



This is going to be a fun 3 weeks :-)!

It has been 3 weeks since my 2nd place at IM 70.3 St. Pölten/Austria, the television coverage was pretty cool and my new look got a lot of attention, which is good for all of us I would say.  
To not to be a pain in the butt to much and overload you with emails from me, my next 3 races are all packed in this update.

A lot of racing, a lot of appointments and a lot of crossing your fingers for me from you guys coming up :-)  
IM 70.3 Kraichgau coming up this weekend, June 11th.  
Website for more information:

<http://eu.ironman.com/11a11onlinevents/emeallironman-70.3kraichgau.aspx#sz410H1Eam>

I have raced this event many times and know the course very well. I even won the event twice, last year I got a 2nd place behind the strong German Anja Beranak, let's see what this year will bring.

The race is coming Sunday, Start time Pro Women 9.05.

Then we have Challenge Heilbron on June 18th, this is a race that's very popular in Germany and this is one of the reasons that I decided to schedule it this year.

I have never raced the event and as it has a pretty technical bike course as IM 70.3 Kraichgau I will spend the week between these races in the area so that I can ride the course several times.

It will also be like a short brake from home, which will allow me to only focus on me, recovering from the hard IM 70.3 in Kraichgau and get fit as fast as possible for this also not so easy race, which is also a half Distance event.

More information on: <http://challenge-heilbronn.de/>

The start time for the Pro Women will be Sunday 9.00 a clock.

The 3rd race and probably the most "fun race" will be Dresden City Triathlon on June 25th, again on Sunday a week after the earlier race. So 3 Sundays in a row I expect you guys to send me some good luck :-)

I have always wanted to visit Dresden, everybody tells me it's a beautiful town.

What better way to connect this with racing.

Bike 24 Dresden City Triathlon, more information can be found here:

<http://www.dresdentriathlon.de/>

This race will also be the first race for Per & me racing together again.

Per is racing Challenge Venice this coming weekend, but we will be reunited in Dresden :-)



Photo by Oliver Lerch

**VONSY**

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