



Cycling mail 14 – Year 5

6 July 2018

W.S.W.V. HELLINGPROOF

Time for vacation

This is the last cycling mail before the summer holidays. We had some great activities during the last weeks like the GNSK, Thymos sports night and the famous Hellingproof BBQ, unfortunately you have to wait until September for new activities. Luckily you don't have to be at the university the whole day and you cycle as much as you want! In this cycling mail we recap on the activities from the last weeks and give you some tips on what to do during your vacation. If you're going on vacation the coming days, you can read this cycling mail in the car or air plane so you don't get bored.

GNSK in Wageningen

At the start of this year a committee was formed to organise the best cycling race ever. Almost a year later, on June 8, 9, and 10 the result of their hard work was finally revealed to the world.



The GNSK committee

Activities

Saturday 07 July - Sunday 02 September: VACATION!

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

This started off with a team time trial in the Binnenveld. Although the track was already nice, the committee managed to provide a whole extra dimension by making the participants cycle under the oak processionary caterpillar. People loved this element of danger, judging from the amount of reactions we got about it the next day. The Hellingproof women's team rode a decent race and ended 4th out of 7 teams, they worked well together as a team. The men won with a 30 second margin over De Domrenner, who finished second.



The men during the team time trial.

After the Team time trial we moved to the campus for an entertaining sprintcup. Els, Ehlana and Imke did the women sprints and Bart, Erik and Robin did the men sprint. Els managed to get to the second round after an intermediate round, Ehlana and Imke were less fortunate. Robin and Erik also didn't make it to the second round. Luckily our "dikke sprinter" Bart was in great shape and became second behind a "dikke sprinter" who was also named Bart, if you want your future children to become sprinters you should probably name them Bart.



Bart losing from Bart (or Bart winning from Bart?)

On Sunday a lot of people had to wake up very early to prepare the course of the Wageningse Wielermuur for some exciting racing. The women started off with an individual time trial over 2 laps of the course (4,4km). Susan was the fastest women with only one second between her and second place. Anouk finished 8th and Sigrid 13th. With these results, the women were the second best team on time trail. The men's time trial was also won by a hellingprof. Niels was 3 seconds faster than the rider in second place, who was coincidentally also called Niels. So if you want your future children to be good time trailist, you should name him Niels. Tjalle finished in 4th and Bas in 14th place. Only the road race was left, and again the women had to start first. This race really showed how tough the course of the

Wageningse Wielermuur is, right from the start the peloton broke to pieces, with Susan and Anouk at the front of the first group. One women from Nijmegen, who was second in the time trial, managed to escape the front group and her teammates were marking the counter attacks from Susan. But eventually Susan could ride away on the climb, it was however too late to compete for victory and she became second. Imke finished in 15th place ,Sigrid in 18th place and Ehlana 22nd. Although Anouk rode really strong, she did not finish because first she almost crashed and then she also had a puncture. The women team finished 4th out of 8 in the overall classification, which showed great improvement from last year. Now only the men's road race was left, chances for Hellingproof were high, with the Domrenner from Utrecht as biggest rivals. The hellingprofs tried to force a breakaway, but there was always a rider from the Domrenner on their wheel. Eventually a break of four was formed. Tjalle was part of this break and there was no Domrenner. On the last ascent of the Wielermuur Tjalle could not follow the acceleration of his breakaway companions and the sprinting peloton was coming close. Luckily the best sprinter in the peloton was Bart and he was the only one passing Tjalle before the finish line. Bart, Tjalle and Niels ended up 4th,5th and 6th. Bas and Robin were 18th and 20th meaning that they also scored some points for the overall ranking and Erik became 24th. These results meant that we won the GNSK! A huge thanks for the committee, the volunteers, riders and supporters for making this amazing event possible!



The full Hellingproof team of the GNSK



Due to the success on the road we almost forgot to mention that Julie won the triathlon!

MTB clinic

On Tuesday 12 June, Kjell van den Boogert came to Wageningen to teach a group of 10 Hellingproofs some bike handling skills on the mountain bike. We started off at the local pump track in Wageningen. Kjell used it to assess our skills in order to see what we already could do and what aspects we could still improve on. After seeing Robin's impressive wheelie, he agreed to take us to "Wild Dukes bike park".



At the end of the day all bikes were still in one piece.

You can visit their website to get an impression of what you can do there at:

<http://www.wilddukes.nl/>. Two of the hellingprofs attending the clinic (and Niels) were going to ride the Bartje 200, a 200km long mountain bike race in Drenthe. Susan had an amazing ride and managed to get a 3rd place.



Susan on the 3rd step of the podium.

