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## MELANIE MCCANN STARS IN STUNNING PENTATHLON CANADA PROMO VIDEO



**In Pentathlon Canada's new YouTube short "No Short Cuts", 2012 Olympian Melanie McCann offers a rare glimpse into the daily grind required of a world-class modern pentathlete, a sport that dictates excellence in the five disciplines of fencing, swimming, show jumping, running and pistol shooting. McCann's 11th place finish at the 2012 Summer Olympics in London, UK - the best-ever result by a Canadian pentathlete at a Games - showcased that her relentlessness to avoid any short cuts is paying off.**

"I'm very excited to share a glimpse into what my pentathlon training looks like," said McCann. "So many people only see the result every four years at an Olympics or other major competition but there is lots and lots of sweat - and even a few tears - shed day-in-day-out that make my dream of a spot on the PanAm and Olympic podium a reality. There's absolutely no room for short cuts."

"We are so excited to be able to share this short with our pentathlon community as well as those who might be interested in learning more, and perhaps even giving our sport a try," shared Shaun LaGrange, Pentathlon Canada's President. "Melanie is a fantastic young athlete and an excellent example for our younger athletes of what it takes to be successful."

“No Short Cuts” was produced, in association with Pentathlon Canada, by Ottawa’s inMotion Production Group (inMotion.ca). “We are passionate about storytelling and we love to capture beauty in motion, especially through subjects like Melanie,” said Sarah Fodey, inMotion’s Vice-President and Senior Producer. “She’s a formidable athletic force who makes the mastering of five sports look like a graceful, precise exercise. We are really proud of the final product and we’re excited to see the reaction it will generate.”

McCann is now concentrating on finishing strong at the Modern Pentathlon World Cup Final in Sarasota, Florida this weekend and has her eye firmly focused on the 2015 Pan American Games next summer in Toronto where she will be a medal favourite, and then on to the 2016 Olympic Summer Games in Rio de Janeiro, Brazil to improve on her 2012 result.

To view “No Short Cuts”, visit the Pentathlon Canada YouTube channel at [www.youtube.com/PentathlonCanada](http://www.youtube.com/PentathlonCanada).

To learn more about modern pentathlon, including how to find contacts in your area if you are interested in giving it a try, please visit [PentathlonCanada.ca](http://PentathlonCanada.ca) or [Facebook.com/PentathlonCanada](https://Facebook.com/PentathlonCanada).

### **Pentathlon Canada**

Pentathlon Canada governs the sport of pentathlon in Canada, supporting our provincial associations and national team athletes in building a supportive environment for our sport. Pentathletes compete in five sports - fencing, swimming, equestrian riding, and a combined run and shoot - in a one-day competition. Visit [www.pentathloncanada.ca](http://www.pentathloncanada.ca) to learn more.