

YVONNE VAN VLERKEN

TRIATHLETE

blond
The flying Dutchgirl

VONSY[®]s

NEWSLETTER

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2017 strait ahead.....

Whoehoe....2016 is almost behind us and what a year it has been!!!

Time flies when you are having fun, well that for sure is correct! Where do those years go, a ton of races just seem to pass by, jumping on those stages if it's the most normal thing to do, but hey I'm really proud that I'm always on the podium and I don't take it for granted.

Most of my colleges have had a nice long brake or a good winter sleep behind them, mine was exactly 2 weeks, but even then I was running around and working my ass off on other parts that belong to my „business/ livelyhood /sport“. Am I jealous on those who have been lazy, enjoying time totally off, not doing anything at all?

No then you don't know who Vonsy is, I couldn't sit still longer then a week and I would get restless. When you don't train you have so much energy and time to spend on other parts that do belong to being a Professional Triathlete.



It has been a crazy December for me, but I'm happy with what came out, almost all my races are organized, my sponsors are almost all a part of my team again, some last loose ends that will hopefully be finalized very soon and then I can focus on my first races off the upcoming season.

The first races..... yeah they are like a good ice-cream screaming at me I really can't wait.

When, where etc.? Well soon for one thing! So for that reason I'm on my favorite island to prepare for the 1st big race which will be Challenge Wanaka (www.challengewanaka.com) I have had 3 very solid weeks at home, but I was making days from 7 till 23.00 as there was just too much work to do.

I was so thankful for the most amazing weather, I didn't have to go on the turbo, not even once!!!! Happy Girl!

Still riding my bike here on Lanzarote is even better and even when the blue skies look the same, the 20 C degrees more is very welcome!

I will do two preparation races before Challenge Wanaka (Feb.. 20th), I just need that for my body and mind.

Further I have so much exciting things going on, projects that make me jump from joy, one of them is the Bodensee Frauenlauf (www.bodensee-frauenlauf.com) on Mai 27th.

I will not only be running the 10 km. but also we are going to organize some workshops and doing other awesome stuff together. I will have other exciting things coming up, I will tell some more in every next newsletter.

For now I have some work to do, but as motivated as always, so I will get the job done and can't wait to come back here with all the fun stuff that I will be experiencing in 2017.

A amazing 2017 to you all, that all your wishes come true, that you will all find the happiness and joy that I experience every single day, that you will keep or find the love off your life as this make's life even more fantastic :-)

The biggest hug ever to all of you!!!!

Xxx Vonsy

