



# MEDIA RELEASE

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## Sauvage to compete in Triathlon Pink series

Australia's most respected and recognised Paralympian Louise Sauvage has been in training and will compete in the Triathlon Pink series, the only all women's triathlon series in Australia.

Sauvage will line up on Saturday 26<sup>th</sup> September at Sydney Olympic Park in the Sydney Triathlon. She will take to the pool in the 300m swim at 7.00am before completing a nine kilometre ride followed by a three kilometre push.

"I competed in a triathlon over 10 years ago for a bit of fun. A few months ago I felt like I needed a new challenge so I thought I'd get into training for the triathlon. Once you've been a professional athlete I truly do not think you ever lose the drive to compete and the motivation to challenge yourself. It's also a great way for me to stay fit" said Sauvage.

Sauvage, who dominated the sport of wheelchair track and road racing for 15 years retired in 2004 but has maintained her fitness and personal goal setting. In January this year, she made a come back to road racing when she took the start line in the 20<sup>th</sup> anniversary Oz Day 10K international road race through the streets of Sydney's historic Rocks district. In what was one of the most exciting finishes in the race's 20 year history, Sauvage and fellow countryman Christie Dawes challenged each other to the line with Sauvage finishing centimetres behind Dawes in second place. Having competed in 14 Oz Day 10K's and with ten Open Women's titles to her name Sauvage recorded a personal best time for the Oz Day 10K course in 2009.

As Assistant National Coach with the wheelchair track and road program, Sauvage is employed by the NSW Institute of Sport and based at Sydney Olympic Park. She is personal coach to two athletes on the Australian Squad and spends a significant part of her life at Homebush.

"Sydney Olympic Park has been like my second home since I moved to Sydney back in 1997. I've trained and competed there as an athlete, I train my athletes there and my offices are located in the precinct, so for me to be competing in the triathlon at Sydney Olympic Park it's very exciting. I'm really looking forward to the weekend, I've got my little support crew ready, it's going to be great just to get out there in a competition atmosphere and see how I go" Sauvage concluded.

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