

VONSY[®]

Newsletter

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Highs & lows



The European season has started with a great Short distance race, great race, great performance, great win, well a lot of great :-)

The Chin Min Triathlon for my sponsor Chin Min (Company Styx).

Looking back I still wonder how I manage to do so well with a rib totally out of place. The day after I woke up and was very sore, but I just assumed it would go away.

Already since 5 weeks I'm struggling with a very stupid little issue, just a rib that's out of place, when I would be in the Netherlands it would have been fixed while blinking my eyes, but in Austria it seems you don't have any chiropractors. Several physiotherapist have put it in place, but next day the pain and rib issue is back.

Challenge Rimini was the first big event of the European season and after winning last year I had my eyes on defending my title.

Well this update can be short, I didn't, to be honest I had a bad swim, no way close to how I have been swimming lately, very weak bike where I never got my rhythm, my watts showed a 10% under what I should be riding and well, that kind of tells the story.

Coming off the bike in 4th position, run pretty ok when you consider that every deep breath a knife stabs me, the first 2 loops of 4 where solid, the 2nd part not so good.

I respect my body and understand that it can't give it's all when it's so totally out of balance.

For me my life is all about keeping a healthy balance and feeling in balance all the time.

So for now I'm searching for a therapist that can fix me, first time since long that I'm sorry I'm not living in the Netherlands.

Dr. Hengst a great therapist would have me back on my feet within 5 minutes.

Time is running out, IM 70.3 St. Pölten is May 21st, a race that I love and looking forward to, but I can only get on the start line when this rib stays back in place, I will not make the same mistake, when I'm not in balance I will not take my body true this. I know I'm in good shape, it's very frustrating to have this little thing that keeps you from using it and to be honest racing isn't much fun when you are not yourself.

For me that was a shocking experience last weekend, where racing should be fun, I didn't enjoy it for 1 second and that makes me sad.

Next week my new look should give me wings, a new bike, new clothes, it's all beautiful and I have been preparing this for months,

Let's hope we have a new Vonsy :-)

