

VONSY®

Newsletter



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

Newsletter November

It has been a while since I wrote an update, normally that means 1, I was lazy, or 2, I have scheduled so much races and traveling that I have just been too busy.

In this case it was for sure not number 1. After winning IM Barcelona and racing Challenge Mallorca (the last one very tired) it has been a bit quiet, but I have been running around and there's just so much fun stuff going on. Did I by the way tell you guys that arriving home from Barcelona, Per had the best surprise ever for me, he asked me to be his wife and of course I said YES! Just to mention one of those things that has been going on and I just forgot to write about that in my last newsletter :-). So after that what came next.....

We flew to Italy to beautiful Sardinia to race the Challenge Forte Village Sardinia (www.fortevillagetriathlon.com). I had hoped to be rested by now, but just wasn't and didn't race up to my potential which meant that my butt got kicked and I even fell off the stage and ended up getting 4th. You can't have it all and I totally understand that my body just let me down for this time. It's all good, no worries, at the end my 4th place was enough to win the overall European ranking and take home the big Bonus from Challenge family, which I mentioned in my previous newsletter.

Sardinia was amazing, I truly recommend this race to everyone that's looking for a great way to end the European season. A venue never seen before, organized in to the finest detail, beautiful courses, amazing location, stunning weather and short travel. I can't come up with any minus points!



Just a fast step forward, coming home from Sardinia, unpacking, re-packing, travelling to Thailand and a 2 week stay in Paradise

Thanyapura: <https://www.thanyapura.com/>



This training facility has it all, something never seen before, paradise for any athlete and especially for us triathletes, I just don't know where to start, maybe the best thing is to just check out one of these video's:

For me Thanyapura is a place that I have visualized and seen in my dreams, a place where you can be in total balance with yourself and the beautiful nature of Thailand. A place where you as an athlete have every single thing you need in one spot.

You can get the best out of yourself in this environment. Thanyapura has reached a whole new level of "training center", the quality of daily life will bring the best out of yourself no matter if you are a Pro athlete or amateur.

You can feel one with yourself and the beautiful surroundings. I could go on and on but let this video speak for itself:

<https://www.facebook.com/Thanyapura/videos/1490398497664626/>

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I felt sad to leave Thanyapura after only 2 weeks and hope to come back next year and stay for a much longer time!

Being in Phuket Thailand made it easy and perfect to race the legendary race the Laguna Phuket Triathlon : <http://www.lagunaphukettri.com/> Again I didn't have a great race, just hardly managed to get on the stage with a 3rd place, but it was still worth while to be a part of this event and see what's it all about. Again a race in paradise and for those who like to end there season a bit further away and in a beautiful place, then this is the one to go to.

Very well organized, great venue and just a fun hard event. When traveling from Europe you will have to travel some days prior to the race to get used to the heat and the time difference! Check out my video off all my equipment here: <https://tri-mag.de/equipment/wettkampf-equipment-von-yvonne-van-vlerken-143679>

Between all this there are hundred other things to mention, but it will get to long, one off those things is that I heard that I have become 3rd at Challenge Roth this year instead of 4th, the 3rd girl Lisa Roberts has been given a DQ due to a positive drug test which was caused by Medication for which a TUE was required. These things are not good for anybody and I feel sorry for everybody involved (including Lisa, who now has that TUE, but had to learn the hard way).

Let's end this update on a positive tone, I'm in Australia now and am so excited for my last race off the season IM WA Busselton.

After this last IRONMAN I WILL take a huge winter brake, I really need it and will have to catch up on some very needed extra rest. I didn't have a real winter brake last year and I can feel that now. So cross your fingers on Sunday December 3rd (we will be 7 hours ahead of Europe time).

Oohhhh gosh before I forget, I was voted as "Sportswomen off the year" from the Dutch Triathletes and Dutch Triathlon federation, check out my thank you video on my facebook page. <https://www.facebook.com/yvonnevanvlerken.the.flying.dutchgirl/videos/10208105724040053/>

I'm now off to go and say "hi" to my kangaroo buddy's :-)

Vonsy