

Kathy Tremblay Comes in Fourth

Rio de Janeiro - Pan American Championships

July 15, 2007 – Sportcom - Triathlete **Kathy Tremblay** of Montréal narrowly missed taking a spot on the podium at the Pan American Games being held Rio de Janeiro, finishing fourth right behind fellow Canadian, Lauren Groves, who took home the bronze medal.

“Lauren and I had a really good race. As far as I’m concerned, I made a little mistake during the swim; I was in pretty good shape in the first 750 meters, but I turned to the right when I was supposed to turn left, and that made me lose precious seconds,” said Tremblay, who had to fight against the big waves throughout the swimming leg of the race.



“I gave it my all to catch up to the others during the bike, and then during the run I ended up beside Lauren. We worked hard to catch up to the woman who was in third, an American, and we were able to pass her,” explained Kathy Tremblay, who was fifth after the 1.5-km swim (18 min 42 s) and the 40-km bike (1 h 3 min 16 s).

The Pan American Games are an important step for Canadian triathletes hoping to secure a spot at the Olympic Games in Beijing. Eight nations will be invited to participate in the prestigious competition. Canada is currently among the top 7.