

Triathlon - Championnat canadien 2007

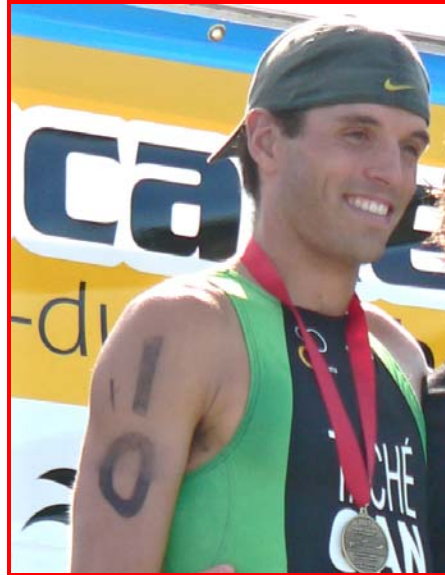


The Canadian Triathlon Championships, which is part of the ITU Pan American Cup calendar, took place last Sunday, in Drummondville. Many athletes made their way down for the occasion, namely Americans, some Mexicans and, of course, Canada's most elite athletes. All made it to the annual event in the hopes of leaving with a national championship title. For me, this race represented my main summer objective. I had trained for it for several weeks and everything was set for a good performance on my part. This race was a long time coming, particularly since I was in my native Quebec and many people had travelled to cheer me on...



I was into it from start to finish. I had a good swim, a good bike and, finally, a good run. Now, I would be lying if I said that I didn't earn my victory because the first men were pretty fast in the run and they certainly taught me a good lesson. I did, however, "flirt" with the podium.

I gave it my all towards the end and finished about 10 seconds behind third place Canada. WOW! I am very satisfied; I had a good race. A fourth place Canadian championship win is the best performance of my life. This win also places me 7th in the Pan American Cup. I was edged by two Americans and one Mexican who didn't make it all the way to Quebec to sightsee...



The remainder of my summer looks pretty calm. I only have three more races at the Quebec Cup calendar before the end of September, and after I'll be taking a little break. I'll be sending you news very soon.

David-James Taché