



Triathlon—World Cup

A Bad Swim Undermines Kathy Tremblay's Hard Work

Double Medals for the Canadian Men

Montréal, November 4, 2007 (Sportcom)—The waters in the Gulf of Mexico were playing tricks on **Kathy Tremblay** Sunday at the World Cup Triathlon in Cancun, Mexico. The Montréaler was playing catch up for the rest of the race, and finished 16th, 6 min 23 s behind the winner, American Julie Ertel, who won gold at the Pan American Games.

As for the men, Canadian Simon Whitfield once again proved that he is back in top shape by winning the race, beating out fellow Canadian, Paul Tichelaar, by one second in a sprint to the finish. Ukrainian Volodymyr Polikarpenko followed in third place, while another Canadian, Brent McMahon, came in fourth.

During the 1 500-meter swim, Tremblay was shaken by the waves, and was unable to hang on to the lead pack. “It was one of the most difficult swims of my career. The waves

were coming from all over, and I was convinced that I would be able to come out of the water with the lead pack,” said the 25-year-old athlete.

The 2007 Canadian Champion believed that she could make up the distance during the 40-km bike, but her pack was barely able get organized. “The girls were really bad. All we had to do was work hard, and we didn’t do that. It made me angry. It’s really frustrating when you are pulling the group forward, and you know that you are not the strongest one. I had to yell at the girls to get organized. Despite all this, I still did some good work.”

Even if she knows that she could have ranked higher, Kathy Tremblay says that she is not too disappointed with her day. The athlete, who is originally from Gatineau, says she is confident that her training under the guidance of her trainer **Philippe Bertrand** will pay off soon.

“There are times when I finish a race and I’m totally crushed, but not this time. There’s fine line between 16th and 9th place, and it was a little 15-second gap in the swim that made me miss the lead pack. I don’t have to worry too much because I’m almost there. The reason I get up every morning is to get on the podium. I love what I do, and I can’t wait for my next race.”

Kathy Tremblay will compete in the World Cup in Eilat, Israel, on December 1.