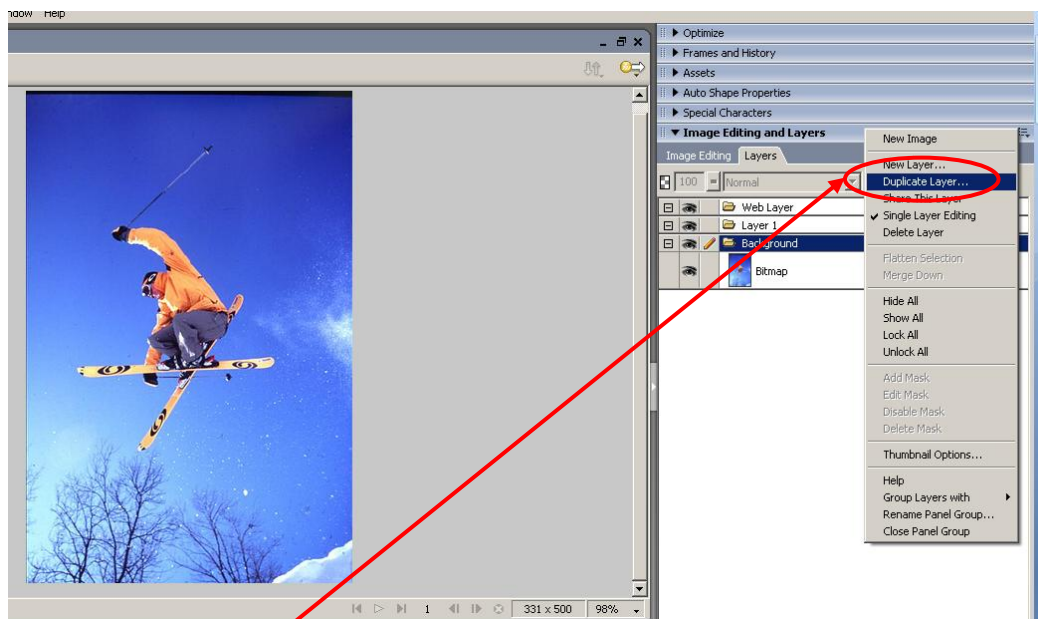
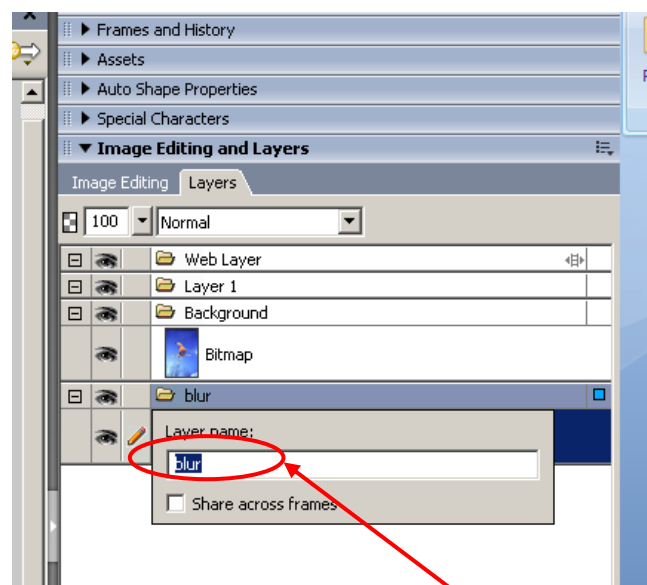


