

Triathlon – World Cup

“If you give it your all, you won’t have any regrets!” says Kathy Tremblay

MONTREAL, September 10, 2006 (Sportcom) – Triathlete **Kathy Tremblay** placed 32nd in the World Cup held in Hamburg, Germany. Portugal’s Vanessa Fernandes, a world runner-up, sped off with the gold.

Although she seemed disappointed with the result, Tremblay was nevertheless thrilled for having made an honest effort. She asked herself the following question: “Did you complete your run? Did you give it your all? Well then, mission accomplished!”

Tremblay was very determined to finish on the podium, but it will be for another time. “I left with the thought that it was going to hurt and it did,” commented the Gatineau-native from Montreal. “When I’m spurred on enough, it’s going to hurt this much, but I’m going to finish ahead.



For me, right now, it’s just a matter of time.”

The Quebecker had a good start. She completed a good swim and was behind by only 10 seconds from the first group to exit the water.

However, she had to wait for the second group for the bike. Tremblay thus saved her energy on the entirely flat circuit in order to make a comeback for the run. A bad transition, however, ruined all her chances of climbing back in the standings.

The 24-year-old athlete was knocked down by the impressive group that gathered along the course. Indeed, downtown was packed with people, organizers estimating the numbers of spectators at 60,000.

Tremblay will make it back home before heading out, in two weeks, for the next World Cup held in Beijing, on the 2008 Olympic circuit.

After her competition in Cancun in November, her season will come to an end.