

Sent: Tue Jul 29 09:24:16 2008
Subject: Last one from Canada!!

Hi all,

As I prepare to be picked up in 30 minutes to head to the airport, I wanted to reflect for you on the past few weeks.

It has been a rush of emotions good and bad. Two weeks ago if you had asked me if I was excited to go to the Olympics, I would have said no. I was not excited, I was scared. I was struggling with the idea of "feeling ready" and I was not there yet. I looked back in my training journal and was relieved to see that last year before the World Championships I was feeling the same way. Three weeks before the races I was not feeling ready! However, after this past week of training, I have reached the point of great excitement. We had some great practices and really found some good speed and made big improvements and I am thrilled to say that YES, I AM EXCITED!!!!

I needed that week to get some emotions out of the system and now I can't wait to race and show off our speed. When things all come together it is a great feeling and it's one of the reasons I train day in and day out...just for that feeling!!

I start my racing on August 10th at either 4:30am OR 4:40am EASTERN TIME.
August 12th (if I don't go through on the 10th) 5:10am EASTERN
August 17 is the FINAL - 4:30am EASTERN

You can watch it in "live time" (I THINK) at www.worldrowing.com
<<http://www.worldrowing.com/>> <<http://www.worldrowing.com/>> - go to events - live race viewer...I am the race W4x either Heat 1 or 2, I don't know yet.
www.cbc.ca/olympics <<http://www.cbc.ca/olympics>> is a great site for coverage. There are also the tv airing times on there too so you can see when they are showing what.
I think they show our races live on tv and again replay...but can't be sure.

I'm not much help in the media area.

All for now, off to BEIJING!!!

-Janine