

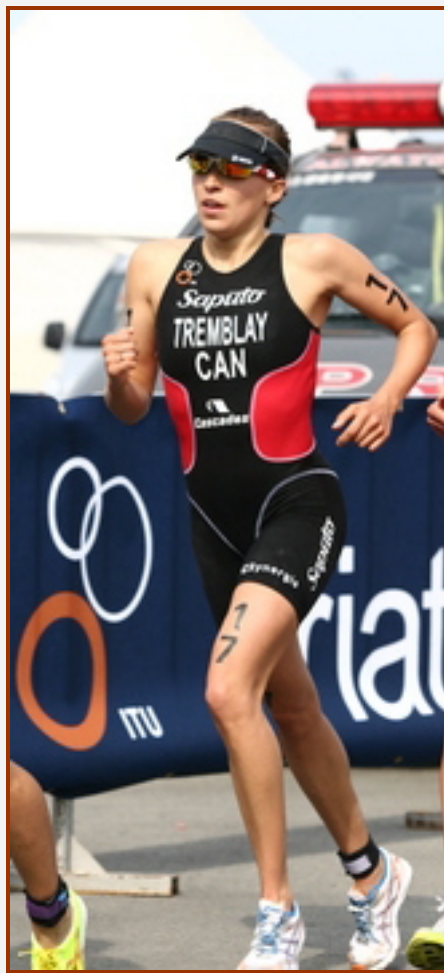
Triathlon – World Championship Series

Kathy Tremblay Narrowly Misses the Podium

Montréal, May 2, 2009 (Sportcom) – At the end of a very difficult race, triathlete **Kathy Tremblay** once again finished among the best athletes in her sport, taking home fourth place in the World Championship Series race on Saturday in Tongyeong, South Korea.

After having won the silver medal last week at the World Cup race in Ishigaki, Japan, the Montrealer, who is originally from Gatineau, was able to confirm that her excellent results at the beginning of this season were not a just a coincidence. With a time of 2 h, 3 min and 32 seconds, the Quebecker finished 50 seconds behind the winner, Emma Snowsill of Australia, who won gold at the Olympic Games in Beijing. Her compatriot Emma Moffat, who won bronze in Beijing, finished second, while Juri Ide of Japan—who narrowly beat Tremblay last Sunday and did it again, this time by two seconds—rounded out the podium.

“This performance puts me fourth in the world cumulative standings,” Tremblay told Sportcom enthusiastically.



“Contrary to the race last week in Japan, the list of participants in this race showed that it would be a much more difficult race. The best in the world were there. Despite all that, I was mentally calmer.

“My first goal in this race was to swim fast. I was expecting it to be *rough*, but it wasn't that bad. Some of the swimmers got on top of me, and I retaliated by doing the same thing, playing a little game of leap frog on each others' backs.”

According to Kathy Tremblay, the competition was Olympic quality. “It really boosts my confidence. I know that I am on the right track. Someone once told me to ‘travel light’, and that is exactly how I feel. My mind is calm and I am at peace with myself,” she said, adding some kind words about her coach and partner, **David-James Taché**.

An outstanding race

David-James Taché did not miss a single second of this race (1.5-km swim / 40-km bike / 10-km run). “It was very exciting. All the best in the world were there, except for maybe two or three. The two Australians got out ahead at the very end. They are a notch above the rest, but you can see that the gap is getting smaller and smaller. It was an outstanding race. Today, the pressure was there; you could feel it on the starting line. It was really the first test of the season for everyone, and Kathy passed with flying colours. This confirms her good performance from last week. It looks like it will be an exciting summer,” he said.

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