Thumos sportsnight

Winning the sportsnight was high on the Hellingproof list of goals this year. So everything had to be done to achieve this goal and finally fill the gap in our list of prizes. To increase our chances on winning the sportsnight this year we did not enter the competition with one team, but with two teams. This appeared to be an excellent strategy, because since the team 'hete hellingprofs 83' weakened the opponents with their charm and overwhelming sexiness, team 'hete hellingprofs 1' could easily and precisely eliminate them one by one. After rounds of living table football, glow in the dark basketball, camping volleyball, hide and seek in the dark, archery tag, and more, this resulted in a nice place in the final for hete hellingprofs 1. To reach the final only five hellingprofs (actually 3+2 occasional ones) had been enough. However, in the final we decided to bundle the forces and supplement team 1 with members of team 83, thereby reuniting the indestructible secret weapon Niels & Robin. But our opponents appeared to be too strong and thus we ended up on a fourth place. Experts hypothesise that after winning the USA sports day a curse will rest upon you. As evidence they put forward that nobody has ever won the USA sports day and another Thymos event after that.

However, this year we ended one place higher than last year at the sports night. This made us have a deeper look on the available data, and we spotted a clear trend. As can be seen in the graph (figure 1) there is an obvious correlation between the number of teams we compete with and our end result in the general classification. In the form of a formula this makes: $P = -N + 6$ in which P is the place in the classification and N the number of teams. Extrapolating this data reveals

that entering the competition with the number of 5 teams will almost guarantee the first place. However, considering an exponential model the equation we get is $P = 6,25e^{-0,223N}$. Then we would need at least 7 teams.

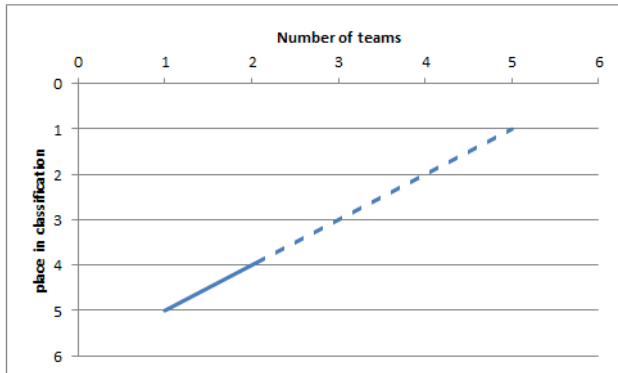


Figure 1: Correlation between number of teams and place in classification.

Hellingproof BBQ

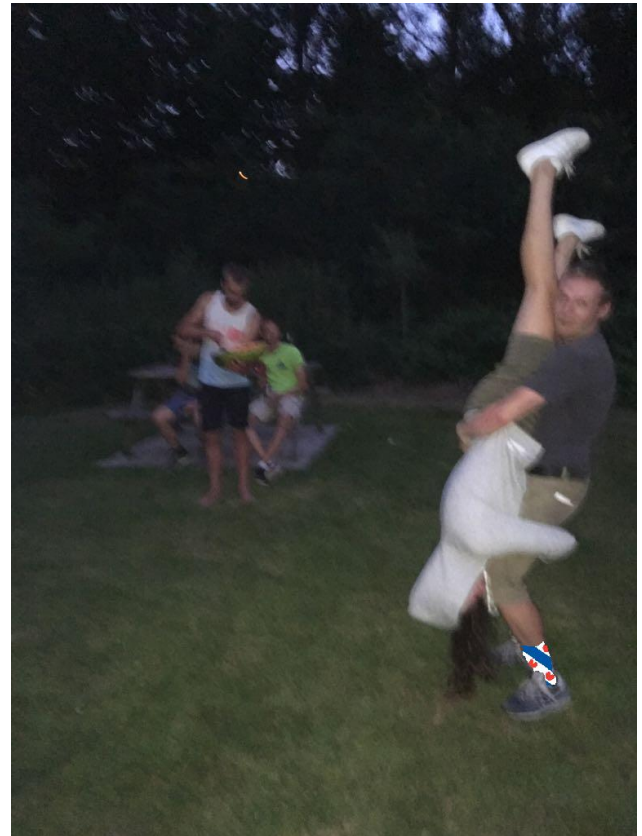
Last Thursday the activity commission organised the notorious Hellingproof end of the year BBQ. A group of 21 hellingproofs gathered at Hoeverstein to enjoy some nice meat and salads in perfect weather conditions. One of the salads was based around a giant watermelon.



Look at the size of that thing!

Although the activity commission provided plenty of food and drinks, the goat meat Harmen brought with him was one of the highlights of the evening. When all food was consumed (except for

the watermelon, we didn't even ate half of it by that point), a game of football was played in lines of the FIA world cup. Several hellingproofs used to play football before they discovered cycling. However, it was clear that this was a long time ago since some people had forgotten the rules and thought they were playing rugby. All in all it was a great BBQ and nobody forgot their jacket.



