

VONSY®

Newsletter



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No. 4. April 2018

European & Dutch champion Long Distance 2017 and WORLDRECORD: 14 (Fourteen!) times Sub 9 hours

Challenge Rome & Challenge Gran Canaria

2 half distance races within 6 days, yes I know, I hadn't planned that like that either, but it was the best idea ever.

Challenge Rome was the opening off my season, but after no racing for 4 months, which is way longer then in all other years, I wasn't only crazy nervous, but also a disaster with many things as for example my transitions, lack off race speed / toughness and some other things. I didn't feel that great before the race, the nerves where pretty bad, which is common at your first race and for this reason I always hate my 1st race of the year.

Saying this, to be honest my 1st race is never a good one and nothing different this year. The only thing that felt really good was my run. The finish picture shows a very happy face, just happy to have that first one done and dusted .

I couldn't help just feeling "undone" after the race and when arriving home I made up my mind to do Challenge Gran Canaria 6 days later.

Some phone calls, some organizing of it's best and up I went back to the Zurich airport, didn't even unpack my bike and my clothes just went in the laundry and strait back in my backpack.

Challenge Gran Canaria, men what a location!!! "Stunning" doesn't do it justice. (<http://www.challengegrancanaria.com/>) A little bay with crystal blue water, beautiful bike course along the coast which also was so safe, totally traffic free and so much space for us all.

I can honestly say that I enjoyed every minute off this bike course, loved the technical stuff and all the climbing.



Photo credits: James Mitchell

When you want a easy fast course, then you have to look further and don't sign up for this one, but I tell you, you will miss out on something. The whole race is organized on this 1 spot, one transition area, all so easy and lovely, exactly how I love it.

The race start is at a nice hour at 8 o'clock and you are done before it's get warmer. Oh did I tell that the run course is 4 loops out and back and all uncomplicated and awesome as well? Hilly as the bike course, but still a very fun run.

I felt very relaxed and totally in control, more energy than last week and just overall just happy that I got a 2nd change. This course would suit me way better than last week, I just knew it and I was right. My new HUUB wetsuit felt great and I had the swim I wanted to have, very relaxed, totally in control and a good time as well. This is how I would like to swim at every race.

I took off very aggressive and was able to take the lead from Swiss Celine Scheerer, a la Mermaid girl in the first loop of the bike. I then put my head down and road as fast as I could to have a nice lead going on the run, it was such a great feeling that everything went smooth, no mistakes like last week and so much energy. I think the last has partly to do with my altitude tent, I've been feeling really good, so much better than normally at the beginning of the season. Check for more information <http://www.hoehenbalance.de/>



I enjoyed every minute of this race and was focused from start to finish. The week leading up, or more in the two days I was at home I received some new watches from Sponsor Polar, among them was the M430 a watch that reads your heart rate true on your wrist, something that I wanted to test out in a race as I do all my hard sessions with a heart rate monitor and wanted to see what I'm actually doing while racing.

It was so motivating, every time I saw my heart rate drop I would push harder. I think I found my new favorite for racing.

Rik van Trigt the Head coach of the long distance department of the Dutch Triathlon federation happened to be there on a holiday with his lovely wife. This isn't the first time that we have this coincidence, two years ago at Challenge Aruba we had the same.

Photo credits: Trimax Triathlon Magazine

The awesome support on course made my day, a huge thank you to them, to dear Frank from Frankfurt and also to all that cheered me on on the day!

So after a solid run I enjoyed the very busy finish line and my first win of 2018 was a fact! Cheers and Thank you!

Next race up in two weeks Challenge Riccione, I know this course and it also suits me very well.

I hope to have a similar race as last weekend and will come back here with the story :-) <https://www.challenge-riccione.it/eng/>

Hug from your **Vonsy**