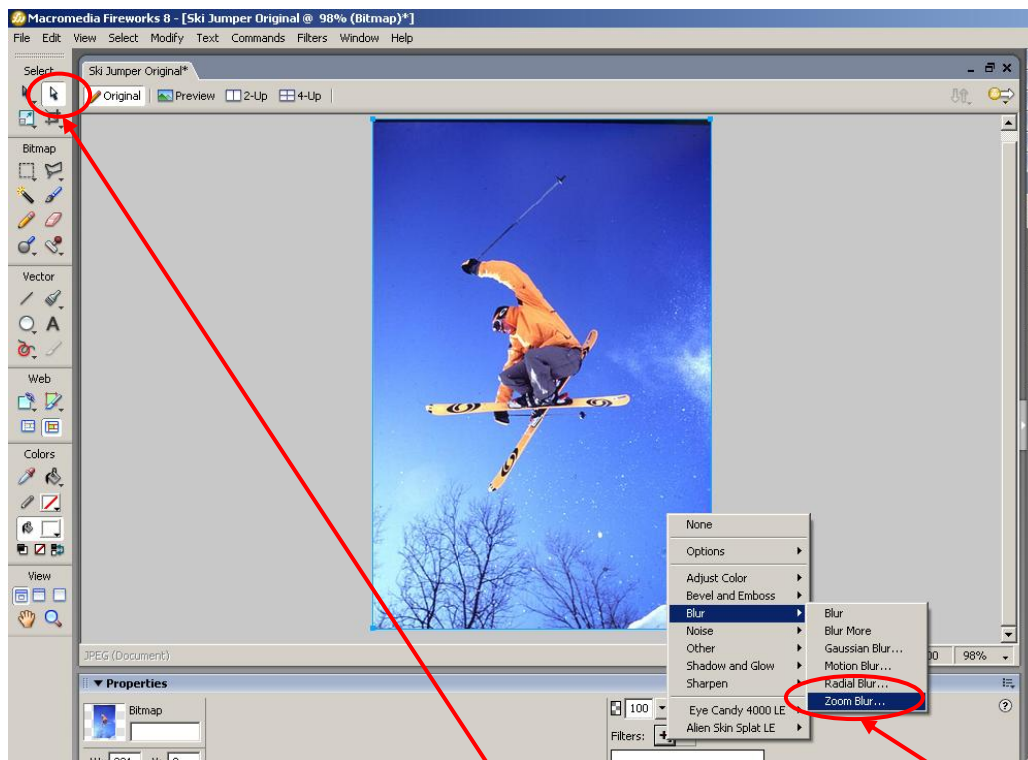
### 1. Open the picture in fireworks



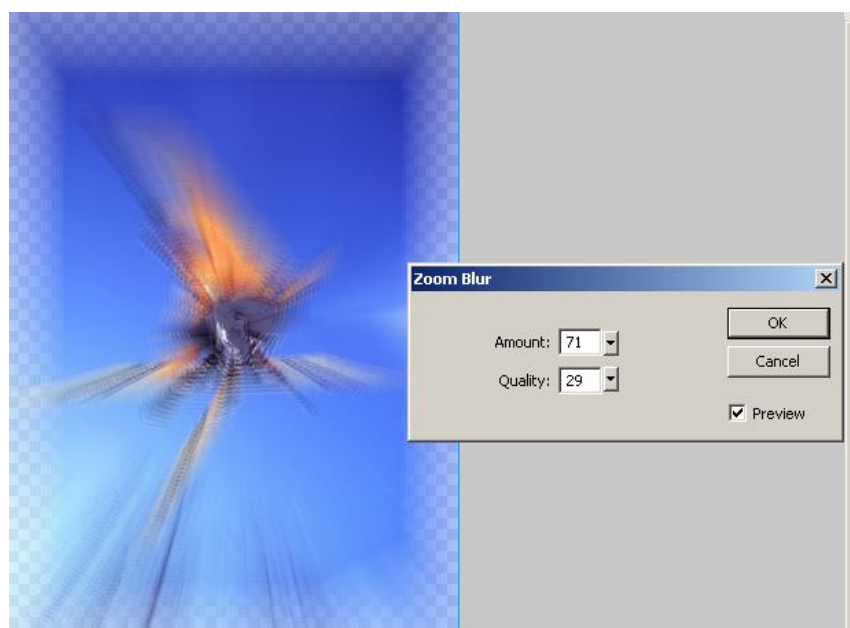
### 2. Then duplicate this layer



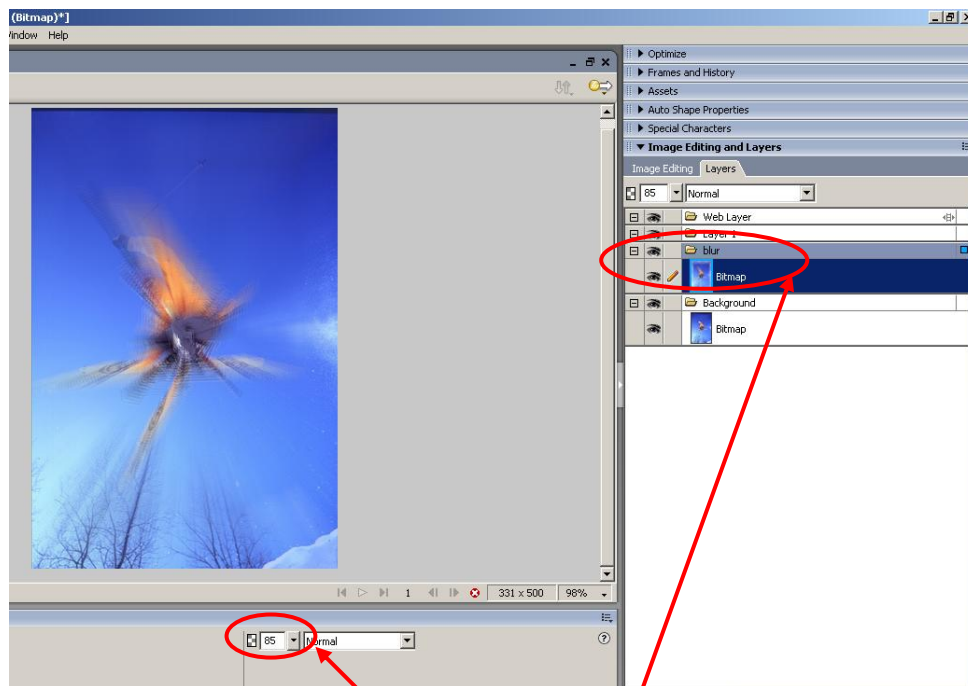
### 3. Then double on the layer name of this new layer