One of the last pictures taken that night and Bart is still eating the first half of the watermelon.

Studentcup Utrecht

Last weekend a lot of Hellingprofs went to Utrecht to race in the heart of this city: De ronde van het Wilhelminapark (studentcup Utrecht). Cycling to Utrecht in the sunny weather already made it a nice day, but it would even become a lot nicer. The first to ride were the men without licence. 6 hellingprofs were at the start, of which Jeroen did his first cycling race ever. This race immediately started with a high pace, which continued to be high. When the leader of the general classification appeared to have a bad day, the way was cleared for Robin to take over the first position. Unfortunately Jetze had to abandon the race early because he did not feel well and Paul and Jeroen cycled behind the peloton. But Gijs and Alger did their best to help their big leader to achieve his goal. Unfortunately they were not able to be there for him in the final laps. However, Robin was capable of getting in the ideal sprint position himself. But overconfident as he was, Robin decided that finishing solo would be more beautiful than winning the peloton sprint. Eventually he thus became 5th, a result with which he did take the leader's jersey. With only a few races to come and with the numbers 2 and 3 only a few points behind, the fight for the win of this year's studentcup competition will be very exciting. In the women's race only Sigrid started. But although only one hellingprof was present in the peloton, the Hellingproof green was very well visible. Leading the peloton, Sigrid made the others scream for their mothers. Unfortunately she was not able to follow the barrage of demarages that followed and finished outside the peloton.



Sigrid waving on the front of the peloton.

The showpiece of the day still had to be created however. Tjalle and Niels decided to make the race for the men with licence a couple time trial. In the beginning of the race they escaped the peloton and they were never seen again. They managed to keep the gap at approximately 30 seconds, with Harmen and Bart doing their best to slow down the peloton. Together, Niels and Tjalle delivered a masterpiece, an example for all hellingprofs. The thrillingly exciting final sprint was eventually narrowly won by Tjalle. Supplemented

with a barbeque after the race this was a very successful day.



Tjalle and Niels were sprinting for the win.

NSK time trial

Finally you get the chance again to test how fast you can really cycle in a race against the clock. Our sister association De Domrenner will organise the NSK timetrail in Utrecht this year, on August 26. You can spend your whole vacation on training for it. Unfortunately it is not yet sure whether the track will be available and thus whether it can really be organised, so keep an eye on the SWN Facebook page for the official announcement.

Photo competition

This week there is no caption competition, because the next cycling mail will be issued after the summer holidays. Therefore we hereby announce the holiday photo competition. The only thing you have to do is take a photo of yourself (or let someone else take a photo) while you are wearing your Hellingproof jersey during a bike ride this summer. It doesn't have to be a while somewhere in an exotic country, as long as you ride your bike and wear your Hellingproof jersey. You can send in your photos to our mail (after the holiday we will remind you to send in your photos, so don't worry about it and enjoy your vacation) and we will choose a winner who will get an amazing price!

AID

Do you like to make people enthusiastic about cycling? Then standing at our stall at the AID sports market must be your dream. Handing out the beloved hellingproof stroopwafels and green lemonade you can tell all the new students how great cycling is. The sports market will be on Sunday August 19. If you are interested to help, please send us an e-mail.

Classifications

Here is an overview of the standings in the classifications of all individuals. Take a good look, to see in which classification you can still gain some places so you can train on that during the vacation.

Sprint classification		
#	Name	Points
1	Bart	32,5
2	Niels	16,2
3	Luuk	11,1
4	Tjalle	11
5	Jetze	11
6	Rutger	10
7	Harmen	9
8	Wim	9
9	Roeland	9
10	Thijs	9
11	Robin	8
12	Max	8
13	Alger	8
14	Gijs	7
15	Filip	6
16	Jonas	6
17	Martijn	6
18	Stijn	5,1
19	Bas	5,1
20	Rik	5
21	Gerben	4
22	Thiemen	3
23	Erik	3
24	Jeroen	2
25	Jorn	2
26	Jesper	1

Bart is still the leader in the sprint classification, but Niels has come a lot closer (although he still has only of the points of Bart). The last sprint before the

holiday was declared invalid because too many riders were sprinting on the left side of the road.

Sprint classification		
#	Name	Points
1	Paula	9
2	Els	7
3	Sonja	3
4	Susan	2
5	Anouk	2
6	Ehlana	2
7	Vera P	2
8	Vera W	1
9	Manouk	1
10	Imke	1

In the women category Paula has taken over the lead from Els, but the difference is only 2 points, so they can both still win. However, both of them often have to sprint in the first group and they still haven't scored points in the first group so maybe someone from the second or third group can still win.

