

## Sportcom - Triathlon

### Kathy Tremblay Fights Against the Heat and Finishes 19<sup>th</sup>

Triathlon – World Cup

Montréal, March 28, 2010 (Sportcom) – In her first competition of the 2010 season—and in the scorching heat—triathlete **Kathy Tremblay** finished 19<sup>th</sup> at the World Cup race held in Mooloolaba, Australia, on Sunday. The Quebecker finished the race in a time of 2 hours, 8 minutes and 7 seconds. The race was won—in a time of 2 hours, 3 minutes and 15 seconds—by Vendula Frintova of the Czech Republic, who is the current world champion in duathlon (run, bike, run).

Sakimoto Tomoko of Japan (2 h 3 min 27 s) and Liz Blatchford of Britain (2 h 3 min 43 s) rounded out the top three.

While Tremblay was with the leaders in the swim and at the end of the bike—where she was sitting in second—the Montrealer was hit by a wall of heat and humidity in the 10-km run. No less than eight of the 41 competitors abandoned the race—including Canadian Kirsten Sweetland.

“It was more than 32 degrees, and when your body is not used to the heat, it reacts. I really suffered in the heat, and was knocked back by the sun,” said Tremblay in a post-race interview.



“But, I can’t question my physical fitness, because I’m doing really well. I am in shape, but the heat had a huge impact on me. And I’m not the only one who suffered.”

Last year, the athlete, who is originally from Gatineau, had trained in the heat later in the winter, so she was better acclimatized to the hot temperatures right from the start of the season.

Even though the Quebecker had properly prepared her supplies—with two frozen water bottles on her bike and an extra pack of energy gel—she still had to spend an hour in the nursing station. After the race, Tremblay was given two bags of saline solution intravenously to make sure she was properly rehydrated.

“It’s okay, and even though it was a tough day, it was good preparation for the upcoming World Championship Series race in Sydney,” added the 27-year-old athlete.

The race in Sydney, the first of seven races in the series, will be held on the weekend of April 10 and 11.

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