



Cycling mail 10 – Year 4

19 April 2017

W.S.W.V. HELLINGPROOF

Studentcup Wageningen

At the 1st of April we organised our own student cup at the cycling track in Ede. The day started early with a lot of members that volunteered, thanks to you the organisation went smoothly. Luckily our Hellingproof member Wim was present with a camera to make beautiful [pictures](#).

In all categories a big Hellingproof squad was present. Besides that there was enough support from other Hellingproofs cheering on the line. The first category at the start were the men without license. For Hellingproof Alger, Bart, Bram, Jorn, Martijn and Thijs were present.



Smiling faces at the start, and Bram checking if Strava on his phone is on

Just after some minutes in the race rain started dripping down on the track. It immediately became slippery due to the sharp corners. Alger was the first victim and crashed in one of the corners.

In the epic conditions the peloton got smaller and smaller. In the meantime Bram had a moment of brightness and discovered his phone was probably not water proof. He stopped at the jury table, dropped his phone and continued 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.

Lecture nutrition **24th of April**. See [Facebook](#).
Diner at Jora **26th of April**.

Training at Sports Centre the Bongerd

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

Other tours/races

Student cup Amsterdam: **Saturday 22th of April**. Sign in via their [website](#), or check the [Facebook event](#).

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



Attacking one Hellingproof at the time: perfect team effort

Bram managed to chase some other riders behind the peloton and finished 11th. Martijn drove just behind the peloton in a small group of three. In the final sprint he beat the other riders and secured the 13th place. In the main peloton Bart, Jorn and Thijs managed to survive and control the race perfectly. After a super team effort Bart took the victory in the sprint, Jorn became second and Thijs just missed the podium with a 4th place. In the overall classification Bart is now first, and Thijs second.



Victory for Bart, Jorn second and Thijs fourth

After this race it was time for the women's race. Again Hellingproof had a nice squad, now with: Els, Sigrid, Susan and Vera. The conditions were still harsh and the peloton immediately got divided into smaller groups.

Unfortunately Sigrid had a crash in one of the sharp corners. Els and Vera rode strong. They both rode in smaller groups, Vera ended up at a nice 12th place and Els managed to make it into the top-10 with her 10th place.



Els going strong in the race

In the main peloton Susan survived and looked very strong. In the mass sprint she was able to conquer the second place in the race! With this podium place, she is now also the leader in the overall classification.



Susan on the podium!

Finally the men with license had to start their race. For Hellingproof Gijs, Robin, Ruben and Tjalle made it at the start line. Just 15 seconds after the start promptly Niels was there as well. This Hellingproof had a flat tire just before the start and missed it! Luckily the astonished jury was not too hard and gave him half a lap compensation.

The track was still slippery, resulting in a decimated peloton right from the start. Niels, Ruben and Tjalle were immediately at the front. After a few laps Niels found out he did not have his pre-race coffee, so decided to get off and make coffee for himself and the spectators.



Niels and Ruben at the front of the peloton

The peloton fell apart in three smaller groups: Ruben in the first group, Robin and Tjalle in the third group. Gijs raced just behind these groups

and finished at a well-deserved 16th place. In the breakaway group Ruben looked very strong, spectators were already speculating about a Hellingproof on the podium in all categories. Unfortunately Ruben had a crash and was forced to leave the race. Robin and Tjalle were still racing for place 9 in the race. In the sprint of their group Tjalle finished 11th and Robin 12th.

Overall the sportive performances were super high! Due to this, Hellingproof is now the leader in the team classification!!

Studentencup Klassemment 2017

| # Vereniging | Koersen | | | | | | | | | | | | TOTAAL | Zeges |
|------------------------|---------|----|----|----|------|----|----|----|---|--|--|--|--------|-------|
| | 1 | | | | 2 | | | | 3 | | | | | |
| 1 WSWV Hellingproof | 35,1 | 28 | 21 | 10 | 25,1 | 20 | 20 | 10 | | | | | 169,2 | 2 |
| 2 NSWV Mercurius | 25 | 23 | 19 | 10 | 35,1 | 28 | 16 | 10 | | | | | 166,1 | 1 |
| 3 USWV De Domrenner | 35,1 | 19 | 13 | 10 | 23 | 18 | 8 | 10 | | | | | 136,1 | 1 |
| 4 MSWV Dutch Mountains | 31 | 20 | 18 | 10 | 31 | 5 | 5 | 10 | | | | | 130 | |
| 5 DWV Klein Verzet | 23 | 17 | 5 | 10 | 25,1 | 17 | 16 | 10 | | | | | 123 | 1 |
| 6 ESWV Squadra Veloce | 31 | 18 | 16 | 10 | 11 | 11 | 5 | 10 | | | | | 112 | |
| 7 WTOS Delft | 25,1 | 15 | 15 | 10 | 16 | 7 | | 10 | | | | | 98,1 | 1 |
| 8 ASSWSV SKITS | 13 | 9 | 5 | 10 | 19 | 13 | 13 | 10 | | | | | 92 | |
| 9 TSWV De Meet | 16 | 10 | 5 | 10 | 10 | 9 | 8 | 10 | | | | | 78 | |

Hellingproof #1 in the overall team classification!

After the successful day we had some 'patat' and beer/wine for perfect recovery. Finally we would like to thank everyone who helped in the preparation and during the day, without you it would not have been possible!



It were the spectators who won today!