Time trail classification		
#	Name	Points
1	Tjalle	16,2
2	Harmen	13
3	Stijn	12
4	Gijs	11
5	Bas	9,1
6	Erik	7
7	Bart	5
8	Robin	4
9	Rutger	4
10	Wieger	4
11	Max	3
12	Martijn	3
13	Filip	2

14	Alger	2
15	Jeroen	2
16	Jesper	2

Tjalle has taken over the lead in the men time trial classification and Gijs is also moving closer to the podium

Time trial classification		
#	Name ♀	Points
1	Els	13,1
2	Sigrid	10,2
3	Vera	6
4	Myrthe	3

Time trailing does not seem to be the favourite part of cycling among the female hellingproofs. This has been an advantage for Els, since she participated in every time trial. Sigrid is still challenging her, but she could only gain 1,1 point on Els the last two time trails.

KoM classification		
#	Name ♂	Points
1	Max	7,1
2	Gijs	5,1
3	Luuk	4
4	Thijs	3,1
5	Bart	3,1
6	Niels	3
7	Wim	2
8	Jetze	2
9	Gerben	2
10	Robin	1

In the mountains classification Max is in the lead, closely followed by the inventor of the classification Gijs. The standings are still close to each other, so anybody has still chance to be the first winner of this classification.

QoM classification		
#	Name ♀	Points
1	Paula	12,2
2	Susan	6,2
3	Manouk	2
4	Sigrid	1
5	Ehlana	1

Besides the sprint classification, Paula is also leading in the mountain classification. The only difference is that her lead is more significant in the mountains. Her only real challenge in the classification comes from Susan, because every time Susan participates she gets the most points.

Vacation Tips

Although the summer holiday is almost there and the Hellingproof Monday and Wednesday training will restart in September, this doesn't mean that you can't have fun on your bike. You will probably have plenty of free time to ride your bike. In order to start of the training in September in the best possible way, we have composed a list of ??? things you should do or learn during the summer holiday:

1. Discover new roads

One of the best parts of cycling is the scenery during rides, but it might get boring if you ride the same road all the time. Therefore you should discover new roads. This doesn't have to be in Alps or Pyrenees, you can also do this in Wageningen. Just take a look on Strava or Google Maps and set out a route over roads that you have never ridden before or take the train to a random place in the Netherlands and find your way back to Wageningen (or your home town).

2. Push your limits

You should also try to push your limits during the summer holiday. If you only do 1.5 or 2 hour rides during the Hellingproof trainings, you should try to do a 100km ride (with compulsory coffee stop). If you don't like to ride for long distances but instead enjoy the speed of road cycling, than you should join your first race. With a KNWU basic membership you can join every "funklasse" race. You can find an overview of all funklasse race here: [KNWU](#)

3. Learn how to maintain your bike

Cycling can be an expensive sport because tyres, derailleur and braking cables etc. all wear out. If fix these mechanicals yourself you can make your life a lot easier. There are plenty of videos

explaining every technical aspect of a bike, so not knowing how to do something will not be accepted as an excuse. The only problem you could face is a lack of proper tools, but you can always ask your fellow hellingproofs if they can borrow you their tools. So next time you need to replace parts on your bicycle you should do it by yourself (If you think you are going to break everything you might want to consult a bike shop).

4. Learn some bike handling skills

Have you ever wanted to do a surplace like Bart or wheelie like Robin? If you don't feel like riding your bike the entire day or you have a rest day, you should practice bike handling skills like a surplace, doing a wheelie ,bunny hopping or just improving your cornering skills. Just like bike maintenance, there are plenty of videos that teach you how to these tricks. You don't need to go far from home to do this, you can easily practice this on your local grass field (we advice grass over asphalt for most skills due to possible crashes) or even in your garden.

DISCLAIMER: We at Hellingproof are not responsible in case of damage to either the bike or the person riding the bike.

5. Spend your money on thing you don't need

Maybe you have a summer job or you have just ridden your first funklasse race and won some prize money or your staying at your parents and thus don't spend your monthly DUO loan. Don't be sensible and save it, you should instead spend it all on every bike related item there is (even if it is no use to you). If you have enough money you should even buy a completely new bike. According to scientists the maximum number of bike can be described by the following formula:



$$n_{max} = n + 1$$

In which n is defined as the number of bikes you currently own. There are however critics who disagree. They argue that the life partner of person in question should be taken into account. So if you have a partner the formula should be changed to:

$$n_{max} = x - 1$$

In which x is the number of bikes at which your partner will leave you (If x is a very low number, you should probably reconsider your partner choice).

If you have done all five of these tips and you get bored, make yourself aware of the cycling rules which can be found here: [Cycling Rulebook](#)
Pay special attention to rules 27&28.

