



Triathlon – Olympic Games

Kathy Tremblay A Contender Up Until the Run

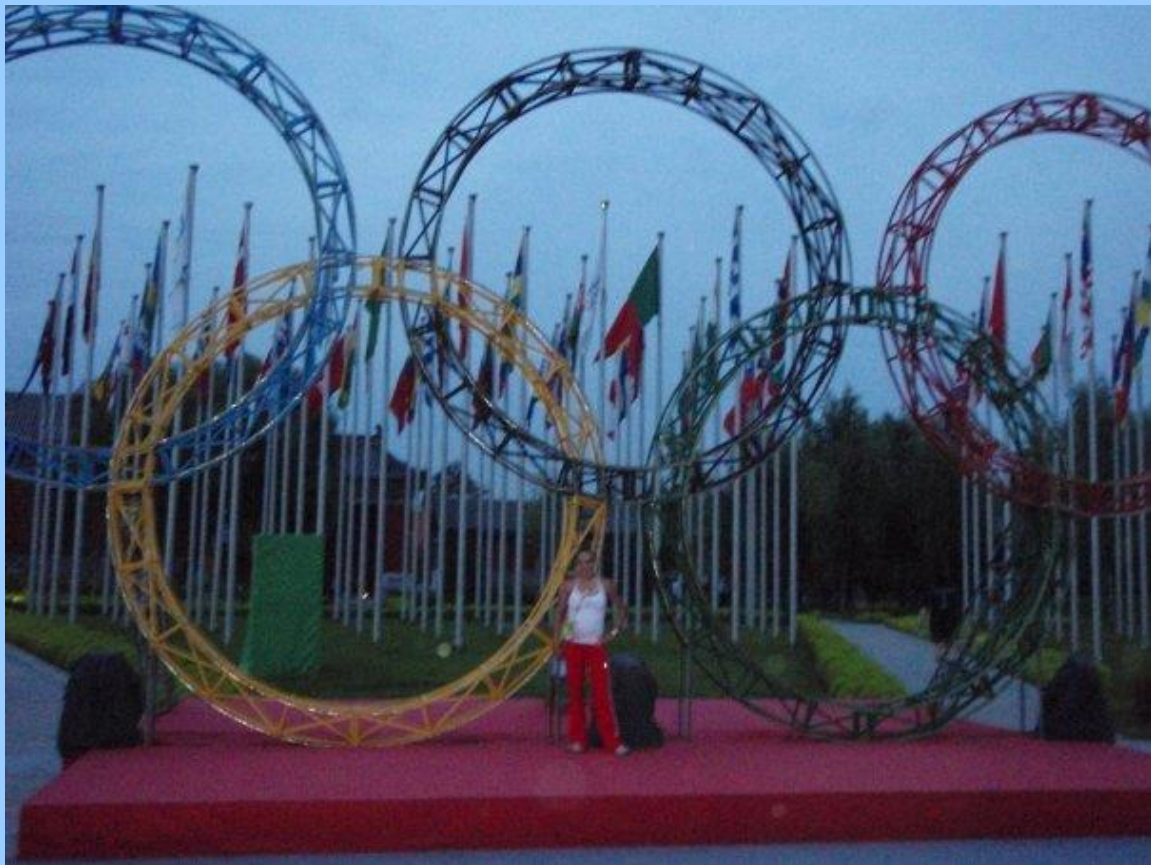
Montréal, August 18, 2008 (Sportcom) - Montréaler **Kathy Tremblay** (2h 05min 23s) came in 31st at the Olympic triathlon held Monday at the Ming tombs. The two big favourites in the event, Australian Emma Snowsill (1h 58min 27s) and Vanessa Fernandes (1h 59min 34s) of Portugal, climbed to the top of the podium. Emma Moffatt (1h 59min 55s), of Australia, finished third.

Carolyn Murray, of Edmonton, was the top Canadian, coming in 29th with a time of 2h 04min 56s, while Lauren Groves, of Vancouver, was involved in a crash on the fifth lap of the bike portion, and was unable to finish the race.

After an explosive start in the swim, where she came out of the water in fourth place, the athlete originally from Gatineau stayed with the lead peloton on the bike, gaining a nearly 2-minute lead on the chase pack. Anything was possible for Tremblay before the 10-km run. However, things did not go as expected for the Quebecker, who ran the 10 km in 40min 04s.

“I’m not disappointed because I proved to the whole world that I am one of the best swimmers and I can stay with the lead peloton on the bike. However, in the run, I didn’t have any ground propulsion,” said Tremblay, who added that the temperature of 27°C did not bother her.

“I am a little disappointed with my run, but overall, I’m very happy. Two-thirds of the race was a success. It’s the best competition of my life in terms of preparation. I started the race with the spirit of a warrior; the others did not scare me, and I was confident in my abilities.”



The 26-year-old athlete started getting cramps in her quadriceps during the last two laps of the bike, but that did not affect her run.

“My goal for this race was to start progressively, accelerating on each lap, but I never accelerated. That is kind of my fault. My legs didn’t respond, and yet everything was there for them to be able to respond. It’s like fireworks that fade away after lighting the fuse,” said the sparkling athlete in an interview with Sportcom, with her usual spirit.

Beyond this result, which may seem disappointing for an athlete who regularly places in the top 15 in World Cup races, Tremblay sees her first Olympic experience as great achievement in the progress of her career. Her best time in the 10-km run at a World Cup event is 34min 45s, and she knows that she will have to run faster than that if she wants to reach the podium.

“My first goal here was to come out of the water with the top swimmers, and I was on fire! I was never in the red zone, and that gave me confidence for the bike, where I was with the lead peleton. Now I just have to get closer to the podium in London in 2012.”

Written by : Mathieu Laberge

Information : (514) 990-0966 or 1-866-990-0966

Around track available on www.sportcom.ca/audio.html.