



Cycling mail 14 – Year 4

30 June 2017

W.S.W.V. HELLINGPROOF

Studentcup Enschede

On the 17th of June Hellingproof joined one of the studentcups in Enschede. Well, not really in Enschede, it was nearby Oldenzaal, which is nearby Hengelo, which is in the end nearby Enschede.

The race started as usual with the men without license race. Bart, Bram, Martijn and Conor were riding their race on a nice course with some corners and a bit of height differences. During the race there were some attacks, but most of them were neutralised. In the final of the race the peloton broke in two groups, with Bart and Bram in front and Martijn and Conor in the second group. In the last laps, Conor attacked from the second group, but was not able to defend his lead. Bram worked for Bart to launch him in the sprint. Bart missed some power due to his illness and did not manage to reach the podium. He finished 5th, while Bram could still took 10th place. Martijn and Conor finished later in the second group.



Sigrid at the second position during the race

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

Monday 03 July: Café Loburg drinks

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

In the women's race Susan, Els, Vera and Sigrid rode against some other strong riders in a small peloton. Despite some attacks of Susan and others, the peloton stayed complete till the end. In the sprint Susan became 2nd and Els rode really strong to a 5th place. Sigrid rode a really decent race and is making progress every week.



Susan second in the race!

Tjalle and Niels represented the men with license for Hellingproof. They rode against a strong block of Klein Verzet, but were present in every larger front group. Tjalle withdraw from the race halfway, but had still a nice ride since he went to Oldenzaal by bike. Niels finished the race in the front group of six riders and managed to take 4th place in the final sprint. In the end we came closer in the team classification and are still in second place in the general classification.



Bart is cheering for Niels in Enschede

Studentcup Utrecht

Last weekend a studentcup was organised in Utrecht. We still don't know whether it was a swimming or a cycling race, but according to buienradar it was dry almost all day! Therefore Conor, Robin and Tjalle decided to go by bike from Wageningen. This was a wise decision, since they could already get used to the race conditions. The rest of our Hellingprofs travelled by train. Although Strava doesn't say so, Niels also went by bike from the Uithof in Utrecht, where he was listening to singer Anton.

The track was fast with only one real corner in it. For the men without license Alger, Bram, Conor and Martijn made it at the starting line. From the first moments it was full gas, resulting in gaps in the peloton. Bram told us before the start of the race

he was not very motivated to ride in these weather conditions. It was also no surprise he rode through some sharp edged stones and got a puncture in the second lap. Unfortunately he was forced to leave the race and go to a nice BBQ. Alger and Martijn were both able to show some nice rowing performances with their long legs in the wet conditions and finished in a group behind the peloton on place 20 and 28. Conor really enjoyed the Irish weather and was continuously whistling on his bike. In the end a rider in front of him crashed and he lost contact with the peloton. He finished in a group behind the peloton on the 18th place.

In the ladies category we only had Esther and Susan at the start. Esther rode a very strong race in the bunch, maybe because Mark cheered for her! Although Susan has a sharp sprint, she tried to force the breakaway multiple times. Unfortunately the other women were afraid of Susan and did not follow her, so a mass sprint was inevitable. Susan became 3rd in her category and 5th overall. Another podium place for her! Esther continued to show her good form after the GNSK and just missed the podium on the 4th place. A super race from our ladies!



Susan again on the podium!

Finally it was time for the men with license: Niels, Robin and Tjalle were there for Hellingproof. Niels decided to attack with two sprinters of the Domrener. Luckily Niels also has a famous sprint, so he continued with these two riders. The breakaway managed to hold on until the finish and everybody expected Niels to easily win the sprint. Although he did all he could, he finished 3rd. His first ever podium place in a student race! Both Robin and Tjalle raced in the peloton and made sure the breakaway of Niels was safe (at the front and at the back of the peloton). Since they assumed Niels had won the race, Robin and Tjalle decided not join the sprint for place 4 and instead have a relaxed chat at the back of the peloton. This resulted in the 19th and 20th place for them.



Niels third in the race

Last trainings before the summer

Next week the last trainings before the summer holidays will be organised. Drinks in Café Loburg will top off the Monday training directly after the training is finished. This is a nice moment to discuss your holiday plans with all other riders. Wednesday and Friday morning there will also be a training.



Thank you!!!

The cycling mail is not only fun, it can sometimes also be very serious. We as a board have something to tell all of you. Luckily for you it is positive...this time. We are very delighted to see such a motivated group of cyclists on every activity, training, race, and so on!! It makes us proud to receive compliments from other student cycling associations and the SWN regarding the appearance of Hellingproof. This is only possible due to you, the readers of our cycling mail. So, thank you all for your motivation and enthusiasm!

Holiday photo contest

Just as last year, we are organising the contest of who is having the best holiday photo(s) in their Hellingproof kit. After the summer holidays we collect all your photos and provide the opportunity to vote for who should win the contest. Do not hesitate, put on your gear, go on a cycling adventure and participate. We will provide the winner with a nice surprise.

