



Cycling mail 2 – Year 4

5 December 2016

First things first...

Last edition we warned you for this, the newsletter will be in English from now on! We hope you will still enjoy reading the 'new' Hellingproof cycling mail.

Sinterklaas comes to Hellingproof!

Specially for Hellingproof Sinterklaas will stay one more day in the cold Netherlands, before taking the boat back to his warm and comfortable house in Spain. Tomorrow evening (6th of December) around 19:30 he will visit us at Dreijenplein 2A and will leave around 22:30. There will be a fun game which involves unwrapping presents. Therefore everyone should bring 1-2 wrapped gifts (with a total value of around 5 euros). Other than that there will be some typical snacks and drinks and of course an amazing atmosphere.



This figure represents some of the typical snacks available. Choose your snacks wisely and create a proper base for the spinning training on Wednesday. The given KCal corresponds with 100 grams of this tasty snack (source: b-young)

Activities

Club

Spinning training **17:15-18:30** spinninghall Sports Centre de Bongerd (you can join until 17:30 as long as there are bikes available)¹

Training at Sports Centre de Bongerd

Mountain biking: Thursday **14:00-16:00**²

Other tours/races

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

NSK cyclocross: Sunday 29 January 2017 in Tilburg. See the (Dutch) [website](#) for more information

Sinterklaas Evening

Tuesday 6th of December **19:30-22:30**. Check the Hellingproof members Facebook for more information

¹ Signing up is not necessary

² For this activity you have to sign up via the [SITE/App](#) of Sports Centre de Bongerd

Have you been nice to your fellow Hellingproofers last year, or not? It might just happen that you have to crawl into the empty presents bag and take the boat back to Spain. Do you still want to join? You can sign up via the WSWV Hellingproof members group on Facebook or by sending an e-mail to us.

Tip from the authors: Tomorrow probably the typical snacks will be on sale in the stores. Don't miss this opportunity and buy more for the same price...as we like to say: more snacks is more better.



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WANTED dead or alive! People for the committees

Last newsletter we already asked if there are people interested in joining one of our committees, but the response was low. The following committees are active:

- Activity committee
- Mountainbike committee
- NSK committee
- Sponsor/communication committee

Do you want to join one of the committees? Let it know by sending an e-mail to wielrenners.wageningen@gmail.com, or talk to one of the committee members!

Sports rights

Are you a Hellingproof member, but not in possession of sports rights? We kindly ask you to purchase these via the [website](#) of SC de Bongerd. First of all, because it is obligatory if you want to be a Hellingproof member, and secondly because the training hours will be granted to all student sport clubs in January. This will be done by checking the number of members that have sport rights. So, if you know someone who is not a Hellingproof member yet, make sure they contact us or sign up before the end of 2016... it is important for our training hours!



Spinning and core/strength training

Last two weeks almost all spinning bikes were occupied. Keep up the good work! It is still possible to join the spinning training at Sports Centre de Bongerd. You can start pedalling at 17:15 and join until 17:30 as long as there is enough place.

Finally we can give you more information regarding core/strength training. From January (after the holidays) there will be a possibility to participate a course of four weekly sessions. You learn how to improve your core stability and strength, when the course is finished you should be able to maintain it by yourself.



Initially twelve spots are available, and if you sign up it is required to follow all four sessions! The only huge disadvantage is the timeslot of these sessions. They will be held on Wednesday from 18:00-19:00. Unfortunately this is overlapping with the spinning training, therefore it is not going to be possible to join both. You can join by sending an e-mail to us.

GNSK 2018

In 2018 Wageningen will organize the GNSK. Therefore Thymos is looking for an organizing board that is active in the study year 2017/2018. There is an information evening at 20:00 on the 23th of January (exact location unknown). For more information you can contact Thymos.



Interview with...

This week an interview with our treasurer Alger.

Name: Alger Jorritsma

Age: 20

Where do you originate from?

I grew up in the north of the country, in Sint Nicolaasga (St. Nyk in Frisian), a little village in the beautiful province of Friesland (Fryslân).

What is your current study or work?

Biology

What kind of bicycles do you use?

I ride a Giant TCR. Besides that, I use my grandmothers Batavus (an heirloom) and I can cycle on a unicycle.

When did you start cycling?

I started cycling 6 years ago. Actually the main sport was ice skating back then, but as we all know there is no ice in the summer (at least not ice which you can skate on). So we had to do something else in those warm months. Inline skating, running and cycling were the options. At first I practiced all three of them, but later only running and cycling. In addition to the training, I cycled through Friesland and we went to Limburg on vacation a few times to climb the Dutch 'mountains'. I had started to like cycling very much this way, so when I moved to Wageningen I decided to make cycling the main sport.

What are your hobbies besides cycling?

Besides cycling I still like ice skating (but according to some people that has something to do with

Frisian genetics). I also like to read and to draw/paint.

What is your greatest cycling experience?

