

SUNDAY AUGUST 23, 2009
Powitanie z Poznań! (Hello from Poznan!)

The time has finally arrived! We get to race tomorrow! I've been looking forward to this for months!

There are eleven entries in the LTAMix4+ (also known as Legs, Trunks, and Arms Mixed Coxed Four). The countries are: Italy (gold in Beijing), USA (silver), Great Britain (bronze), Germany (4th), Australia, France, Ireland, Poland, Russia, and Ukraine. We are in the second heat with Great Britain, Germany, Ireland, and Ukraine. Our race time is 10:30 am in Poland, so 3:30 am in Winnipeg and 1:30 am on the west coast. The World Rowing website will be posting live results. The link is <http://www.worldrowing.com>. There is a link to the live results from the World Championships on that web page if your interested, however, I'm sure I'll be sending out our results shortly after we race, so enjoy your sleep! With 11 entries, we will have to come in first to move straight to the final. Everyone else will have to race in the rep on Tuesday.

The crew is feeling good. We made a lot of improvements at our camp in St. Catharines. Friday's row was a confidence booster as we have been feeling sluggish and tired since arriving Tuesday. Every row since Friday has been better and better. I don't know what it is about this year, but I'm feeling really good. I think it could be that there is less pressure this year, or the lessons I learned from racing in Beijing. Perhaps it's my experience coaching athletes at major events like the Brentwood Regatta and the Royal Canadian Henley. Whatever it is, I'm excited about competing because I love to race, and I love to row. There's nothing to lose by giving it all I've got, and everything to gain. There's something very calming about that.

Everything at the venue is great. The race course is fun! It's a lake in the middle of the city. Most of the race courses I've been to are quiet and have little around them for spectators other than the grand stands, but this course is much different. There is a shopping mall along side of the first half of the course. There are also swimming beaches, and a park. Right behind the start line, there's a busy road. It's a lot of distractions, but very interesting as well. It certainly makes the racing a lot more visible.

Our hotel has been fantastic thus far. The food, and the rooms have been amazing. We are also in walking distance from a market and a big shopping mall. I forgot how much I love Europe. The old buildings and architecture are spectacular. We have four or five days between the heat/ reps and the final, so I'm hoping to go out and explore our surroundings soon!

Do najbliższy czas, (Until next time,)

Meghan