

VONSY®

Newsletter



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

## Beautiful Challenge Cancun versus Catastrophic Yvonne.

My last words in the Newsletter before: "One thing is granted, I'm not going to freeze my butt of in Cancun..... :-)"

These words we're confirmed last weekend at the half distance Challenge Cancun, after my freezing Marathon, just two weeks before, I opened my Triathlon season with the Inaugural Challenge Cancun/ Mexico.

As I have proofed every single season, my first race is normally not a very good one, but I thought that with this Marathon before, I would have got the cobweb's out and I had a slight hope for a solid race. How wrong could I be..... Well very wrong.....

So let's just go back one step, first I had to get to this beautiful paradise, at check in I got the information that the flight was fully booked in Economy. So as many of your probably know, Triathlon is NOT soccer ( thank god it isn't) and we do not earn the money they do. So I just flew Economy as we always do, but hey to get a upgrade for a bit more then 100,- Euro's and for that have a whole row of 4 seats for my own..... That didn't need another look to get my credit card out. So my trip over was lovely, I slept a big chunk of the flight and arrived very happy and excited to beautiful Mexico! The happy Yvonne stayed happy as a nice smiling Mexican Men was calling out my name at arrivals and took me strait to the Hotel, which made me even more happy. Challenge Family just take's such good care of there athletes, doesn't matter Amateur or Pro and this should be mentioned over and over again, big thumbs up to them!

The race Hotel the Grand Park Royal Hotel Cancun was just amazing:

<https://parkroyal.com.mx/es/park-royal-grand/cancun>

When checking out this Hotel it will be clear that it was hard to not think you we're here on a Holiday instead of " here for work" :-)

Still before a race you should not enjoy the beach to much, so most time was spend in my room working behind the laptop and just looking at the crystal clear blue water and white beach.

As everything went so smooth I was really thinking that the lack of preparation ( remember I've been running a lot and swimming and biking only twice a week instead of 5-6 do to the coaching, different projects and the huge brake to recover from 20 years of racing ). I really had hope that maybe I could put a descent race together..... How wrong was I.

At the race briefing I was the only Pro that wrote everything down, including the exact instructions of the swim course and how to take the buoys. Coming race day I did exactly that, which resulted in totally swimming of the course as it was all different then was mentioned (as I fall of feet once again, yes I know I'm World Champion in that!! I was swimming on my own) I swam many meters to much and finally back on the course I missed a last buoy, a big discussion with a referee on the water, who told me I wasn't allowed to swim back and go around it. I found my way to the exit, slowly.....



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Where the next discussion would follow on the beach, it wasn't clear if I could continue the race and I didn't know what to do, after a lot of time lost, I got the go that I could continue, some girls had past me and I must have been one of the last out of the water.

Negative thoughts about how I flew all the way to this paradise and how this could have gone so wrong..... This was the start of a day where nothing went like it normally goes, I could never get my head in the race, felt like I was in my 4th gear instead of 6th race gear and for sure I had nothing to do with racing at the front, Ellie Salthouse and Mirinda Carfrea the later number 1 and 2 we're soooooo far away, thank god there was Maddy Pesch, ( also, just like all of us a Athlete from Siri Lindley) who pushed me to chase her all day long, which I could do half way the marathon.

Challenge Cancun ( <https://challenge-cancun.com/?lang=en> ) was so well organized for a first edition,



but I was just a Catastrophic disaster all day long, I was able to mess up everything, hit every pothole in the course and to be honest, the surface was good, I was just unfocused all day long. I knew I wasn't good on the bike, but I was pushing like hell and just riding weak for my person, when you have the brakes rub on your beautiful fast Lightweight disc, then suddenly it isn't that fast anymore.

Also coming from a 3 degrees marathon two weeks prior, you should be drinking a lot, well I was able to almost miss all bottles ( water bags) at the aid station and when I would manage to get one and not drop it, it would only be 1/3rd full. I had the most chaotic transitions of my whole career and I couldn't believe that I forgot my favorite Rudy project sunglasses for the run.....



It would get to long to mention all that went wrong this day and I feel a total beginner and amateur for what I put together on the day. My performance was below all what I have showed in the previous years and truly, this can only get better..... To fight my way to a 3rd place had nothing to do with a great fitness or good performance, just pure sturdiness brought me there.....



Next race coming up will be IM 70.3 Barcelona, it can only get better then this and maybe I should start training that swim and bike a bit, guess that would be a good idea..... While ad it, let's practice those transitions as well, as it looks like I have forgotten how to do that.....

Big hug from your **Vonsy**

Photo credits: Jose Luis Hourcade