

Triathlon – World Cup

## Kathy Tremblay Takes A Step Back to Get Ahead

Montréal, June 13, 2010 (Sportcom) – **Kathy Tremblay** was the 22<sup>nd</sup> athlete to cross the finish line at the World Cup triathlon in Des Moines, Iowa, Sunday. Australians Emma Snowsill and Emma Moffatt (at 16 s) finished first and second, while Helen Jenkins (at 16 s) of Britain rounded out the top three.

Snowsill, current Olympic champion, finished the 1.5-km swim, 40-km bike and 10-km run with a time of 1 h 59 min 35 s. Of note is the surprise fourth-place finish by 21-year-old Paula Findlay of Alberta, who was only 3 seconds off the podium.

"I am starting again at the bottom of the ladder, but despite everything, I'm happy with myself. I am someone who wants to win, but my goal before this race was to concentrate on my feelings," said Tremblay.

The second best Canadian of the day remained in the first group for most of the swim, but ended up falling behind and coming out of the water in 31<sup>st</sup> place. "I tried to hang on, but in the space of 150 metres, several things changed and I ended up coming out in the second group."

On the bike, the Quebecker was part of the same group as the eventual winner.

Seeing that her group was taking a long time to organize the chase for the lead group, Tremblay decided to take charge. "I wanted to have a race that I could be proud of, where I gave it my all. As soon as I started to take over, the others followed and we worked well."

When they arrived at the second transition, Tremblay's group was only about 20 seconds behind.



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Snowsill immediately took off so that she would have to worry about the rest, as indicated by her time of 34 min 05 s.

"I tried to follow her, but after 30 seconds, I couldn't keep up," explained the 27-year-old Olympian, who was restricted in her swim training following her bike crash last weekend in the World Championship Series race in Madrid.

"I didn't give up and I fought right to the end for each spot in the ranking. After crossing the finish line, I had no idea where I had ranked. I did what I could, given the circumstances. It's in races like this that we learn, and this will help me later when I will count even more," she said, philosophically.

The next race on her schedule will be the World Championship Series race in London, England, which will take place July 25.

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