

VONSY[®]



**Yvonne
van Vlerken
Triathlete**

Newsletter

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European & Dutch champion Long Distance 2017 and WORLDRECORD: 15 (Fifteen!) times Sub 9 hours

“SATISFIED”

Challenge Turku, Trans, Challenge Almere and then.....

After IM Maastricht I had a couple of days with my mum and dad in the Netherlands before I flew to lovely Finland. For those who have been to Finland know how beautiful this country is.

Even the 3rd year in a row travelling here still took my breath away. Because I really like this country and the race Challenge Turku, I wanted to race this half distance race just a week after my full IM. Yes I know, for some of you this maybe sounds stupid, but I've done this 2 times before and always had very strong races, so what did I have to loose?

When I'm tired my swim is normally the one that shows me that, this was the case, I lost almost a minute on my swimming partner Bianca, where we normally come out of the water together. I decided that I had to pay for my shitty swim and pushed my bike very hard to close the gap a.s.a.p and I did.

We road together for the entire course, the speed felt more like my IM speed from the week before, but I was fine with this as I knew the hardest part for my body, the half marathon would ask everything from me.

Due to a very slow transition to the run, I lost some precious time to the number 1, 2 and 3, we we're all within a minute of each other and it was going to be a exciting race.

I ran my way back to Bianca and then saddled in her pace for the last 10 km. I still don't know why I didn't want to push myself harder to try to catch more girls to the front, the last 10 km off the 1/2 marathon felt easy and I could have run faster, mentally I just didn't want to hurt myself, I knew the 3rd place would be for me and I was satisfied with that.

Challenge Turku was again a lovely event, we had so much fun and I'm very happy that I travelled to beautiful Finland again!!



I find the word “satisfied” interesting, some races you can just push yourself, hurt yourself and you really want to win, other times I “race” and at a surten point I feel satisfied with the position I'm in. The word SATISFIED and the feelings that belong to this seems to belong to me at this point in my life, I'm just happy and feel great and am satisfied with all and everything in my life. I wonder if this is maybe not the best for a professional athlete. Don't take me wrong, I'm very thankful and happy that I have such a great life, but it does make you wonder.

Well back to the race, drifted away a bit there :-). After my IM just a week before I had a solid performance, spot on the stage and I was only one minute slower then last year, where I was fresh and had the run of my life.

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My home race the Transvoralberg was the next one up.

My coach Siri Lindley had told me that this race didn't fit in my schedule (sadly enough she's always right :-)), but I really wanted to race and have a good performance in front of my local sponsors. With a good day I knew I was able to defend my title if I was willing to suffer.

Well to keep it short, I was willing to suffer and felt pretty good, which showed on the swim, I swam 40 sec. faster then last year, if this is due to my HUUB sleeveless Wetsuit which gives me total freedom or my improved technique (thank you Onko Drent), I don't know, but I do feel really good swimming without sleeves.

My 2 broken collarbones of which one has been totally smashed, ask for as much freedom as possible and the HUUB suit gives me that. I was leading out of T1 and then road up my favorite Incline which I ride at least once a week in training. At the top we we're with the 3 of us and a little later the strong Lena Berlinger joined us as well. I was the only one wearing a warm bike jacket and was wondering how the others couldn't be cold with these temperatures around 5-6 C.

Since the last 3 years or so I don't seem to handle the cold very well anymore, where I used to be good in these conditions, I now prefer warmer races .

From the start of the bike I didn't feel very great, I had been dealing with some hip and lower back issues, just 1 day before my Fysio Andreas Hammerer had worked on me for 1,5 hours to correct my rotated hip.

I should have known that my body needed time to recover from this necessary treatment, but hey this is my home town race and I love this course. So it didn't go well and after 3 cars had cut me off and blocked me, both Lena and me lost contact to the 2 leading girls. Mentally and body wise it just didn't feel good. I wasn't riding like I normally would and my body was in agony and suffering.

My thoughts went to my next big race Challenge Almere-Amsterdam in the Netherlands, a race that's very important for me and also for the overall Challenge World ranking which I'm leading at the moment. I decided to listen to my body and make the hard decision to pull the plug and stop. My body was very thankful and I hope she will pay me back on September 8th at Challenge Almere. (<http://www.challenge-almere.com/>)

We had two relaxed days with my two friends Dani und Jessi, hiking a bit in beautiful Lech and just being SATISFIED once again. Life is good!!!!

So I'm on the plane now and flying back to the Netherlands to do some media stuff and attend the Press conference for next weeks Challenge Almere-Amsterdam.

Another stay with my parents which seems to do them good.

They are getting older and as a athlete travelling all over the world, there never seems to be enough time for them, which I regret and doesn't give me a good feeling.

Per and me have a awesome 2nd part of the season planned, all about the next races (including IM Barcelona) and our long stay in Asia and at Thanyapura/ Thailand in my next newsletter.



Maybe see you in Almere in my home country or some where around, take care and hope many of you feel "SATISFIED" as well :-)

Hug from your **Vonsy**