

Kathy Tremblay Back in the Lead Pack

Triathlon World Cup

(Sportcom) – May 9, 2011

Kathy Tremblay was the top Canadian, Sunday, at the Triathlon World Cup race held in Monterrey, Mexico. She finished seventh; 36 seconds behind the winner.

Tremblay crossed the finish line in 1 h 57 min 51 s. American Sarah Haskins won the race, while Ai Ueda, of Japan, and Anne Haug, of Germany, finished second and third, respectively.



“When I started the run, I realized that I had a chance to get on the podium. It’s been so long since I’ve had that thought,” said Tremblay. “After a few seconds, I returned to concentrating on the race and not the result.”

With this result, Tremblay has ensured herself a spot on the Canadian team for the upcoming Pan American Games.

How the race played out

Seventy-three women took their spot on the starting line. The swim portion of the race was held in a four-foot-deep basin. “It allowed us to stand up if we were kicked, or if anyone panicked,” said Tremblay, in her usual straightforward manner.

Incidentally, the athlete from Montréal had a mishap in the water, when she hit a concrete wall. “It was when I was coming out of a turn. I wanted to cut over after the buoy because it was the shortest distance, but I cut over too soon and I hit the wall. I now have a black eye. Luckily, I didn’t fall back in the standings.”

Tremblay, who trained for part of the winter in Australia doing rallies, is very comfortable on the bike on a technical course. “I was at the front pretty much the whole way on the bike,” she explained. “It’s an advantage because you don’t have to slow down when you come to a turn.”

She stayed with the medallists for the first 5 km of the run, but the last 2.5 km were not so easy for the Quebecker. “At the beginning, I felt very light; I felt like I was skipping. I was telling myself that I would be able to sprint at the end, but 2.5 km before the finish line, I had a build up of lactic acid in my legs and I didn’t feel the same.”

Better and better

After hanging up her bike at the end of last season, Kathy Tremblay took three months off to rest. Dissatisfied with her results, she wanted to get back her taste for competition. It was under the strict guidance of Michel Dillon and his team that she was able to get that taste back.

“I’m really happy because each time I run a race, I get better and better,” she explained. “We may have mortgaged the start of the season with intense 32-hour-per-week workouts, but it was all for the future. I think I deserve better than seventh place, but it’s still very positive. There are only good things to come.”

The next Triathlon World Cup will be held at the beginning of June, in Madrid, Spain.