



Natascha Badmann, Kona's smile



MY LEGENDS - THE BEAUTIFUL SOULS OF TRIATHLON · DONNERSTAG, 9. NOVEMBER 2017

1. What is your definition of triathlon?

Really simple... swim, bike and run so fast as you can with a smile

2. You started a wonderful career at the age of 24. Can you tell us why with you start the sport?

At that time I'd like to loose wight and my friend told me that a just have to start with sport and I can eat as much as I want... that was my motivation to start with sport

3. There is a terrible picture of you on the ground in Kona. Despite the violence of the fall and your injuries, you wanted to continue for a few kilometers. Why did you find the strength to continue?

I just wanted to finish the ironman. I love to race in hawaii and I never thought about a DNF. So I thinkt at that moment I would have hurt more to stop. I was sitting on the floor and a handcycle went by. So I told myself to get up and move because my injuries were not as bad as his. I didn't know at that moment how bad my injuries were and I was still full of adrenalin.

4. After this fall, you had a long enough absence before coming back, can you tell us how did you experience this period?

Puhhh It was like a full break down. The moment after the second surgery – where I couldn't move at all was horrible. I remember that I cried and couldn't wipe my tears away. I felt like I lost everything... After a while I remembered that feeling terrible is not the right way. So I focused on the good things, (like that I was able to see, to use my brain, that my legs were ok...) and i started mental training with Toni (doing training while I was laying down)

5. You have won Kona six times, do all these victories have the same flavor?

every victory was unique, had his own history. Also 2012 were I came 6th felt like a victory. The comeback after the accident was as important as a win

6. What is your best memory of triathlon?

There are many, not just one, it started with

My first triathlon, the first race I came on the podium, the first championship, the first medal at a championship, Zofingen Powerman long course and Kona where I felt so happy that I wanted to share it with the whole world.

7. You are known for your kindness, and your smiles at the finish of your race. What is the secret of such a force?

I think a lot of mental training. Also probably my background. Did you read my book? www.gstunden.com 😊 Sorry its only in german so far.



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8. What has triathlon brought you in your life?

This is a cool question: I started to write the good things I got, but after 2 lines I realized that it never would be possible to write all the good things down 😊 So I answer: more than words can say!

9. Have you ever been weary? Means tired?

Yes. This is why I was happy to have Toni. For a pro athlete its very important to have a coach

who knows the athlete very well. Sometimes its important to be tired and its important to go on to make progress. BUT sometimes its important to listen and to recover. I had times where I slept 14 hrs after hard training.

10. What do you think about Kona and the world championships?

Simply aesthetic. I love the ambience of that island, the force of the people and the nature.

11. You are known for your strength of character, have you worked this point? how important is the mind in triathlon?

In my oppinion it's very important. I can say that I probably never was the strongest athlete body wise. It always was my strong mind.

12. What is the role of food in your career?

Its one of the poles of succes. I think because Toni was ahead of all the nutrition knowledge I always had a great advantage.

13. What has been Toni Hasler's role in all these years?

He was the personal union 😊. He looked for my bike, the nutrition, coordinated the training and helped me with my mental training.

14. Do you have a funny anecdote to tell us?

There are may.... But I don't have a two line story.

15. Do you have plans for 2018?

I like to see the special or hidden Triathlons in the world!

Also I like to give my knowledge out and do some speeches or seminars.

Further Powerman Zofingen celebrates its 30th birthday and I'm going to be a part of it

Thank you Natascha, I am so happy to ask you my questions, you are a beautiful soul.

Gefällt mir

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2 Mal geteilt



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