Julie Wageningen sports women of the year!

Last Tuesday the Thymos sports gala took place. For Hellingproof Julie was nominated in the category sports women of the year, while Bart and Niels were nominated in the category sports man of the year. Just as previous year Julie got most of the votes and could defend her title!!! Congratulations Julie! Bart and last year's winner Niels unfortunately did not win the title, but Hellingproof was again visible in Wageningen.

Studentcup Amsterdam

Coming Saturday 22th of April the third race will take place, this time in Amsterdam. Can Hellingproof defend the first place in the team overall?

Sign in via their [website](#). For more information you can also check the [Facebook event](#) (both of them are in Dutch). You can sign in until 20th of October 23:59. After the last race it is possible to join for diner. Participation costs are €5, so do not forget to take cash.

The program:

Men without license - 13:00 (60 min. + 3 rounds)
Ladies - 14:30 (50 min. + 3 rounds)
Men with license - 15:50 (75 min. + 3 rounds)

Interview with...

This week we had an interview with our trainer Casper.

Name:

Casper Helling

Age:

44

Where do you originate from?

Arnhem.

What kind of activities do you perform at the Bongerd?

Cycling, mountain biking, indoor biking, ice speed skating, inline skating, skating, Bosu, and bootcamp.

How long have you been sports trainer?

Around 20 years ago I've started giving skating lessons in Amsterdam. That was during my study.

What kind of bicycles do you use?

Mainly my roadbike and mountainbike, but at home we've many bikes: city bikes, monocycle, tandem, fixie, and kids bikes.

When did you start cycling?

Around 16 years old.

What are your hobbies besides cycling?

Other sports, like (trail)running and skating. Furthermore listening to music and I've just started guitar lessons with my son.

What is your greatest experience regarding sports (cycling or something else)?

There are so many in my sports life, so that is hard to choose. Like the 220k-stage in the Goby desert in the Tour of China. Or the Alternative Elfstedentocht (200k skating) in Japan, were I became second as an unexperienced rider. Or the project to beat the World hour record speed skating in Salt Lake City.

Dinner at Jora

On the 26th of April we are invited to have dinner at Jora her place, right after the Wednesday training (so around 20:00/20:15 if you're not going to the training). We wonder what she will cook this time. Previous times the food was delicious. If you want to join this feast, can you bring €3 in cash as

compensation. The address of this feast meal is Nobelweg 136.

Lecture about nutrition and sports

Are you interested in nutrition and sports (or sandwiches with peanutbutter)? On Monday 24th of April Thymos organizes a lecture. More information can be found on the [Facebook event](#).

This lecture is right after the Monday training. We can bring our bikes in the Bongerd and some food (bananas) will be provided during the lecture as well.

Volunteers WANTED!

NSK Time Trial 2017

WANTED...VOLUNTEERS!



Dutch Student Championships Time Trial 2017

Enthusiastic volunteers wanted:

- Jury members
- Podium miss/mister
- Traffic controller
- Speaker
- Regular help

Saturday 13 May 2017 8:00 – 17:00

Location: Binnenveld in Wageningen (Kanaalweg)

Would you like to support this unique event during (a part of) the day? Send an e-mail to wielrenners.wageningen@gmail.com

wielrenners.wageningen@gmail.com, www.wswv-hellingproof.nl

Sprint and time trial classifications

Last week we had the prologue to kick-off the time trials of this year. At the ladies Linda won the time trial just before Susan. Els and Vera became 3rd and 4th. In the men Niels claimed the victory, before Bas and Thijs. Here you can see the overall:

| Name | Points |
|-------|--------|
| Linda | 5,1 |
| Susan | 4 |
| Els | 3 |
| Vera | 2 |

| Name | Points |
|---------|--------|
| Niels | 6,1 |
| Bas | 5 |
| Thijs | 4 |
| Tjalle | 3 |
| Zebulon | 2 |
| Robin | 2 |
| Joris | 2 |
| Martijn | 2 |

After three sprints on Wednesday the overall classifications are as follows for the ladies:

| Name | 29-3-2017 | 5-4-2017 | 12-4-2017 | Total |
|-------|-----------|----------|-----------|-------|
| Susan | | | 2 | 2 |
| Linda | 1 | | 1 | 2 |
| Els | | 1 | | 1 |

And for the men:

| Name | 29-3-2017 | 5-4-2017 | 12-4-2017 | Total |
|--------|-----------|----------|-----------|-------|
| Bart | 3 | 5,1 | 5,1 | 13,2 |
| Bas | 5,1 | 2 | 3 | 10,1 |
| Robin | 3 | 3 | | 6 |
| Bram | 2 | 1 | | 3 |
| Alger | | | 3 | 3 |
| Luuk | | 3 | | 3 |
| Amerik | | 1 | 2 | 3 |
| Gijs | 2 | | | 2 |
| Rutger | | 2 | | 2 |
| Tjalle | | 2 | | 2 |
| Onno | 1 | | | 1 |
| Wieger | | | 1 | 1 |

Don't forget the training tonight! After this training everything can be different again in the sprint classification.

Guess who is back?

The rumors were there already for some days, but it is official, our favorite banana man Harmen is back in the Netherlands. Tonight during the training it will be possible to talk to Harmen about his adventures. This also means there will soon be a winner of the Harmen Baas contest! We already got signals from some sources that he was still able to cycle hard during the last couple of days.