and call it "blur"



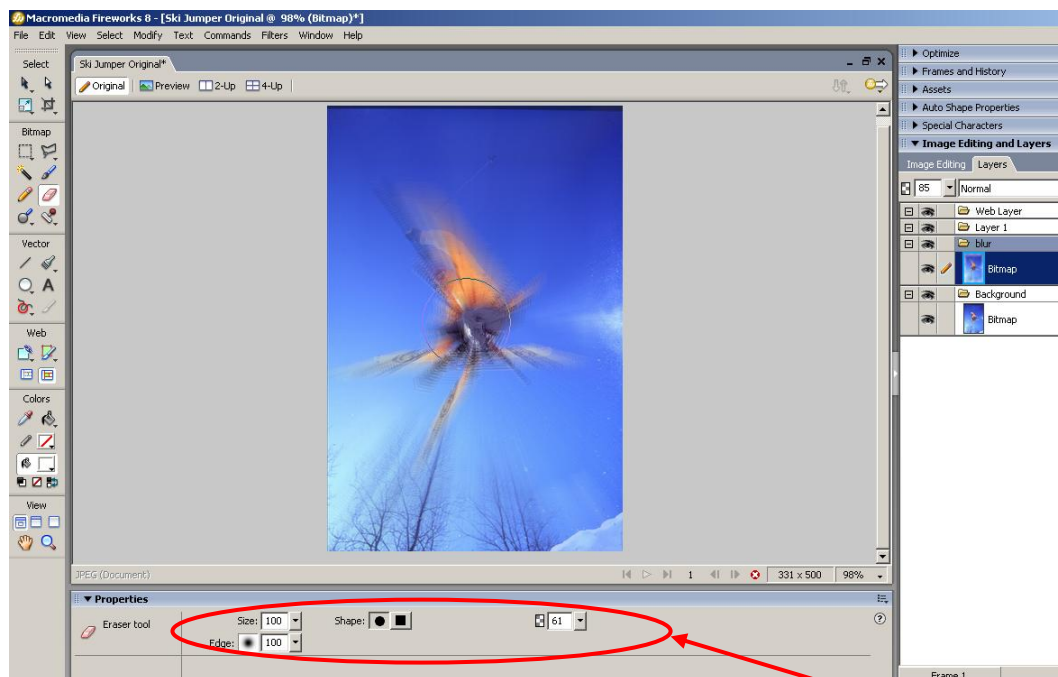
4. For the "blur" layer select the image with the "white arrow" then select the filter "**Blur>Zoom Blur**". Also click the eye symbol next to the Background layer so that it is not visible.



