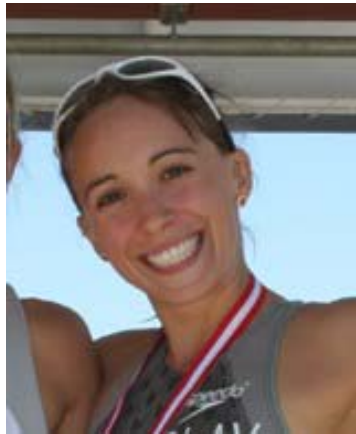


**And there you have it...I'm 5th in the world in the U-23 category
Top Canadian in 2005**



I may be writing to you a little late, but fatigue from the trip and the 13-hour time difference between here and Japan has really knocked me out.

With a smile on my face, and pride in my heart, I have come back from Japan saying, “mission accomplished.” I had left with the idea of coming at least 8th, and here I am, 5th in the U-23 category at the World Championships; and I am coming home as the top Canadian at the Championships.

*Nothing was easy about race day,
but I was ready to face the best in my category.*

The swim was extremely tough and competitive, and I really hadn't expected to use my fists to swim.



A punch here, a kick there; I was just happy to get out of the water in one piece... Wow!

But I was far from finished; seven laps on the bike were waiting for me, and with a quick calculation of the corners, when I finished the 40 km bike, I would have gone around more than 100 turns. This was, without a doubt, a very technical course. Despite the cycling skills required for this course, I managed very well and was able to stay in a good position in the chase pack during the whole ride. In spite of the scorching temperatures—it was approximately 35°C with very high humidity—everything was set to make us “jump” during the run.

Determined to finish the event brilliantly, I ran a very controlled 10 km. I was able to increase my position on each lap. Boom! I crossed the finish line in 5th place...that's it!

The competition ended, and boy was I satisfied!

I said to myself, "good work"...actually, I really should have said, "*We did some good work.*" Together, we achieved excellent results this year, and I would especially like to thank: Cascades, Proteck Financial Network Ltd., Speedo, Cycle-Sportif G.M. Bertrand, Oakley, New Balance, the Quebec Foundation for Athletic Excellence, Nineteen and Cactus.net, for all your support, which is so important to me.

Together we came in 5th at the World Championships, and I say to you: Bravo!!!

Thank you,
Kathy
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