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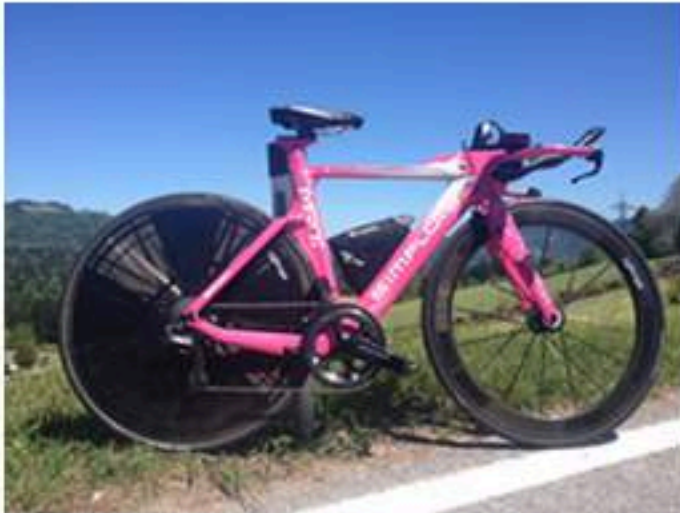
Newsletter

No.6. May 2017



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Finally here it is my new “LOOK”!



Something totally different then in the past years.

My new color will be “Magenta”, not a normal pink, but a special pink.

Why?

The song from a German singer
“weil ich ein Mädchen bin” so translate to
english “ because I’m a girl” :-)

I love this color and think it suits me pretty well,
another great positive, you will recognize me
from a far :-)

My new bike and new clothes will be coming in to action
this coming weekend at the IRONMAN 70.3 St. Pölten.

It has been a rough 2 weeks, as you can read in my last
newsletter I’m having issues with a rib, also I haven’t been
feeling myself, not only body wise but mentally as well.

The last couple of months I ran a bit to fast/hard, everything
I do, I do with 200% and it has been to much, not training wise
but in many any area’s.

I have gotten the bill and felt totally last the past 2 weeks,
everything was a burden, small things we’re to much, crumpy
and a total lack of energy.

But all is good, live is to good to stay in bed and eat chocolat cookies any longer :-)

Time to be my normal self again, time to embrace this awesome lifestyle and be thankful that my
body has been injury free for all these years.

This little issue will heal and I will be good again, body and mentaly wise.

My 9th start at IRONMAN 70.3 St. Pölten.

Wauwwww years really fly, 2008 at the 2nd edition of this race I had my first start and won the event,
look where I am now, last year I got 2nd and I’m still up there.

***Pretty proud, happy and thankful for
what the sport has given me.***

Vonsy :-)

