

Hello friends and family!

This update is long over due!

As you may, or may not know, I moved to Victoria this past fall. I've been training and working in Victoria for the last few months in anticipation of this week, and this coming September.

I am currently in London, ON at the Canadian Adaptive team selections and trials. Wednesday, June 11th, the boat that I am trying out for, and have been in for the past two year (the LTA 4+, or the Legs Trunks and Arms event) was announced! We are the same crew as last year. That is Laura Comeau, Vicky Nolan, Tony Theriault, Scott Rand, and myself. The two other people who were identified and attended trials gave us a run for our money! They were strong and fast, and the difference between 2nd and 3rd place in the two genders were just split seconds.

After an emotionally and physically exhausting few days, we had to jump our first hurdle. We did a time trial on Saturday; the time was submitted for the CPC (Canadian Paralympic Committee) to approve. Based on that time, RCA made a recommendation to the CPC to send us. As a crew, we were confident that they will be sending us, however, we don't want to leave any room for doubt, so we worked hard in London getting ready and resting for the Saturday time trial. Several hours after our time trial, we heard the news from the CPC that they are sending our four, along with the trunk and arms double, and the arms only male single! We will be the first rowing crews to represent Canada at the 2008 Paralympics in Beijing!

We had good races, and are excited to move forward, but we have a lot of work to do! Upcoming events for the summer are US Nationals in New Jersey June 28-29. We will be racing the US and hopefully Brazil as well. We then head off to a training camp in Montreal for a week. There is potential for another camp in July, but that is still to be determined. We then return to London for a week of training the first week in August, and race the USA at the Royal Canadian Henley in St. Catherines at the end of that week. Then it's back to Victoria at the end of August for the pre-Paralympic training camp. Then off to China!

I'm doing well. Happy, confident and healthy. I am looking forward to the challenges we are facing and am ready to work for gold!

I hope all is well!

Take care, and thank you for your support!

Meghan Montgomery