Changed rules of participation studentcups and (G)NSK's

Last year the SWN had changed their rules for participation at studentcups and NSK races. This year the rule was that you could no longer ride races when you finished your study.

The rule is withdrawn again, so from coming season onwards you are allowed to continue racing student races until one year after graduation.

Interview with...

This week's interview is with the most Dutch Irishman we know...perhaps because he is the only Irishman we know, or because he is just so 'lekker gewoon'.

Name:

Conor Verbruggen

Age:

24

Where do you originate from?

A village called Kilcoole, in County Wicklow, Ireland.

What is your current study and/or work?

Masters in Nutrition and Health.

What kind of bicycles do you use?

I commute on a cheap singlespeed (44:16 because I'm weak) and I train/race on a 2008 Look 586.

When did you start cycling?

I got my first race bike and started cycling to train for triathlon in 2012, so when I was 19.

What are your hobbies besides cycling?

Running and swimming (rivers, the sea, lakes, anywhere that isn't a pool), cooking (or rather "experimenting with food"), watching cycling, slaughtering fellow Hellingproofs in Scorito leagues, putting extra bits of information in brackets (it's a curse, really), and the never-ending search for a decent Café stop in Netherlands.

What is your greatest cycling experience?

A one month cycle tour of Belgium. I started in Dusseldorf and went down to Cologne and across as far as Ghent, then up to Breda and Eindhoven and back down to Luxembourg. I did it on my own and just stayed in hostels. I met loads of cool people and learned a lot about cycling (and myself). It brings bittersweet memories though because the amazing bike I did it on, which was also my first race bike and the first bike I won a race on, was stolen the following year.

What do you think about the Dutch cycling culture?

In terms of bike racing, it's orders of magnitude bigger than in Ireland. There's way more races, more participants, and I think, a much higher standard. The main difference is probably the level of youth involvement. That has a big impact, there's more of a sense of fun around races when you have teenagers and 20-somethings involved. I think there's one student race a year at home, something like the studentencup, with multiple categories and loads of races, just doesn't exist.

For young people to ride and race bikes in Ireland is pretty rare, it's mostly a hobby for people aged 40+, but that demographic is shifting, slowly. For example, I only know two other Irish people under 30 who races bikes. Another difference is the inclusion of a coffee stop; at home I would almost never do a group ride that doesn't involve a stop. Here it's far more rare which is sad but, considering the quality of your coffee, quite understandable. Also bread. In Ireland before a race you'll see cereal bars, bananas, gels, pasta, coffee. Here everyone takes out their plastic bag full of sliced bread or krentenbollen and gets to work. Your national commitment to carrying loaves of bread with you is truly impressive.



You're vegan; do you have dietary specialities to consume the required energy for your triathlons?

Not really, I think your body's pretty good at telling you when you need to eat more and your tastes kind of adapt to foods that work for your needs. I eat a lot (a lot) of oats and bananas. But my triathlons are pretty short (1 or 2 hours) so the energy need isn't much different to a typical bike race.

Could you give us your best recipe for a healthy energetic cake?

I'm not a great person for cakes or recipes in general, but I can make some decent flapjacks if the mood takes me. This recipe works best when you're at your parents' house and you can raid the cupboards to find interesting ingredients that you, as a poor student, would never actually buy (unless you're Julie and you buy things like organic soy kwark, but hey, Julie's not even going to read this recipe in case she accidentally ingests a carb in the process):

Put a big saucepan on a very low heat and melt 2 tablespoons of coconut oil. Dump in a generous amount of brown sugar and two tablespoons of golden syrup. Rub a little coconut oil around a large baking tray and turn on the oven (about 180C). Keep stirring it until the sugar dissolves into the oil but watch that it doesn't burn. In a big bowl mix oats (350-500g), nuts and seeds (whatever you find, sunflower seeds and cashews work well), dried fruit (raisins or fancier stuff like cranberries if you have them) and 50-80g of ground almond or desiccated coconut. Stir the dry mixture with a wooden spoon and add a generous amount of salt (if the nuts were salted already bear this in mind, but the little kick of saltiness is perfect with the sweetness when you're out on a ride). Sprinkle some cinnamon on top (if you add it before all the

stirring it'll all drop to the bottom). Now start gradually adding the dry mix to the saucepan (not the other way around), stirring all the time. Keep going until the mixture is barely holding together and some little bits are breaking off. Stop when the consistency is right, not when all the oats have been added. If you need more just add normal oats, if you need less: gefeliciteerd, you just made spare muesli. Pack the mix into the tray (really press it down, but make sure they're still a nice 20mm thick (this might mean only using half of the tray space). Pop them in the oven and watch them like a hawk until they're golden and just starting to brown at the edges. It's better to undercook them then over-, one burnt raisin and you'll never forgive yourself (equally if you burned the sugar earlier throw it out, attempts at salvation are futile). Take them out and let them cool in the tray, but cut them into back-pocket sized slabs while they're still warm or they'll explode all over the place and you may break one of your family's much loved and oldest chopping knives.... :L sorry dad.



