



Writing : Caroline Larose  
([caroline.larose@sportcom.qc.ca](mailto:caroline.larose@sportcom.qc.ca))  
Information : (514) 990-0966 /  
1-866-990-0966



### Triathlon—World Cup **A First Podium Performance for Kathy Tremblay** The Montréaler finishes third in Mexico

Montréal, May 7, 2006 (Sportcom)—In her first competition of the season, Montréaler **Kathy Tremblay** took third place on the podium in the triathlon World Cup race in Mazatlan, Mexico. First place went to Vanessa Fernandes, from Portugal, who distanced herself from the other competitors in the last portion of the competition. Anja Dittmer, from the Germany passed Tremblay in the last seconds of the run.

This was the best result in the career of the triathlete from Quebec, who had finished 5<sup>th</sup> in the junior World Championships in September 2005. “I couldn’t ask for anything better,” she told Sportcom, beaming. “After the transition from the bike to the run, I came out in first place, and I was super emotional. I was out in front, and I said to myself, *oh my God, I have wanted this for so long!* There I was, and all I wanted to do was collapse! I kept telling myself; come on, run!”

After having been one of the first to finish the 1 500-m swim, Tremblay wisely remained in the peleton for the bike. “Being one of the first after the swim gave me a big boost of confidence. I didn’t want to get too excited out in front. I wanted to save my legs for the run.”

For the 10-km run, Tremblay and Dittmer stayed side-by-side until the last lap. “I was in control the whole way. On the last lap, I felt like I couldn’t give any more. My butt muscles were sore, and my body was starting to compensate. I was not lifting my knees as much.

“When I crossed the finish line, it was like, OK, I just came in third. I wasn’t more emotional than that because I had seen it so many times in my head. It was only later that I started to realize what I had just done. Then, I wanted to shed some tears; I am very sensitive,” she said, still very emotional.

“I had seen it in my dreams. I felt it, I saw it, and I knew that I could be there (on the podium). I have been saying for a long time that I wanted to be on top of my game at the World Cup—this is a good start! I don’t think anyone was really expecting me to get on the podium. What’s really fun, and I’m kind of proud of this, is that no other triathlete from Quebec has ever finished in the top three at a World Cup event. I am the first.” **Samantha McGlone**, from Montréal, has finished fourth twice, once in Mazatlan, in 2004.

**Geneviève Pellerin**, from Quebec, came in 33<sup>rd</sup>, nearly 10 minutes behind the winner. “I only found out last Wednesday that I was going to participate in this event, so I more or less prepared. But at the same time, I am disappointed with my run. I am working really hard at it, but it doesn’t seem to have shown,” explained the Gatineau native, who was also competing in her first event of the season. “At least I maintained my technique for all 10 km,” she concluded.

You can find out more about this competition in the June issue of the magazine *Vélo-Mag* ([www.velomag.com](http://www.velomag.com)), or by going to my website: [www.kathytreblay.ca](http://www.kathytreblay.ca)

*\*\*\* If you go to the SPORTCOM website  
(L'Agence de communication du sport amateur Québécois) at [www.sportcom.qc.ca](http://www.sportcom.qc.ca), you can sign up to get  
instant results for Kathy’s upcoming competitions.\*\*\**

---