

VONSY®



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## Newsletter

No. 12. October 2018

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

### Last IRONMAN for me.....

So that's a wrap, IM Barcelona is now a week ago and I have announced that this IM will be my last long distance IM for a while. This was number 44, so yes reading correct I put my hart and soul in 44 times 3,8 km swim, 180 km bike and a marathon.

I won't say this was my last, but for now, my body deserves a brake from the full distance. I've been so lucky that my body kept up with all I asked her to do, no injuries and soooooo many races. From the 44 IM's I won 17 of them and went bellow 9 hours 16 times.

After winning Challenge Almere in September and having another good race, my thoughts we're, maybe you should leave it with that and respect your body, just give her a rest, that she so deserves. I had scheduled IM Barcelona and decided that I would ad this one as IM Barcelona is just such a fun race to do and there we're many reasons to do it again, try to defend my title, be in the race together with the German Superstar Laura Phillip, who would have her rookie IM debut , my husband Per would race as well and my friends Dani & Jessie would fly in.



Foto credit: Andre Kwakernaat

The ocean swim is lovely but come race morning it felt like swimming in a washing machine, waves and choppy water made for a challenging swim, but most of the time I do very well in harder conditions and so it was again in my last IM. Coming out of the water in the lead group, what a fun is that. Fast transition, as I always have and you won't believe it, I was leading this IM with all these strong girls. I think this situation just gave me to much adrenaline and I made some rookie mistakes, charging away to brake up the group very early in the race is one of them :-)  
Rookie mistakes in your IM number 44, isn't that a good joke :-)

I knew Laura would be the only girl that would come along and so it happened, the two of us road together with some Pro men, where both Laura and me kept us to the legal distance, which you can't say from everybody :-) To hook up on that, I'm very proud that I have 0 penalty's for drafting in my whole career, something that not everybody can say!

In the 2nd loop I was filling up my drink system and got dropped by our little group, it was or getting my water, or getting dropped, as I already felt slightly dehydrated, I had to choose for the water. I know a lot of people talk badly about IM Barcelona and the drafting issues, but to be honest, they changed the course this year and it had way more altitude meters and just two loops, which gave us way more space and the drafting was so much less then in the previous years, so thumbs up for the IM team down there, this was such a good change!

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Coming off the bike in 2nd, 6 minutes behind Laura was totally fine for me, I knew she was going to run a crazy good marathon and the win would be her's.

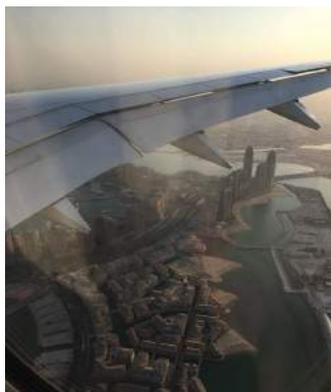
I was just focusing on myself, enjoying this cool event and doing the best I could. Sadly enough that what started very well with a good swim and a strong bike, didn't have a happy end with also a good run. Already while running out of T2, my speed was slower then it always is, I was running with a feeling of running low 4 minutes/ km. but instead I was just barely running 4:30" starting, this has never happened and I just hoped my legs would turn around and would come later in the race, well I can keep it short, they didn't come and added to that I felt dehydrated and got "puking" problems as well.

To loose my 2nd place in the final 3 kilometers is shit, to finish 3rd is not for what I came to Spain, but I will live to fight another day and I take many good things with me from this race.

I loved cheering on my fellow Dutch buddy Pleuni, I was so happy to see her doing so well and finishing 5th, I think I really shocked her a bit with my huge shout on the run :-) I'm also so happy for Laura, who had a IM debut where everybody dreams off, she is such a hard worker and such a talent, well deserved and great that she is taking over the crown of IM Barcelona Champion!



Foto credit: Andre Kwakernaat



For me it's now just half's and Olympic races, just a little brake from the long stuff to recover better then ever before. I'm writing this from a airport on my way to Phuket, 7 weeks in Thanyapura is ahead of me, I can't wait, so excited and so thankful for living this amazing life. I will be watching the IM World Championships this Saturday, great memories and many stories written there from my side as well.

I wish everybody the best of luck for that awesome race, may your dreams come true and give it your very best, but don't forget, when you don't have the day that you dreamed off, if only you have given the best on the day, you are still a CHAMPION!!!!

Hug from your **Vonsy**