

# SQUARE ONE



*Returning to Life and  
Competitive Running after My  
Devastating Stroke*

**DIRK VLIEKS**

FOREWORD BY AMBY BURFOOT

Dirk Vlieks and

## Square One: Returning to Life and Competitive Running after My Devastating Stroke



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Dirk Vlieks was at the top of his game. It is not a clean ride, and he continues to work; That changed immediately 1 day in June of 2006 when he stepped groggily from his bicycle in Honu, Hawaii, and collapsed. He had suffered a stroke so devastating that by the time he reached the hospital, a doctor informed his wife to prepare to carefully turn off the machines keeping him alive. Vlieks spent another 8 weeks in intensive care before he was solid enough to begin with a rehabilitation plan that included understanding how to speak, chat, eat, and walk once again. and operate and inspire. In Square One: Time for Life and Competitive Working After My Devastating Stroke, Vlieks shares his inspirational story about persevering against all chances. He would then run the New York City Marathon. Five years afterwards, he came back to Hawaii to complete the race in which he almost died. At age thirty-two he was a top-ranked triathlete with numerous Ironman finishes under his belt. His first weaving assisted walks turned afterwards to slow jogs, after that short runs. His mission now is to help energize and motivate others to live their lives with determination and joy.



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Wow, truly moving narrative Incredible well- spoken narrative !... As an EMY and an educstor, I came across the descriptions to end up being very well described, I am also a SE CT resident and appreciated the countless local references! So very much to take in. Being able to create this book is usually another massive feat of accomplishment! I will offer this publication to people I work with as a rehab therapist. It really is truly inspiring.



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