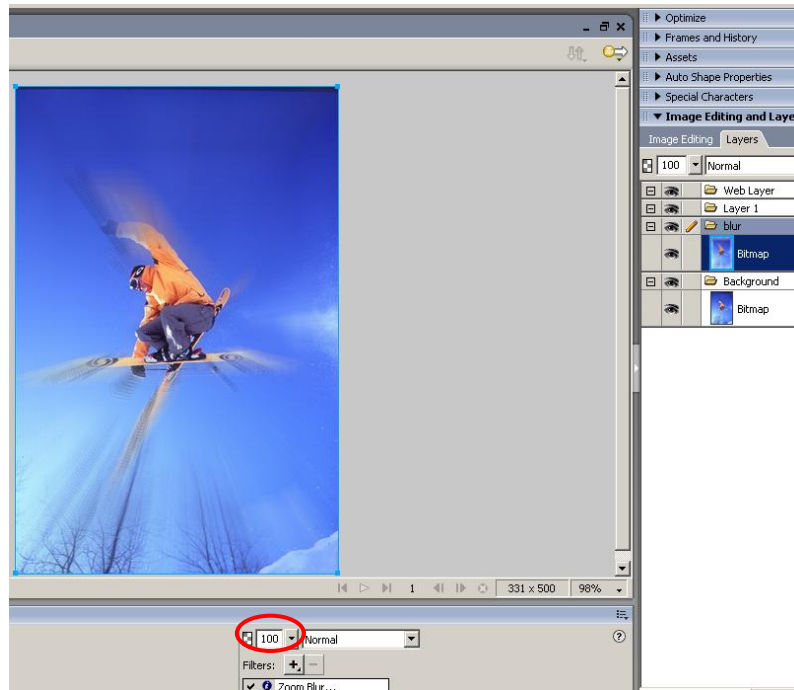
5. Set the properties of the blur similar to the numbers above. (you will need amount to be > 50)



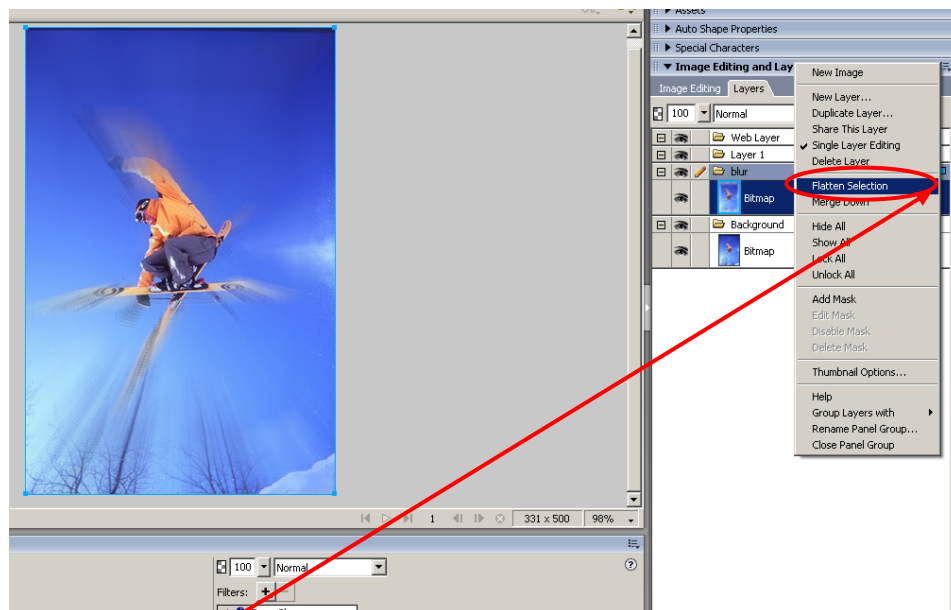
6. Oops got my layers the wrong way round. Move the blur layer above the background layer. Next give the "Blur" layer Opacity of between 80 and 90% so that we can just make out the layer below Blur.



7. Select the Erase Tool. Set the Properties of the Eraser to Size=100, Edge=100, Opacity 60%. Then Starting in the middle of the image slowly spiral outwards so that the centre is reasonably focussed and clear and the elbows and ski's have the motion blur effect still present on them.



8. Set the Blur layers opacity back to 100% to give the full Blur effect.



9. Finally flatten both the layers into one layer and save the final image.