceremony' 6th place), we inhaled some pasta, changed out of our race suits, and checked our luggage in, all from the 'comfort' of our favorite 15 passenger van en route to yet another (sigh) airport.

Trondheim, Norway was the final stop of the World Cup for me. Located in a college town on the sea, it was beautiful despite the coastal weather. I had heard that Norwegian waffles were worth the trip themselves, but now I am truly a believer!

Setting boots back in my home soil never felt so good. Although I still wasn't home-home. Championates du Canadien et Championates du Nord Americain était à Valcartier, Quebec cette année. After leaving everything I had on the course, I managed to take home the title of North American and Canadian Champion 2009.

So that takes me full circle around the globe, and back to the psychedelic spandex of yesterday's hot doggin'. I am pleased with the improvements from the year, and I know I can be ready to do tougher training in this pre-Olympic year.

To all my fellow hot dogger's out there, have a great spring, and I look forward to keeping you up-to-the-minute informed on my home stretch to 2010!

Thanks for your support! Without you, my dreams would not be possible!

Yours, living in color,

Megan

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

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