Conor and Alger right after finishing studentcup Utrecht

Hellingproof BBQ

Yesterday the already famous Hellingproof BBQ was organised by the activity committee. At Hoevestein there was only good food in the form of non-vegetarian meat. Also some more environmental friendly paprika and champignons were present. It was the first edition where we combined the event with ice skaters of IJzersterk, which was nice.



Part of the 'gezelligheid'. And Bas, your jacket is in your hands

Bart Hellingproved (yes we know it's a bad joke) to be one of the best cooks when it comes to turning some sausages upside down on the BBQ. Julie made sure that everyone consumed enough vegetables, salads and pear ice cream, while Bas made sure he provided enough drinks to himself. That combination created one of the most balanced diets there ever was in the rich Hellingproof food history. Unfortunately there was one certain person complaining that there was no peanut butter to put on his bread (hint for you: it was the guy that does some walking, and also makes pictures during the races and trainings camps).

The atmosphere was nice and relaxed, even though the sun did not shine for a millisecond. Strong stories were (re)told and new stories were created. Evidence of the new stories in the form of

video material is also available. New ideas were raised and we hope they will come alive soon. One of the best ideas of the evening was to organise an 'integration diner' between IJzersterkers and Hellingproofs. Call it integration, call it dating, whatever it is, it is a good idea.



With people like this of course it was a successful BBQ

When the evening proceeded the stories became more strange, namely Julie her car became an important part of some stories. We also wonder if Bas has found his jacket already, or if he is still searching for it around Hoevestein while calling random people on his phone...

Sprint and time trial classifications

At the latest time trial on The Dike the number of competitors was a on the lower side. However, the people that were there made it a nice battle for victory. The strong and scary 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.

Niels won the fourth time trial as the leader of the competition, Bas became second again, and 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.

Hellingproof ladies		
Number	Rider	Points
1	Susan	14.2
2	Vera	13
3	Els	11.1
4	Linda	5.1
5	Ymke	4

Hellingproof men		
Number	Rider	Points
1	Niels	26.4
2	Bas	18
3	Tjalle	13
4	Robin	13
5	Thijs	11

This year it is difficult for the women to take points since they often compete against male riders. Despite this Vera was able to get the win in the last Wednesday training!! She is now second in the rankings.

Although Bart did not win the two latest sprints, he is still in the leading position, just in front of Robin. Luuk climbed up to third place, furthermore Bas and Gijs both took some points and are stable in the top-5 rankings. Both rankings are now:

Hellingproof ladies		
Number	Rider	Points
1	Linda	17.1
2	Vera	9.1
3	Els	7.1
4	Susan	4
5	Heleen	3

Hellingproof men		
Number	Rider	Points
1	Bart	29.4
2	Robin	27.2
3	Luuk	22.2
4	Bas	17.1
5	Gijs	15

Prizes for the top-3!!

At the end of the season, when we finish our training period around October, the classifications will be made up. For the top-3 in each category there are prizes provided by our sponsor Profile Roel Peerenboom.

Sigrid was in Congo

Last week Harmen was in Congo for a cycling race. Despite he is a licensed bus driver, he had no difficulties riding on the hilly terrain. He even made it in the breakaway on the first day and managed to wave at the camera. We have heard his happiness was probably due to the fact that he had a picture of Sigrid taped onto his bike. We can see a new summer trend appearing for the Hellingproofs...provide your bike with a picture of Sigrid. You can always ask Harmen for pictures via email. Sadly on the last day Harmen had a bad crash, so his beloved bike is now in repair. But, it's gonna be ok with him, Sigrid and the bike.

Budget committee approves Hellingproof budget

By Luuk: The budget committee approved the budget of the year 2015-2016. During a diner at 21-03-2017, without icecream, but with coffee, dried cow, the budget was checked. Some things were unclear, especially about the student cup in Ede



from 2016. It appeared that this was due to some cash money that was hard to trace back. Recommendations: treasurer should always have a booklet for the cash payments. Furthermore the debits from the last years should be removed from the budget, since it is not likely they will be received.

The conclusion is that the financial status of our club is looking good, we hope that this will continue in the coming years.

Saturday movie: Les Triplettes de Belleville

Tomorrow (Saturday 1 July) the movie Les Triplettes de Belleville is showed in the Heerenstraat Theater. Live music by three musicians replaces the sound of the movie. Start is at 19:45, more information can be found at [HERE](#) (in Dutch).

Have a nice holiday

There is nothing more to say then wish you a nice holiday! Keep on cycling together whenever possible and enjoy your moments on the bike.

-Niels and Robin