I think that honour goes to the first time I cycled the Elfstedentocht. We were unlucky to have to start in group 21 (one of the last groups). It is super busy then in all of the 'cities' and you have to pass a lot of people. But what makes it so nice, is the whole atmosphere around it; along the whole route are people encouraging you and everywhere you come is music. It is one of the few times people shout at cyclists because they are happy with you. Another advantage of starting so late is that you see all the crazy people: a 70-year-old man on a normal bike cycling 'de tocht' for the 60th time, lunatics on tandems who carry the weirdest things with them. Despite the rain, it was a great experience.

What comes close is the NSK 2016. I had always been doing races on the ice, but never on the road. The NSK was my first cycling-race and I really enjoyed it.

It appears that you have a lot of nicknames, can you give some examples, and how these were created?

Algeria: I actually don't know where this one came from, I guess it is just cool that there is a country with my name. Funny fact is that the government of Algeria is in war with a people called the Berbers (my sisters name is Berber).

Algebra: When I say something that is considered smart, some of my friends call me this.

Walger: Studying Biology means that you have to cut in dead animals sometimes. I don't care, but some people think it is nasty. So, for example, when I pull out the intestine of some animal they call me Walger, although it actually refers to them.



New next year! KNWU-license and basic membership via Hellingproof

Coming cycling season Hellingproof joins the collaboration of the SWN regarding KNWU-licenses and basic memberships. This means you can purchase one of these via Hellingproof.

KNWU-license

Do you want to be a regular racer in the beautiful Hellingproof kit, then you can opt for a KNWU racing license. You can choose between the categories 'Amateur' or 'Sportklasse' and you can participate in official races throughout the Netherlands. Furthermore you can ride the student races in the category 'licentiehouders'. If you purchase a KNWU-license, the basic membership is included.

Basic membership

With the basic membership you can participate all student races in the category 'niet licentiehouders'. Besides that you can start at so called 'Fun races' in the Netherlands and at the training races in Papendal. Furthermore you can get discount at KNWU-events and cycling tours.



Are you interested in the KNWU-license or the basic membership? Send us an e-mail with your preferences or questions, or talk to one of the board members.

Co-operation SWN and KNWU

From the season of 2017 the SWN and KNWU start a co-operation for a development team. In this team not only riders will be trained, but also staff like trainers, soigneurs, mechanics and so on. The KNWU will support by setting up a sponsor plan and creating connections for example. The idea is that the development team starts racing in 2018. Therefore the SWN is searching for students who like to join this unique committee that starts the preparations in 2017.

Besides the committee, there will be possibilities to do an internship at the KNWU from the beginning of 2017. Are you interested in either the committee or the internship, contact us or directly contact the SWN!

Niels goes on a cycling adventure in Madagascar (without Caddy)

For the coming two weeks Niels will be in Madagascar for a 10-day stage race. The race will start with a prologue of 3 km, while the other stages will be hard with a lot of climbing. Luckily Niels is not a 'busschauffeur' member, what can help him during these climbs. If Niels has proper internet connection, he will keep us up to date from his adventures and results in this amazing country. Unfortunately Madagascar was a bit too much for a ride with his caddy, but Niels is thinking of going back by bike or paddle boat.



Free coffee or tea at Ruurd

In the Hellingproof WhatsApp group Ruurd advertised for free coffee or tea. You only have to cycle to Ede, but you can combine that with a training ride. Oh and if you need a bed...you can pick that up for free as well (bed base and mattress included). You can contact Ruurd for the free coffee or tea.



Tea and pies

Are you looking for the best way to start a conversation with your crush of Hellingproof? Use the Tea and pie questions during cycling training! (The training schedule is stated on the first page of this newsletter or at the [website](#)). This week we have the following question:



Sigrid: I called Ski centrum Bottrop. We went skiing with Thymos but we didn't how to get to the parking with our touring bus. It was dark and the driver hit something on a narrow mountain road without lights. So all girls were screaming... and I wanted to save us all. However, the ski centrum didn't answer.

Els: I called Allan last Friday to talk about board business.

Bas: my parents.

Renee: Our moms.

Ruben de Vries: Harold, a good friend of mine.

Martine gives advice

Back in this cycling mail: Martine gives advice! This time Martine received a panic message from one of our Hellingproof Horny Deer.

Dear Martine,

A while ago I had a problem which I didn't know how to solve, that is why I send you this email. What should I do next time when I forget my sports bra and planned to go to a cycling spinning session and a pub quiz afterwards? I sweat a lot during training (like guys do) and I wanted to wear a nice tight shirt to flirt with handsome guys during the pub quiz ;).

Female anonymous



Dear Female anonymous,

This is quite a problem! However, I think you can tackle this problem in several ways:

- Not wear the bra during sports, so you have a clean bra for during the pub quiz
- Not wear the bra during the pub quiz... flirting guaranteed!
- Use your bra during sports and clean it during showering and use the hair blower to dry it properly
- Use your bra during sports and hang it under the hair blower to dry during showering. In this way, there is more time to dry your bra properly. I would also recommend to use some perfume to get rid of the sweat smell in your bra
- Change your believes and not wear bras at all

Greetings, Martine

