



Triathlon – World Cup, Ishigaki, Japan

Silver Medal for Kathy Tremblay, Despite the Shrimp!

Montréal, April 26, 2009 (Sportcom) – Triathlete **Kathy Tremblay** laid her hands on a silver medal at the World Cup in Ishigaki, Japan, on Sunday.

With a time of 2 hours, 3 minutes and 37 seconds, the Montrealer, who is originally from Gatineau, crossed the finish line five seconds behind Juri Ide of Japan (2 h, 03 min 32 s), who came in fifth at the Olympic Games in Beijing. Third place went to Kiyomi Niwata, also of Japan (2 h, 03 min 54 s).

“I’m very satisfied; it’s my best result. I had my fastest time in my run (34 min 25 s). I am seeing that the effort I made this winter is paying off. Training hard on the bike seems to have improved my running. On the final sprint, I chased Ide, of Japan, but I think I opened up too soon. She caught up to me, and beat me by a few seconds,” said Tremblay, who from now on is being coached by her partner, **David-James Taché**.

“I was scared”

The night before the race (1.5-km swim / 40-km bike / 10-km run), the 26-year-old Quebecker, who is allergic to shrimp, had the misfortune of tasting the undesirable little crustacean in a restaurant that was serving...Japanese food, obviously!

“However, I had carefully checked the menu. I had written the Japanese translation of shrimp on a piece of paper to let the server know what I did and did not want on my plate. I was sure that the server had understood that I could not eat shrimp. But I felt one in my mouth. I didn’t swallow it, but it scared me. I began to have trouble breathing. I did not panic, but I did not feel well. I did not have a very good night.

"Despite all that, I managed my race well. As always, I bandaged my feet, and I wrote the words *confidence* and *control* on them. These were the exact ideas I used. This performance is a good start in the right direction toward the Olympic Games in London in 2012," she said, reminding us that she not only wants to participate in the next Olympic Games, but she wants to win them.

Kathy Tremblay, who was 29th and the top Canadian in the world standings last year, will head to South Korea tomorrow for the World Championship Series in Tongyeong.

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