



Editor : Mathieu Laberge



Triathlon – World Cup

Kathy Tremblay 11th despite leg pain

MONTREAL, July 9, 2006 (Sportcom) – On Sunday, during the World Cup in Edmonton, leg pain wore down triathlete **Kathy Tremblay** in the running event. Despite everything, the Canadian finalist drew from her strength to finish in 11th place in exactly 2 hours, placing her second among Canadians.

Australian and world champion Emma Snowsill was the fastest at 1 hour, 56 minutes and 49 seconds. Fellow countrywoman Emma Moffatt finished second (1:57:38) and New Zealander Samantha Warriner finished third (1:57:50). Canadian champion Lauren Groves (1:59:09), from Vancouver, was the best among Canadian women, finishing in 7th place.

After an excellent start in the race, things went wrong for Tremblay. Mid-course during the swim, she was hit with severe pain, which forced her to slow her pace and prevented her from remaining in the leading group.

“From the beginning of the race, I was really into it and things were looking up for the rest,” commented the Quebecker, who was participating in her second World Cup this season after ranking third in the Mazatlan World Cup in May.

“However, shortly after the midway point, my legs began producing lactic acid, which slowed me down considerably. It was as if I was dragging a cannonball. As I was feeling progressively

worse, several girls went by me and I had trouble catching up to them. Missing the last 750 metres was extremely difficult.”

It's somewhat disheartening then, that the Gatineau-native athlete, at the start of the 40-km bike, considered for a moment whether she should give up. “I wanted to stop and cry. I had started off so well.”

Tremblay decided to deal with the situation and took control of her group. “I told myself that it's during these difficult races that we learn the most. So, I jockeyed hard for position. Once I started running, I overtook several girls and went from 25th to 11th place. Despite being disappointed, I knew that I could be good in the bike and run, so watch out for next time!” she added with optimism.

With help from her trainer **Alex Sereno**, the 24-year-old Montrealer will attempt to find the reason why this happened for the first time in her career. One possible explanation is that athletes were getting out of the water at the mid-point during the swim and had to run a few metres before diving back into the water for the second half. Therefore, the body must quickly adapt between the horizontal and vertical positions.

For the men's competition, New Zealander and Olympic champion Hamish Carter outshone Americans Jarrod Shoemaker and Hunter Kemper. **David-James Taché**, the only Quebecker to enter, never finished the competition

