



Cycling mail 13 – Year 4

16 June 2017

W.S.W.V. HELLINGPROOF

Changes in our board

Unfortunately we have to inform you all that our secretary Allan Kort is stopping with his board activities. Due to personal motivations he has decided to stop and to focus more on his thesis work at the university. We as a board support his decision and wish him all the best to finish his educational work and hope that he remains active within our association.

The task of secretary will now be continued by Niels van der Pijl, which you can contact via our general email address for all your questions.

Wielrenners.wageningen@gmail.com

GNSK Eindhoven

Last weekend Hellingproof defended the pride of Wageningen during the GNSK that was held in Eindhoven. Cycling was this year once again one of the sports during which students of different cities can compete against each other to win the classifications.

During the weekend there were four different races in which we raced against the other students. Both men and women's team was not able to compete in their strongest form. Bart had to skip the event since he was ill and Susan had a knee injury, but did a great job as the women's coach.

Activities

Club

Monday training **18:00** at the Bongerd.¹

Wednesday members training **18:00** at the Bongerd.²

Friday training **10:00** at the Bongerd¹.

Training at Sports Centre the Bongerd

Mountain biking: Thursday **14:00-16:00**.¹

Other tours/races

Saturday 17th of June: Student cup Enschede.

Saturday 24th of June: Student cup Utrecht.

Saturday 24th of June: Jan Janssen classic.

Thursday 29th of June: Hellingproof BBQ.

Check this (Dutch) [website](#) for touring possibilities

¹ For this activity you have to sign up via the [SITE](#)/App of Sports Centre the Bongerd
² Signing up is not necessary



The GNSK team is ready to go

On Friday we left Wageningen after having dinner together. After arriving in Eindhoven at the campsite we saw the experience of Els with setting up the tents. While everybody struggled, she easily build every tent without the description. If you are planning to buy an Ikea closet, ask Els to help with her ability for spatial visualization. On Friday night we were competing against the Domrenner during the opening party, with them being the only other cyclists. With the beer drinking events the absence of Bart showed up directly since we last all of them. The Domrenner's tactic to get Niels drunk to get rid of the strongest rider worked out pretty well. After he was brought to bed, the party continued for a while leading to the first day of real competition on Saturday.



Thymos' chairman Filip

Saturday started with a prologue of 4.2 km and finished with a team sprint in the afternoon. Bas opened the prologue as the first rider and

complained that he could have been seconds faster when he could rest out from his hangover a bit longer. Nevertheless he rode strongly to a 6th place. Tjalle rode a very flat race and became 16th in the prologue. Niels started as the last Hellingproof rider and became 2nd due to a slower start. Combining the results of all three riders, the men won the prologue classification.

The women all felt just outside the points with Sigrid becoming 12th, Els 15th and Vera 18th. Despite the lack of points, they did show a strong performance, with especially Sigrid riding a really descent race despite her lack of experience in such an event.



A team time trial finish 'uit het boekje'

After a short break, which for some people became an afternoon nap, the race continued with the team sprint. During the race that was overshadowed by a nasty crash of the Amsterdam Skits team, Hellingproof rode to a bit disappointing 5th place in both the men and women's race. The results were not as expected, but resulted in an urge to perform better next day. Well, not only next day, but also the same evening at the party. The tactics changed and the beer of Friday night was replaced for Flugel on Saturday. The increased consumption of sugars should become the basis of our success next day. The women took another tactic and took it a bit slower. The strong

hand of Susan led to a good night of sleep for the ladies. Not that much later the Flugel won from our Hellingproof men forcing them to go to bed as well, after an attempt to catch some rabbits on the way back to the tent. Tjalle definitely would have succeeded if Bas did not tried to help him.

Sunday morning started well with some coffee and a good breakfast, since this was going to be the toughest day of the weekend. That was not that difficult with the total racing distance of Saturday ranging between 400 meter and 5.8 km. The ladies should be sharp from the start being the first to start at 10:00 AM. They had to compete with four ladies, while most teams had five or six riders. Vera had to let go the other riders and Els, Sigrid and Esther thus had to stay together to finish with the required three riders. Although they rode a strong race, they finished 6th in the end. After that it was up to the men to try to do better.



