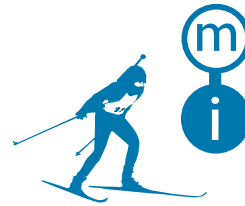




the megan report winter 2007



m e g a n i m r i e

February 12th, 2008

Hello dear sponsors, friends and fans.

This update is coming at you straight out of the Biathlon World Champs in Ostersund, Sweden. Toeing the start line of my first World Championships race, I can honestly say that I wasn't the least bit fazed.

'I am the tiger. I am ready to fight.'

After my rookie season on the World cup, I have settled into the racing routine. What? There were 20,000 fans cheering? TV cameras on the range? No big deal! Though watching said fans do the wave at the start of a biathlon race is a far cry from my solo training grounds in Falcon Lake, biathlon is biathlon.

As I cruised around the 2.5km loop, I was loving the course. It's rollercoaster profile and technical downhills give me an advantage. 'I'm on my feet, on my feet. Stay low. Ride the wave.'

Coming into prone, I started to get nervous. My prone has been shaky since New Years, and my confidence was not completely topped up yet. So I embarked on my prone shots a little slower than usual, but came away triumphantly with 5 hits. Bypassing the penalty loop is DEFINITELY worth those extra precious seconds. Which I learned in standing.

Had I access to a magic lamp mid-race, I would redo my range entry into standing. What happened can be called a brain fart, a memory lapse or a blond moment (though with a recent change in hair color, the last one is unlikely), I simply lost focus. When I left the range, I had missed three targets and didn't know why. (Don't worry though; I had 450 meters of penalty loop to think it over!)


When I motored across the finish line, the first thing I thought was, Ok, I've had better races, so 'What did I learn?' Range entry, range entry, range entry! and 'What did I do well?' My prone is back! Woohoo!

Live and learn. On to race number two, the mixed relay, where I get to be in the mass start. What a blast!

Thanks to all those that are watching and cheering from across the pond, your support is very motivating!

biathlon "in pursuit and on target!"



Keep checking 
www.meganimrie.com
 and www.biathlonworld.com
 for updates and results! The races
 run Thursday 29th, Friday 30th and
 Sunday December 1st, 2007

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

**highlights from
 last season:**



- ~ Tenth place, World Junior Championships
- ~ Eighth place, European Cup (senior category)
- ~ Three gold medals at Canadian Championships
- ~ Flag bearer for Manitoba at Canada Winter Games
- ~ Two Canada Games Medals
- ~ Manitoba Junior Female Athlete of the Year

gold sponsors

- Craig and Corinne Chapman
- Cats in the Bag design
- The Daremax Foundation
- Manitoba Blue Cross

friendship sponsors:

- Arctic Ice
- Blacksun
- Falcon Lake Meat and Grocery
- Kildonan Printing
- Lumber One Building Supplies
- Sandi Kurceba/Falcon Lake Golf Course
- Shindico
- Wilderness Supply Co.
- Woodcock Cycle

**what this
 season has in store:**



- ~ World Cup #1-3 Tour-
 Finland, Austria, Slovenia, Nov.-December
- ~ World Championship Tour- Sweden, February
- ~ Canadian Championships- Callaghan Valley
 (2010 Olympic venue), March

equipment sponsors:

- Salomon - skis, boots and bindings
- Leki - poles
- Adidas - glasses



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