



Yvonne
van Vlerken
Triathlete

Newsletter

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

Late start this year

We have arrived in February and I haven't raced yet and don't have a race scheduled soon.

Why do I mention this? Well when you have followed me the last couple of years then you know that I always start racing in January and not really take a big winter brake as all others do.

After the huge year 2017, with 6 FULL distance races and a ton of Half and Olympic Triathlons, my coach Siri and me decided that I should really give my body a brake to recover and fill up the empty batteries. It's my intention and dream to have an amazing 2018 with several big highlights (all in Europe) and to be ready for another big year, this rest was just necessary.

I strongly believe in my coach, she always knows best and even when I find it hard to see the races starting in the southern hemisphere, my gut feeling tells me it's ok.

I will come out with my race schedule pretty soon. The first race for this year will be IM 70.3 Texas/US, just a first hit out before the European season will start. My partner Per will then race the full IM Texas 3 weeks later as well, but I will not. So much races coming up later, so my coach and me decided to not race an early IM this year and save it all for the big A goal in Europe.

Sponsor wise I've had a lot of work and I'm very happy that almost ALL will be on board again, guiding me on my path and supporting me to achieve the best I can be. The biggest change was mid last season where I changed to HUUB wetsuits as my partner for the first discipline, still very happy to have them on board.

Simplon will continue to be my main Sponsor for the next two years, so happy with this as the bikes, the company, the knowledge, the support and the whole team, the package is just great.

You can check out all my sponsors on my website here:

Company's that also support me in a great way can be found under Partners here:

Together these companies set me up for big achievements and help me to be the best that I can be.

I've got 3,5 weeks of great training in the pocket, I loved every minute of staying at Trisports Lanzarote. If you have never been to Lanzarote then this is a missed change and you should change that. I've stayed at several places but the last couple of years my number One favorite place is Trisports Lanzarote:

<http://www.trisportslanzarote.com/>

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We had a training camp which we partly coached and what was a lot of fun.

I can for sure see me doing this more often in the future, just really like it. I already spoke to my friends about a camp next year January, so if you like to come to my favorite island and want to have a fun, interesting and great training week together with me then keep an eye on my social media.

I'm now back home and getting the last pieces organized for 2018, before we had over to Mallorca for our yearly Hoka One One Team meeting, we will combine this with a short training camp and some solid Bike kilometers.

If you want to find out where I will be racing this year, then check out my social media in the next few weeks:

Facebook in German (and some Dutch):

<https://www.facebook.com/yvonnevanvlerken.the.flying.dutchgirl>

Facebook in English:

<http://www.facebook.com/YvonnevanVlerken.The.flying.blonde.Dutchgirl>

Twitter:

<https://twitter.com/yvonnevlerken>

Big warm hug from your **Vonsy**