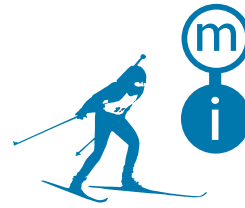




the megan report december 2008



m e g a n i m r i e

Dear Sponsors, Friends and Fans,

Winter city is the catch phrase of Ostersund, Sweden, and for a good reason. The humidity creeping up from the massive lake below the biathlon stadium made tree branches, eyelashes and rifle sights seasonally festive. The course was a pure snowy wonderland; a welcome change from the delinquent winter of Canmore.



My first race was all about getting the bugs out...literally. I came down with a cold mere days before the first race, and on race morning, after careful deliberation with my coach, and a quick trial run on my skis, we gave it a green light. But this day was not to be mine, as the shooting didn't transpire as it had in my head for the past few weeks. Five misses meant five minutes added to my time, and in a tight field, that feels more like five years.

Sprint race next. Redemption time. The plan? Simple. Attack every lap. After acing the warm up, my legs were primed. Lucky for me, my wax techs aced my skis. The first lap I was trying to keep up with their killer glide. Range entry number one. Five shots...five hits. Score, keep attacking. Time for standing shooting. Blast! One miss, one penalty loop.

The final lap is when I got splits. Now there are two things to keep in consideration here. Number one is that the top 60 starters from the sprint make up the pursuit race the next day. Number two? I have yet to make a pursuit race. So when I heard our staff tell me I was in 59th, you better believe that lit a fire under me. This is how it went:

Split #1: "Megan, you're in 59th, every second counts"
Megan's thoughts: 59th? Go fast. Go, go, go.

Split #2: "Megan, you're 5 seconds out of the pursuit! Go!"
Megan's thoughts: Pretend there is someone right in front of me. Attack!

Split #3: Megan, you're 4 seconds out of the pursuit! Let's go!"
Megan's thoughts: Give everything NOW.

Split #4: You just made up 2 seconds! 100 metres left! Let's go!
Megan's thoughts: No thoughts, just seeing stars.

Announcer when I crossed the line: "That's Megan Imrie from Canada crossing the line in 61st place, 1 second out of the pursuit" I would have cried if I hadn't collapsed out of exhaustion first.

So here I am in 61st place, one second out of the pursuit, about 10 seconds out of 50th place. The field is extremely competitive. There is no room for errors, or delays of any sort. It's all about being effective and efficient. Take the best line, reach up that hill. No fumbling with my rifle, no second try at putting a pole back on. To have a fighting chance, I have to be always moving closer to that elusive perfect race.

Since there is a silver lining in every cloud- here it is:

1. This was my best World Cup result in a sprint by far, so I am improving.

2. This result was close enough to the leaders of the race to get me my first Olympic criteria! One down, one more to go!

biathlon

 "in pursuit and on target!"



With World Cup numero uno behind me, it's time to say Hej da Sweden, Guten Tag Austria!

Here I am in Hochfilzen, stoked to be racing again, and feeling good. The sprint is on Friday, and I will be ready to climb the result ladder...stealing seconds at every possible chance.

Thanks for your support!

Watch my race live on www.biathlonworld.com in the data center. Race start at 14:15 CET, 7:15 CST.

Keep checking www.meganimrie.com

highlights

Megan recorded a time of 48 minutes 58.2 seconds in the Women's 15k individual competition in the opening event of the Canadian Biathlon Championships. See article on news page. Thursday March 27th, 2008

See www.biathloncanada.ca/main.php

highlights from last season:

- Canadian Champion (15km Individual)
- Rookie Year on World Cup Circuit
- World Championships 51st (Individual)
- World Cup 49th (Individual)

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