



the megan report summer 2008



m e g a n i m r i e

August, 2008



Dear Sponsors, Friends and Fans,

It's Olympic time, and a refreshing reminder of what I'm aiming for. You may have seen a snapshot of me on CBC lately (special thanks to Petro-Canada), but here is a little more in depth look at my training year recapped just for you. Enjoy.

With hardly enough time since my last race for the eau de biathlon to dissipate from my Salomon boots, I was back on snow. Callaghan Valley, biathlon venue for the 2010 Olympics, played host to our first National Team training camp in May. The air was thick with our mental imagery, as we anticipated the sights and sounds of 2010. Thanks to a load of snow this winter and an open venue, I am getting to know the Olympic course like the back of my glove.

A week later, like an athlete after a free meal, I took off to Mt. Washington in further search of snow. Though the trail was only 1.5km long, we had perfect snow at low altitude in mid June. (1.5km loop + 3 hour workout = ample time to work on ski technique and lip syncing). With a spectacular ocean backdrop, sea kayaking, biking, and great accommodation, Mt. Washington scored an A+ for a camp setting in my books.

July had a few new tricks up its sleeve for my talented team. Three early mornings a week we'd zip up to Highwood Pass (altitude 2206 m) for a long rollerski. To our amazement, we saw half a dozen grizzly bears over two weeks at Highwood. We got into quite the routine...ski up; see a bear, ski back down, repeat. Some days it took us much longer to get to the top with these heart-racing interruptions.

The second part of the week involved a fantastic little device called a rollerski treadmill. (Insert daunting music here). In order to get the most gains from our altitude work, we would do high intensity training the following day. And in order for the physiologists to poke our fingers for blood as much as they'd like, we were at the Calgary Olympic Oval on a ski treadmill. Picture your run-of-the-mill running treadmill, but 10 times larger. Now picture a harness attached to the roof. This harness enables a fallen skier to hang mission impossible style over the speeding treadmill. Now that's fun! (We all got to practice it but no one actually fell). Our scientists hovered over the controls for speed and gradient. Our coach gave constant technique analysis. And tourists peered through the surrounding cage like we were animals. Oh the life of an athlete.

So here we are, flying into August at warp speed. A mini cycling camp in Revelstoke started the month off right, and now my teammates and I are stoked for the approaching fall. This spring we became the National Women's team and split off into gender divided training groups. We have been having a great time, and challenge each other on a daily basis. It's with these friends that I found myself dancing on the stage at the Canmore folk music festival, or freezing our legs in the Bow River after a hard days training.

biathlon

“in pursuit and on target!”



Together we are spearheading a project to fund our sport psychology, massage, and training camps. It's these teammates that I am trusting, challenging, and bonding with that will bring each of us to the next level. And closer to that Olympic dream.

Happy Trails,

Myra Amice 



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



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