

VONSY®



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Newsletter

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

The race season is coming closer

We are now in March and most Triathletes are flying to a training camp to hide from the (this year extremely) cold weather. The early races of the new season are on the way and in Europe the events will start in April.

As I have been too busy to my like's and feel it's going to be a tough race year once again, even when I left out those very early races, I decided to not fly to the US for my first Half Ironman, but take an extra week and save myself the travel stress, energy and money.

This means my opening race of the 2018 race season will be Challenge Roma (<http://www.challenge-roma.com/it/>) on April 15th.

Last weeks have been a bit stressful, but we are now on Mallorca and just enjoyed a great team meeting weekend from Hoka One One. They have come with a new collection called "Fly collection" which included 3 new models, the Mach, the Cavu and the Elevon. Each one of the shoes is a masterpiece on its own and I recommend to test at least one of them and fly yourself, when you try them you will know how this collection got that name :-)

Check out their website for more information: <http://www.hokaoneone.eu/>

Personally I think it's great that a company takes the effort, time & money to put this team meeting together for us. It would be great to see this done more often by brands.

We haven't been sitting still and are all over the place, for example my partner and me had a great fun day giving a running workshop close to Munich/Germany.

Most of our sponsors send some goodies over which fitted nicely in the handy Skinfit shopping bag.

The athletes we're able to test the Skinfit Klima shirts, learned different stuff about running but also about all that has to do with Triathlon.

The weather was beautiful, we had a lot of fun and we didn't get thirsty either as my friend Ruud from Double (<http://double.com/>) took the time and effort to visit us as well and supplied us all with this refreshment drink that you can see as a healthy alternative off, in my eyes, the more unhealthy "energy drinks".



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So where does it go from here?

Well we have a week of training here on Mallorca and then we will be at home until the first race, for me, as mentioned above that will be Challenge Roma and for my faster half that will be the two big races in the US, IM 70.3 Texas and IM Texas, also in April.

I will stay home and organize stuff for the wedding and the further season, visit my parents in the Netherlands, as I haven't seen them for a while and of course drop by the new stunning Triathlonwinkel.nl which by coincidence sells my favorite brands as HUUB, Hoka One One and the AMEO Power breather :-)

<https://www.triathlonwinkel.nl/>

Maybe I even get lucky and the owner Onko Drent has time to have a closer look at my swimming, he's a great coach and has been a top swimmer himself.

The Netherlands by the way has a new Triathlon website, so if you need to know anything about what goes on in "triathlon Nederland" then this is the address to follow closely: <http://trikikipedia.nl/>

I'm looking forward to some more bike kilometers outside, the last couple of weeks I've only been riding indoor on the turbo, my coach Siri Lindley is a big fan of that, but I'm totally not.

I'm anxious for the spring to come and the snow to disappear even when I did have a lot of fun on a skiing trip before I flew to Mallorca.

Stay warm and take care,

Big warm hug from your **Vonsy**