

Date: Mon, 1 Sep 2008 08:13:08 -0500
To: Meghan Montgomery
Subject: Hello from Beijing!



Hi!

Just a quick note to say that I have arrived yesterday in Beijing. The flight from Vancouver was just a little over 11 hours. It was much quicker than expected! There was plenty to do, and many people to talk to, as the Canadian wheel chair rugby team, shooting team, and archery team were all on the same flight as our rowing team.

I am currently in the athlete's village. It's beautiful here! The buildings and grounds are very impressive. The feedback from returning athletes is that this is the best athletes village in comparison to Athens and Sydney. We went to the Shunyi rowing venue today to rig our boat. We didn't end up rowing, but I was able to snag a bike and take several tours around the race course! It's beautiful! I am very excited to start training and racing!

I will be posting photos on Facebook in the near future. For those of you without Facebook, I will provide a link with my future updates.

I have had several people ask where they can watch our races. At this time, it is not clear if CBC will be airing our event. I know they are limited with coverage, showing clips and highlights on selected days of the next couple of weeks. You will have to check your local listings. There is an online source for Paralympic coverage. It is <http://paralympicsport.tv>. I am not sure how the link works exactly, but I have heard they do a great job in airing events as they happen. I will let you know what times we are racing on September 9-11.

That's all for now! I am still trying to acclimatize, so I am very tired! Thank you for all the well wishes and congratulations. It means a lot to know I have a lot of people behind me and encouraging me as we strive for gold!

Until the next update!

