

Triathlon – Continental Cup



Victory for Kathy Tremblay in Connecticut

MONTREAL, August 5, 2006 (Sportcom) – In preparation for the World Championships that will be held at the beginning of September, in Switzerland, **Kathy Tremblay** won the Bridgeport race, an equivalent performance in the Triathlon Continental Cup taking place this Saturday, in Connecticut. From the start, the Gatineau-native from Montreal edged by approximately one minute Americans Sara McLarty and Margaret Shapiro, who both claimed podium spots. Note that the official results were unavailable as of this writing.

The competition began with temperatures hitting 40 degrees Celcius and Tremblay immediately found herself in the leading group of swimmers.

“I had a good start and three of us were in the lead,” stated Tremblay. “At the first transition, one of the girls broke away, so I had to work with the other. Afterwards, the pack caught up with us and we then caught up to the only girl at the front.”

At the start of the 10-km run, Tremblay demonstrated that she excels in this discipline. She took the lead from the outset and, as a result, ran worry-free.

“However, I had to be careful with this heat, especially since there was no shade along the course. I came here with the intent to prepare for the World Championships and to compete without worrying about the others,” she added.

American Jarrod Shoemaker won the men’s event. Montrealer **David-James Taché** finished around 15th place after being the first to exit the water at the end of the 1.5-km swim.

“He ran the race of his life until the second kilometre, where he hit the wall due to the heat,” commented Tremblay concerning the performance of Taché, who is also her spouse.

Kathy Tremblay’s next race for the World Championships will take place in Lausanne on September 2nd. Samantha McGlone is another Quebecker who will race among the elites.

Written by Mathieu Laberge and Catherine Barbeau

