

Kathy Tremblay Will Aim for Consistency in 2010

Thursday March 25, 2010



After her 2009 season, which was marked with good and not-so-good performances, triathlete **Kathy Tremblay** will aim for consistency above all else this season. The athlete, originally from Gatineau, will be on the starting line at the World Cup race on Saturday in Mooloolaba, Australia.

Last year, Tremblay ranked 13th in the World Championship Series. Among the highlights of that season were her second place finish at the World Cup in Ishigaki, and especially her two fourth place finishes in Tongyeong, Korea, and Kitzbühel, Austria—two races that counted towards the prestigious World Championship Series.

Those results show that the Quebecker has the talent necessary to compete against the best in the world. However, Tremblay also had her share of poor performances, where the scenario was often the same: she was at the front of the pack for the swim and bike portions of the race, but she lost it in the run. This was particularly true at the World Championships.

“Last year, I had some really good races at the beginning of the season, but it went downhill from there. I had another good race in the middle of the season, in Kitzbühel, but I choked in the races held in the United States. I wasn’t able to run well. There was a crack somewhere, and I fell in,” said Tremblay, who is coached by **David-James Taché**.

“The goal, therefore, is to always get better. I’m not aiming for a particular ranking because that is not part of my plan. Even though I have a can-do attitude, I can’t focus on victory; instead, I want to run races where I can be proud of myself at the end. I want to give it my all, even if I’m at the back of the pack.”

In 2009, Tremblay increased her efficiency on the bike, which allowed her to start the run with fresh legs. She got close to the best, and now if she wants to stay at the front, and even pass a few people in the final sprint, the 27-year-old athlete knows that she has to be stronger mentally—and she’s already taken steps to get there.

“I worked with a psychologist to manage my emotions better during my races. I see this as a personal evolution, which will make me a better person and a better athlete. I see myself as piece of unripe fruit who always has something to work on. I can’t see myself as a piece of ripe fruit who is on the decline. I have a lot of things to improve upon.”

If the beginning of the season is synonymous with knowing where athletes are with respect to the others in terms of their level of fitness, one thing is sure for Kathy Tremblay: “I’m not scared for the weekend because I know I will give it my all.”