

VONSY®



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Newsletter

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European & Dutch champion Long Distance 2017 and WORLDRECORD: 16 (Sixteen!) times Sub 9 hours

First off all I hope you all had wonderful Holidays and have enjoyed some great family time!

We are already far on our way in to the first month of 2019. I honestly don't know where the last couple of weeks have gone, but I know that many of you know this feeling. In my case it's all positive, yes I'm really busy and I'm full of ideas and "pitching" projects, as my best friend Joyce would call it :-). So what have I been up to, what's going on and what's going to happen?

Let's start with my 3 weeks on my favourite island Lanzarote at Trisports Lanzarote (<https://trisportslanzarote.com/>), my training base where you will always find me in January. I really feel that I'm so lucky to escape from the cold when ever I want, is it to this island or to my other base Thanyapura in Thailand (<https://www.thanyapura.com/>). Because I feel this gratitude for being able to do so, I charis every single day when I'm on one of these beautiful locations, by doing so it also make's you more aware of how lucky you really are and it make's you enjoy it the most.



The 3 weeks flew by and there has hardly been a day that I wasn't on my bike. My new Pride road bike from Simplon (<http://www.simplon.at/>) is the best road bike I have ever had and it's such a joy to ride it, when you only think," go to the right" you have already done exactly that. This bike is a whole new ride experience. Your happy to test it out at the test centre at the main office of Simplon in Hard, Vorarlberg (Austria) if you dare :-)!

So the main thing that I've been doing is making kilometres on the bike, I did swim and run, but as I will be running so much in the couple of months coming up, more about that in a bit, I really embraced all these rides and enjoyed it so much.

So again a great stay on Lanzarote and even going back to the island for another 9 days from February. 15th until the 24th, stay tuned on social media as on Sunday, February 17th I will be organizing a awesome, fun and inspiring day on the island and you can be part of it when you are there and you want a day to not forget :-)! (This will be a Triathlon Workshop Day with all incl,organized in Puerte del Carmen, for more information see my social media cannels or email me under coaching@yvonnevanvlerken.eu).

When you want to join a full training camp at trisports Lanzarote then check out there website, they still have openings, also the week from 10th till 17th of February has a great camp and you will see me to :-) lol

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Back to the running and now I'm getting really excited, as this has to do with my race Calendar for this year, check that out, as it just went online as well on my homepage! So the first event for 2019 will be running a marathon :-) We normally run a marathon after swimming and biking, but I like to run one without doing that before it :-) So I will be running the Marathon in my German Home City Leipzig in April :-)

After that the season continues with a list of races, the first Triathlon will be Challenge Cancun the new Half distance race in Mexico the end of April (<https://challenge-cancun.com/?lang=en>). I'm looking forward to go back to Mexico and especially that area where I've had some big successes! It's always great to go to a event which is new and Cancun is awesome, ad to that, the lovely temperatures there in April and the friendly Mexican people, it must be a success!

So that's the first two events coming up for me. I will be running a lot in the time ahead of me, but with my great partner Hoka One One on my site, I'm in great hands for this discipline :-)

<https://www.hokaoneone.eu/de/home>

As you may have seen on my homepage, there's a new big button on the FrontPage. If you haven't seen it yet, well then check it out, it says "Coaching" and has a bigger project behind it which will be launched soon.

More about that later..... I have to go, stuff to organize , have to run and oh almost forgot, have to cook for my husband, as a good wife should do so, right :-) lol

Stay tuned for a lot of stuff coming!!!



Big hug from your **Vonsy**