

Triathlete Heleen bij de Vaate

Season 2013

Dear reader,

The year 2013 was a triathlon-season that started really well and the year in which we started a new triathlon team with the top Dutch ladies on the long distance. But unfortunately it didn't bring for me what I expected due to an injury. I would like to review this "stormy" year 2013 by month with you, also featuring my sponsors who make it possible to have a sports career at this level.

January

The first week of this year I received my new Suunto Ambit from sponsor Robijn. I'm really happy with this great heart rate monitor, it's very reliable and has a lot of functions. I use it daily. In 2013 it registered more than 20.000 kilometers on the bike, which is a record for me. The amount of run-kilometers was about 2700, which sounds a lot, but they were mainly run in the winter months. During the important summer season, I've done insufficient due to the injury to be competitive.

The first trainingcamp of the year was on the schedule in January. I discovered a new location on Lanzarote that I would like to try. Trisports is a training center run by an English couple. They rebuild their villa into a real training paradise. I was directly in love with this place and I was very happy that they became member of my sponsor team. During this camp I did my first race of the season, the international duathlon of Lanzarote. With an 8th place it was clear where I stood at that moment.



February

This month I worked on my running. I did two times a 10 km race and one half marathon. It was good to get some race rhythm in the pocket!

March



For the second time this year I went to Lanzarote. During this camp I was able to test the new cycling shoes of Fi'zi:k. Very comfortable shoes and they look beautiful as well.

Again I stayed a week at Trisports. It was a very hard camp and during this hard training period I did a race as well: The 122 Tri at Costa Teguisse where I became third woman.

April

From Lanzarote I travelled to the next Canarian Island, Fuerteventura. I wanted to test my shape so I did there the Half Challenge Fuerteventura. The test was a success and I became fifth woman in a strong international field. My own splits were faster than in 2012, so that was a good indicator as well. When I came home I received my new wetsuit, the Sailfish G-range. Also the new SLS3 kit and the running and representation gear from TAO was there, so I was ready to race!



The last weekend of April we had our first teamday with the Xendurance Long Distance team! During this day I also received my new Meson with Di2 from bike sponsor Isaac. On this bike I will ride my drafting races in the "Eredivisie" races. I'm very proud that some of my personal sponsors wanted to become also the sponsor of the team as well, like Xendurance and Trivio (from Tehava, the parent company of Isaac), supporting this important initiative to boost the professional level in the triathlon sport.



May

The first main goal of this year, the Ironman Lanzarote. Here started the trouble. Two weeks before the race I had pain on my shins. As precaution I didn't run the last two weeks before the race, with the hope that it was over before the race. But on race-day I was not sure if I was able to finish the race, because I felt the pain already when I walked. I decided to tightly tape the spot of the pain and start the race. When the pain would become too much I would quit the race. But then a miracle happened. During the race I didn't feel the pain at all! I'm very happy that I could finish the race in my new SLS3 outfit as second woman! I did finish this beautiful but tough Ironman Lanzarote 4 times now, and ended on the podium all 4 (2x3rd, 2x2nd). After the race the injury came back and it proved to be a serious stress fracture.



June

Because of my injury I was not able to run. Anyway I decided to start in Amsterdam (Eredivisie race for the team) and the half distance triathlon of Stein. To do the swim and bike on race pace is a good training. And I could support my team by riding tempo in front of the group in Amsterdam. At the end of June I visited my sponsor Ron for Run to get some new running shoes. He gave me a pair of Brooks Flow, a very comfortable light shoe, where I'm very happy with.



July

This month no races. We stayed a week around the Mont Ventoux, a famous and big mountain in France. Here I build up a good bike base for the rest of the season.

August

An intermediate goal was the half distance triathlon in Eupen in Belgium. Unfortunately the injury was not over yet. Again a race with only swimming and biking. Later this month my Isaac Meson was being equipped with the ceramic bearings from C-bear. Now my bike was ready for the Dutch Championships Olympic Distance. The second half of this month I trained in The Netherlands. I wanted to train a lot on the course of the Challenge Almere race later this year. I started finally after 3 months my running again without pain. The Dutch Championships was a test case for Challenge Almere 3 weeks later. It went well, and I became 15th in this championship, with even the 5th fastest run-split on 10k.

September

In the second weekend of September it was time for the second main goal of the year: the Dutch Championships on the long distance Challenge Almere. With a very short run preparation of one month only, I still was confident that I would be able to run. At least mentally, I was fully prepared. My physical shape was very good as well, and swimming and biking were great. That brought me in second position already early in the race, which I was capable to keep for a long time. But it was not enough. After 21 km of running I lost my second place and finished finally as fifth woman overall and still second in the Dutch Championships.



October

During the Bike motion it was an honor to be a guest athlete for sponsor Isaac. It's very nice that you can do something back for your sponsor. I had also a nice chat with sponsors Fi'zi:k, Schwalbe and Xendurance. I tasted the new Hydro-X sportsdrink of Xendurance.



At the end of the month I went for the fourth time this year to Lanzarote. My last camp before the last race of the season, Ironman Arizona. It was again a nice and relaxed stay at Trisports, where I could get the run mileage in that I needed to get back in marathon shape.

November

At November 17th it was time for Ironman Arizona. As if I didn't have enough bad luck this year, I got a flat tire after 120 km of cycling. I lost 15 minutes and the 18th place was all I could get. Luckily my marathon was better than in Almere, although not top yet. By the way it was an anniversary, my 25th IM finish!



December

After Arizona I had a little break. Time for the yearly holiday to let body and mind fully recover and recharge the battery. At the moment I have started training again for next season. And I made already nice plans for 2014! I will continue to focus on the Long Distance, and combine this with the shorter distances in the team.



RESULTS 2013

- 2nd place Ironman Lanzarote - Spain
- 5th place Challenge Almere - The Netherlands
- 5th place half Challenge Fuerteventura - Spain
 - 18th place Ironman Arizona - USA
 - 3rd place Tri112 Lanzarote - Spain
- 8th place International Duathlon Lanzarote - Spain
- 15th place Dutch Championships OD Veenendaal - The Netherlands
 - Half triathlon Stein - The Netherlands - DNF
 - Half triathlon Eupen - Belgium - DNF
- Dutch Sprint Championships Amsterdam - The Netherlands - DNF

SPONSOR TEAM 2013

Of course I would like to thank all my sponsors for their continuing support in 2013. A professional sports career is only possible with their support. Let's hope for a fantastic 2014!

