



Yvonne
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Triathlete

Newsletter

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

March already?

Can't believe we have already landed in March, where did those last couple of weeks go? Some of you probably feel the same, time just seems to go by quicker these days. So my last update is so long ago and feel kind of guilty for being so quiet, but you know me, I've been busy and running around.



But here we go, let's start with the biggest news and that's of course a new path that I'm taking together with Team Sirius tri Club.

As I decided I am not racing any full distance races this year, I felt like I needed something that would make me excited and full of fire again, well this coaching is for sure exactly that.

The official launch of Team Sirius Europe, kind of the little baby of the head Team Sirius Tri Club which is based in the US, was on March 1st.

I have 3 athletes that I started with and will go from there step by step.



Siri Lindley and Rebekah "Bek" Keat have done such an amazing job in the last couple of years and their community with Team Sirius tri Club is really one of its kind.

You can find all information about TSTC here: <https://www.teamsiriustriclub.com/>.

I will be forever grateful to Siri how she "saved" my career back in 2012, where I really found myself in a deep hole and didn't know how to get out. To start this coaching platform in Europe together with her and the team is just a great challenge and already full fills me with so much joy and excitement that I know this is going to be great.

The response of my athletes that are just blown away by the fun training sessions, the great service and the improvement performance wise straight away, are mind blowing and make's me grin all day long.

If you want to join us then go to the website just mentioned or to the special sites on my homepage concerning coaching: <http://www.yvonnevanvlerken.eu/coaching.htm>

I've also been back to my favourite island Lanzarote for just a week to organize some stuff and hang out at <https://trisportslanzarote.com/>. This 2nd trip to Lanzarote wasn't very successful training wise, Per had become the flu the week prior to my trip and of course I got sick after that as well. A full week at home on the couch wasn't really in my planning, but what can you do. It happens to all and this time to me as well.

Training wise I didn't do that much as I felt weak all week long, to be honest the whole thing took me at least two weeks and I get upset when I think how it threw me back in my preparation for my Marathon in Leipzig on April 14th.

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I have adjusted my goals for that as it really did cost me a lot. We will just see how I go in the next couple of weeks.

As mentioned before two week after this event I will be racing my first Triathlon of 2019 and that will be Challenge Cancun on April 28th. (<https://challenge-cancun.com/>)



For now I'm already packing my bag again as we are flying to Mallorca for the yearly Hoka One One Team meeting this weekend.

An event they run every year and which is always nice, all the new products will be there to see, feel & test.

We get to see all the other athletes that belong to the Hoka One One family and discuss the upcoming season, make plans and also make some nice pictures. <http://hokaoneone.com/>

Challenge Roth this year will be special and different for me, another little news concerning that. A former partner of mine, the company Bartec (<https://www.bartec.de/>) has 3 relay teams on the start line and I will be the Team Captain of these 3 Teams.

We have a great project going and I'm looking forward to support and guide them on there road to Roth on July 7th. Besides some activities that we will be doing in the time from now until race day, I will also be there on race day to support them, not on the course racing myself for the very first time, but seeing everything from the sight line which will be amazing and such a whole new experience. I can't put it in words how excited I am to be at the other site for a change :-)

All information about my favourite race can be found here: <https://www.challenge-roth.com/>



Looking back at this picture of me winning Challenge Roth in 2007 with the Bartec logo on my suit, make's the whole circle round :-)

I'm working on some more stuff and of course will keep you updated with all I'm doing.

In the mean time my husband that changed his name to mine last year when we got married, has finally changed his home page as well, if you want to have a look then check out his home page here: <http://per-van-vlerken.eu/>

For now, all the best, have fun with all you do and a big hug from me!

Big hug from your **Vonsy**