Riding as compact as possible

The men's team had the advantage of being complete with six riders. Just as the women they had to start the race, thus there was only one possibility. Going full gas from the start and setting a sharp time. The leaders of the classification at that point started just one minute behind, so it was the task to do not get passed. The high pace

resulted in difficulties for Conor and Gijs and they had to let go in the first half of the race. After Bas almost got dropped due to miscommunication, they continued with four guys. Since you needed to finish with three Robin decided to sacrifice his own race by taking a last few strong pulls on the front. During those moments it went really fast. But when I say really fast, I mean really fast, really. Bas, Tjalle and Niels continued, a bit slower than Robin rode, with three and saw the riders of Tilburg on the straights which motivated them to go flat out the last laps. In the end they managed to achieve the fastest time. It is so nice to achieve such a performance with the complete team.



The men on their way to victory in the TTT

The last event of the weekend was a criterium. During the women's race the strongest riders directly attacked from the beginning of the race. The Hellingproof ladies suffered in the back since the corners on the course made it difficult to follow the pack. Vera and Sigrid rode together in a group after the second peloton. Els and Esther rode in that peloton, which broke due to the high pace in front. In the end Els had to let go the group due to difficulties in the corners and Esther suffered a flat tire while she was riding a really strong race. In the end it was thus a disappointing end of a nice event, with all ladies already on the sideline when the race finished in a sprint of a select front group.

A few men had the same tactics as the women's race and directly pulled the gas open. Five riders rode away, but Bas and Tjalle kept the gap small. This gave the opportunity to Niels to bridge the gap to the front group with two other riders. All teams were represented in the first group, so that the pace dropped a bit. Hellingproof at that point was second in the rankings only three points behind the Domrenner. Although a few attempts of Niels to ride away, the eight leaders sprinted for victory. At this point we needed Bart for the second time, since Niels only became 7th in the sprint. The lack of points resulting from this made that we did not even reached the podium. This doesn't take away the good time that we all had during the weekend, making it once again an experience not to forget. With the GNSK being in Wageningen next year, the performances of this year will only lead to more experience and a good base for good results next year.

SWN summer holiday

The SWN is organising a summer holiday for all student cycling associations in Bormio Italy from 15-22 July. Check their Facebook event if you would like to participate. [SWN holiday Bormio](#)

Thymos sports night

After the Hellingproofs' success in the USA sports day, they had the role of local favorite in the Thymos sports night. With the complete team from previous event, together with some extra women power by Ymke, there were no excuses possible.

Despite it is not possible, we do have excuses. Especially during the two games related to football a lack of form showed up. An overdose of coffee made Niels unable to hit the scoreboard at the penalty shooting. An underdose of coffee

made others lacking energy and focus during the football game played in giant air balloons. These two activities were lost, but all others were won. With different games as archery tag, glow in the dark volleyball and pillow fighting it was a successful night, but not enough to make it to the finals. The beers compensated the loss and made sure that we stay motivated for coming events.



Hellingproofs are afraid in the dark, thus holding hands

SWN cycling team

As mentioned in one of the previous cycling mails, the SWN is setting up a cycling team for coming season (January 2018). It is an initiative for students and by students, on all aspects of a cycling team. They are aiming to obtain a complete team consisting of students that become rider, manager, mechanic or doing any other task as communication or sponsoring. If you are interested in the idea please let us know or seek for contact directly with swnopleidingsploeg@gmail.com.

Hellingproof clothing

The deadline to order new clothes is Wednesday 28th of June. If you want to order any new clothes, do it in time. For the ones that already ordered, thanks and we will keep you updated.

Coming studentcups

Coming two weeks there are two studentcups that will be held, coming Saturday in Enschede is the first and the 24th of June in Utrecht is the second. Do not forget to subscribe so that we can participate with a large Hellingproof team and make it a nice team event.

For the studentcups we will once again try to find a way to travel together to the race by bike, train or car. After the studentcup in Utrecht there is a possibility to stay for a BBQ and some beers. Niels can say that drinking beer with Domrenners is one of the nicest activities after or before a sports event, so let's go there together. Please be aware that the subscription date for the BBQ in Utrecht is on the 18th of June!

SWN board

The SWN is looking for new board members. The SWN is the organisation that is above all student cycling clubs and is the main organisation for all cycling events. If you are interested or if you would like some more information about SWN or the functions? You should get in contact with: bestuur@studentenwielrennen.nl.

Interview with...

This week we are having a special guest as our interviewee. He is our new sponsor, with whom we will cooperate more in the future. We are really looking forward to the promising ideas and activities that we are setting up at this moment.

