

Date: Tue, 12 Aug 2008

Subject: Just not enough!

Hi,

We did all we could and put it all out there, we just didn't have enough. I am disappointed, of course. I didn't quite see this as my outcome, but I have absolutely no regrets. I am so lucky to have been here and be able to race! Usually going across the line you can hear the crowd and the other crews finishing "beeps" but not today. I was totally focused on getting to that line. It was so fun to be apart of. We will race Russia (again, for a third time) on Saturday. I don't know the time because I didn't even have the "B Final" on my radar. You don't need to get up for that one ;)

Here's an insight into a race day routine (what I did today):

Up and rowed 4k this morning. That's to the start line and back to the dock.

Then you spend the whole day trying to keep occupied and try not to over-think the race. I did laundry in the bathtub and read my very brainless book.

I always take a shower before every race (tests on the rowing machine too). I only really do it to slick my hair back and put my hat on while my hair is still wet so it all stays back.

We left for the race course at 3pm (for our 4:50 race). We all get on the bus with our headphones on and don't do much talking. We sat in the quiet room on the bunk beds resting until our meeting with our coach at 3:30. After that we have time for last minute things and aim to be at the boat ready to go 45 minutes before the race.

At the dock they check our accreditation pictures and names to our faces and also to our pre-taken boat picture to see that we are in the same order and are indeed the right people. We push off the dock and go do our warm-up.

At the start time we get "locked in" to the dock with 4 minutes to go. They ask us if we want our boat "checked for weeds" and as all boats do, they send a swimmer to your lane and they swim under the boat to check for any weeds that may have been picked up during the warm up on the fin. At 2 minutes to go they say "raising the starting system". This locks our bow in place and doesn't let us go forward until the green light shows up and the starting system drops. All races start with the command "Attention...BEEP" and the red light goes green.

That's all I can get out for now. Post race I feel like I have been drop-kicked in the head! It's bed time!

Thanks again for everything! You are all so wonderful and I am so lucky to have your love and support!

-Janine