

## « Canadian Sprint Triathlon Championship 2006 »



The Drummondville Triathlon took place last Saturday and, this year, the organizers also agreed to host the Canadian Sprint Triathlon Championships at the same time. The main reason for this was to attract many athletes from other provinces in order to have a successful competition. Unfortunately, although the caliber was very respectable, few foreign athletes accepted the invitation. Therefore, we were in for a fight between Quebeckers.

Just like I had taken the habit at the start of the summer during Quebec competitions, I set the pace in the race from start to finish, and ended the day on the highest step of the podium. It wasn't easy. Once again, it was very hot and a portion of the run was very tough, but I gave myself enough of a lead to come out the winner.

The season is coming to an end. The most important competitions are behind me. I will soon have to rest before pursuing another training cycle and going through another severe winter. I compete in a few more small races, but let's just say that the following weeks will be rather calm. I won't stop sending you my little performance updates, but I would still like to take this opportunity to thank you for your support. Your encouragement during the races as well as in writing is very much appreciated.

Thank you very much.

DJT

