



Newsletter

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Freedom.....

The following story was written by me a couple of weeks ago, it started like this... (please read further) but since then the title got a whole different meaning.....

A different story here then normally, which came up in my thoughts while lying in bed and feeling a weird feeling which I couldn't really put in to place. My thoughts drifted away and I wasn't able to fall a sleep for many hours, watching the images and experiences over the pasts year drifting by.



I can't even really put my finger on when it all started, I think it must have been the year 2005 where I became ITU Duathlon WORLD Champion.

NADA (national anti doping authority's), ADAM's (the administration part/ platform where to enter your data), they we're both new words for me. Of course I've been drug tested in the years prior to this, at events where I performed well, but from that moment on my life, as every other Professional Athlete would change a bit!

Being part of the testing pool was kind of a reward for performing well and belonging to the best in our sport.

So from this day on, every single day, I would have a time slot where I had to be available at home or where ever, for drug testing, as most of us athletes.

I've always picked a evening time frame at home from 20:00-21:00 or in some cases 21:00- 22:00 . Meaning I had to be home at that time.

The feeling that overcame me lately, lying in bed and over thinking stuff, was the feeling of freedom. This may sound stupid, but see it this way and yes I know I'm a bit weird, but the last 15 years I've always been aware of the time and when we could maybe get a visit, just a little example, when watching a movie on the couch and having to pee at 20:45.... I would not go, as I could be tested and when I pee now, I won't be able to go for several hours. I hear you laughing, but these thoughts and actions we're just a part of my life, as for example missing out on social things, or maybe I used my test hour as a excuse, which came in handy most of the time, I will leave this open.

Going out for dinner with friends or family, but always have that eye on the clock as you have to be home by that time.

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I understand and hear you thinking, why didn't you put your time slot over the day, well this would keep me grounded at home where I maybe wanted to go and train or what ever, this was the easiest and to be honest I've never missed one due to this, as 9 out of 10 times the testing people really came within my time frame.

So back to this feeling, the feeling on this evening, lying in bed at 21:45 or so and knowing nobody is coming, the doorbell won't ring, I can cuddle or do what ever you do in bed when your there with your loved one, without anybody disturbing J hahaha

The feeling of being free and not having to worry when you have had dinner out, you never know what's in your food when you have not cooked it yourself.

You probably don't know the feeling when you have been out, just came from dinner and you get drug tested when coming home (I know this is stupid, but the nightmare stories from others will always be there and you can never be 100% sure what was in your drinks or food).

When I think of the hundreds of in and out of competition tests that I've had in the last 20 years, it make's me smile, so much different, mostly fun experiences, so much stories from many of them, I could really write a book about it.

On this particular evening I was thinking back of several drug test, again bye the way, most where all great experiences, I'm the last one to complain and am 100% for drug testing in every way, just to make that clear!!!

I've been tested all over the world, for example my husband and me had a double drug test in Vail (Colorado), a nice couple came to test us both, while we we're having a altitude camp. We had a lovely chat and both got our tests done, it was such a pleasant experience, afterwards we chatted for ages, felt more like a nice evening with friends as I remember.



The nice Dutch guy that came all the way over to Australia to test me? After his first spoken words I knew he was Dutch, but hey he didn't came for me but tested Per. Of course we did talk in Dutch for ages as he was so surprised to find a Dutch girl among his German pro Triathlete that he needed to test.

But they we're not all nice, the one on Lanzarote where the testers came at 22:59 (1 minute before the latest time they may arrive) , I was sound a sleep from 21.00 on after a monster training day, they woke up more then 10 other athletes in our house and I was of course not able to pee, it took a lot of water and finally by maybe 01:30 they left with my urine, I didn't sleep ALL night as I had to go to the bathroom at least 3 times.

I was a total wrack the next morning.

That time where they came at 06.00 in the morning after just racing Challenge Roth and yes I always go to the fireworks there after the race, so I was maybe in bed the earliest at 23:30 and totally messed up from just racing a full distance.

Or maybe that time after just racing IM Frankfurt where I was a total mess, totally dehydrated, the worst belly cramps and diarrhea that you can imagine and I collapsed while trying to get to the Dixie for the urine test, I was told afterwards that they couldn't find a hart rate for a while..... I was in a very bad state.....but they still needed my drug test.....

Or what to think of a different story where my Dutch college Mariska Kramer and me both had a fantastic race at IM 70.3 Antwerp, finishing 2nd and 3rd, top 3 got tested, but the winner had disappeared and she never showed up, nobody could find her, mean while Mariska and me we're busy with arguing with the drug tester, a male, he insisted that we had to pee in front of him, as he didn't have a women drug tester??? Serious??

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No way, we we're going to do that, so we ended up watching each other for the urine sample.....
I could really write a book about another hundred stories, funny one's but also not so funny ones.

So this evening a couple of weeks ago, these feelings, which I put in to words as a feeling of freedom,
we're just so nice. I would be interested if others have experienced a similar feeling.....

But I'm not finished yet, the same feeling was back again a couple of days ago.... coming home from a
lockdown due to the Corona virus, a lock down in Lanzarote/Spain where it was really not allowed to
go out the house, only for groceries when needed.

To not be allowed to do what ever you want, to getting checked by cops as soon as you would go out,
even checking your grocery bag if you we're really shopping..... feeling as a criminal when going
outside for some needed movement and fresh air..... I tell you, it make's you feel shit!

So coming back in Germany and being able to go for a bike ride, going for a walk and to be free again
brought up the same feeling as on that night a couple of weeks ago.

To have the freedom to do what you want to do is such a precious gift, I think many people will sense
a similar feeling after experiencing a lock down themselves, let's never take it for granted anymore
and let's hope that all people will start acting clever to prevent that more people have to go in a total
lock down and getting deprived of there freedom.

***Stay healthy, act clever and most important, stay
positive and make the best out of this situation.***

There's always sun after the clouds.



Hug, **Vonsy**