

Pan American Cup - Geneva



After a second victory (on July 7 in Saint-Lambert), I headed to the city of Geneva in New York State for an international race that was held this past weekend. It looked like it was going to be an exciting race because the calibre was high; nearly 60 men were lined up at the starting line.

I had a very good swim, and I came out of the water with the chase pack, approximately 10–15 seconds behind the small group of the five best swimmers. We quickly caught up to them, and the rest of the bike ride went smoothly. The only difficulty was going up a little hill, which was approximately 500 metres long, each lap; it wore out our legs as the kilometres piled up. At the end of the bike portion, we had climbed the hill eight times at a fast and strong pace.

I finished my day with a run that I would describe as, “not disappointing, but not very fast,” and I finished in 17th place. That’s reasonable, given that this was my first international race of the summer. My season should only get better.

I will be in Gatineau this coming weekend for the second stage in the Québec Cup, before taking a little break from competing in order to make my final preparations for the Canadian Championships, which will take place at the beginning of August.

Thank you!

DJT