

Kathy Tremblay Makes a Wise Decision



Montréal, September 15, 2007 (Sportcom)

Quebec native **Kathy Tremblay** was forced to withdraw from the World Cup race in Beijing, China, on Saturday, after having crashed into a wall on her bike.

Vanessa Fernandes, of Portugal, won the race in a time of 2 h 00 min 36 sec. Australian Emma Snowsill (2 h 02 min 51 sec) and American Laura Bennett (2 h 02 min 06 sec) finished second and third, respectively.

With an injured knee, and exhausted after a particularly difficult swim, Tremblay preferred stopping to check the extent of her injury, rather than jeopardizing her upcoming months of training.

“The cut was quite deep, but nothing was damaged,” explained the athlete from Montréal. “Of course, I didn’t know that at the time.”

“It was a shocking race,” she continued, “There were 80 women in very good shape. I wanted to start off strong to get out of the pack. I was in a good position on the pontoon, and I had a very *clean* start. I was part of the lead group up until the first buoy, but because the women behind were pushing hard, I used up a lot of energy to stay with the lead pack. I got to the start of the bike portion with a lot of lactic acid in my legs.

“I really gave 110% after that. The women in the pack were elbowing each other on the bike, as if we were fighting for our lives! I took a bad turn, and ended up in the wall,” she added.

With less than a year until the Olympics in Beijing, Tremblay is relieved to see that the selection for the team of Canadian women is far from over. “No other Canadian women qualified for the Olympics in this race, which is a blessing in disguise,” she said. “The important thing for me is to show that I’m a fighter, and am able to compete with the best. Even if I did not qualify for the Olympics at this race, I still have several months of training and competitions ahead of me to get there. Still, I’m trying not to think about it too much, because I have a feeling that I put a bit too much pressure on myself this year. I am going to concentrate on my goals and improving my personal best.”

Tremblay will have to prove herself between now and the 2008 World Championships in Vancouver next June.