Name: Roel Peerenboom

Age: 42

Where do you originate from?

I was born in Weert, Then I lived for 10 years in Cameroon, then for about 20 years in Doetichem, then for about 5 years in Wageningen and now about 6 years in Heelsum.

How long have you been working for Profile Peerenboom and what is your task?

I am the owner since April 12th 2004

Why did you decide to work in the cycling industry and how do you try to make customers enthusiastic about cycling?

When I lived in Cameroon one of my few toys was a bike, not only did I ride it, but I also took it apart and put it back together for fun! Back in the Netherlands I kept working on bikes and got a job at a local bike shop. After some time I wanted to explore the sales part a bit more and I've started selling cars for about 6 years. But I realized that working under a boss wasn't my thing and I decided to start my own business. And there was only one thing that I was well familiar with: bikes! And that is how I rolled into the cycling industry.

I don't really have a specific strategy to make customers enthusiastic about cycling. But I love the technique in bikes and cycling and when I talk about it I am always passionate.

What kind of bicycles do you use?

I use a Santos mountainbike with bad weather, a Cube mountainbike with good weather and also a Cube racing bike. I also have a normal city bike in the shed but I barely use it.

When did you start cycling (if you're not cycling, can tell us something about your other sports)?

I started cycling in Cameroon, when I lived there.



What are your hobbies besides cycling?

I love to spend as much time as possible with my kids and my wife.

What is your greatest sport/cycling experience?

I climbed a mountain in the Dolomites with my girlfriend on a mountainbike, and at the highest peak she asked me to marry her (and I said yes!).

What are your expectations for the sponsorship of Hellingproof?

I hope it will not just be a sponsorship, but collaboration. All of us love cycling and I hope our store can be some type of home for WSWV Hellingproof. I hoop to meet all of you soon!

Hellingproof BBQ

On Thursday 29th of June 18:00 at Hoevestein, the Hellingproof BBQ will be held to finish off the cycling season before the summer holidays. Although the weeks after there are still trainings held, the BBQ is a nice moment to chat with each other without wearing a helmet. If you are feeling uncomfortable without a helmet, it is allowed to wear one during the BBQ. More information will follow via the Activity committee soon. They will set up a Facebook event via which you can subscribe yourself.

Discount at Roel Peerenboom

The sponsor contract has been signed and the final details are discussed. As a Hellingproof member this means that you can get a 10% discount on everything in the shop such as clothing and parts. On bikes there are discounts ranging from 5% to up to 17.5%, so do not doubt and walk in to take a look.



The sponsor committee checks whether Roel is Hellingproof

Sprint and time trial classifications

At the latest time trial on The Dike the number of competitors was a bit disappointing. However, the people that were there made it a nice battle for victory. The strong headwind made it the first time trial without anyone riding an average speed above 40 km/h. The women's victory was for Els, who won with a 1,5 minute lead over Vera.

At the men's time trial Niels won the fourth time trial as the leader of the competition. Bas became second again as the main competitor of Niels. Tjalle was just six seconds slower than Bas and moved up to third place in the classification. Conor and Gijs completed the top-5 of the day, while Robin and Wieger shared the other places.



Robin has now lost his third place, but is still in the same points as Tjalle. The top-5 of both rankings is listed below.

Number	Rider	Points
1	Niels	26,4
2	Bas	18
3	Tjalle	13
4	Robin	13
5	Thijs	11

Number	Rider	Points
1	Susan	14,2
2	Vera	13
3	Els	11,1
4	Linda	5,1
5	Ymke	4

In the sprint classification Bart is showing up as the strongest rider. The two sprints where he competed were won by him, extending his lead to more than seven points. Luuk climbed up to third place due to a win as well. Furthermore Bas and Gijs both took five points last weeks and are stable in the top-5 rankings.

This year it is difficult for the women to take points since they often compete against male riders. Esther and Ymke were the only two riders that took points and made an advantage on others. The top-5 of both rankings are now:

Number	Rider	Points
1	Bart	29,4
2	Robin	22,1
3	Luuk	18,2
4	Bas	17,1
5	Gijs	13

Number	Rider	Points
1	Linda	17,1
2	Els	7,1
3	Susan	4
4	Vera	4
5	Julie + Esther	2



Be aware of tourists that are cycling on the roads