

## Triathlon—World Championship Series



### **“I am so disappointed”— Kathy Tremblay Finishes 22<sup>nd</sup> in Washington**

Montréal, June 21, 2009 (Sportcom) – **Kathy Tremblay** ran into some difficulties and had to make do with 22<sup>nd</sup> place Sunday in Washington, at the third of eight races in the triathlon World Championship Series.

Australian Emma Moffatt won the race with a time of 1 hr 59 min 55 s, edging out fellow Australian, Emma Snowsill (2 hr 00 min 20 s), and Daniela Ryf of Switzerland (2 hr 01 min 01 s).

The Montrealer finished with a time of 2 hr 05 min 54 s. “I am so disappointed,” said Tremblay in an interview with Sportcom. “It’s really unacceptable. It does not at all represent what I am capable of doing.”

### **The race was decided in the swim**

Tremblay admitted from the start that she should have been more aggressive during the swim. “It’s not that I was relying on my latest performances, but I was a little relaxed. I maintained a comfortable rhythm, instead of attacking,” said the triathlete, who won a silver medal at the World Cup race in Ishigaki, Japan, and came fourth in the first race in the World Championship Series earlier this season.

"At the start, I was beside some good swimmers, so I had everything I needed to remain in the first peloton. We were ahead, and I felt I was in a good position, but I dropped back without realizing it, and ended up in the big peloton," said the athlete who is originally from Gatineau.

Tremblay, who turned 27 on June 16, came out of the water a little more than 10 seconds after Ryf, who ended up winning the bronze medal. "If I had been with her on the bike, it could have worked well." However, Tremblay found herself in a peloton that did not work well together. "I tried to catch up, but a group of Americans came and broke our rhythm. They did not want to let us get away."

The Quebecker did not, however, want to give up. In the run, she wanted to be the best in her group. "I gritted my teeth and wanted to give it my all, even if I was behind." Another runner accidentally ran into Tremblay, who almost fell to the ground. "That brought me out of my bubble and I lost control. After that, I didn't have it anymore."

Looking back on her race on Sunday, Kathy Tremblay is not satisfied with how it turned out, and will do whatever she can to never put herself in that situation again. "It wasn't speed that was lacking; I was just not able to make the race work. I also didn't attack when I should have. I am really disappointed, but oh well; it's a good experience for my next competition. I am passionate enough to not want have that happen a second time."

Tremblay is currently sixth overall in the World Championship Series after three races, even though she did not compete in the second race, which was held in Spain. It should be noted that each athlete's best result in the World Cup is also taken into account for these rankings.

Tremblay will now be heading to Des Moines, Iowa, for a World Cup race next weekend.

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