



Cycling mail 8 – Year 4

16 March 2017

W.S.W.V. HELLINGPROOF

Student cup Delft

At Saturday 25th of March the student races start again! This season opener is organised by WTOS Delft. The program:

- 13:00 Track available to ride on
- 13:45 Start ladies (50 min)
- 14:45 Start men without license (60 min)
- 16:00 Start men with license (90 min)
- 17:45 Podium ceremony and dinner

For more information you can check their [Facebook event](#), or for direct subscription click [HERE](#). You can sign up via the link until Friday 24th of March.

Student cup Wageningen

At Saturday 1 April, just one week after the opening the main race of the season is already there: STUDENT CUP WAGENINGEN, organised by the one and only Hellingproof. Her is the program for the day:

- 10:30 Track available for warming up
- 11:30 Start men without license (60 min + 5 rounds)
- 13:15 Start ladies (45 min + 5 rounds)
- 14:45 Start men with license (75 min + 5 rounds)
- 16:30 Podium ceremony

We hope to see all of you at the start and/or supporting our riders! Furthermore we rely on your help in the organisation on the race day. You can subscribe [HERE](#).

Activities

Club

Monday training **17:00** at the Bongerd. Lights are prohibited!

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

Training at Sports Centre the Bongerd

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

Other tours/races

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

¹ Signing up is not necessary

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

Interview with...

This week an interview with our member Ymke van Buuren.

Name:

Ymke van Buuren

Age:

22

Where do you originate from?

Leeuwarden, but I am no Frisian.

What is your current study and/or work?

Master Development and Rural Innovation. It's a great master, but no one has ever heard of it. Basically it's about combining social and technical



processes of innovation in rural areas. With optional courses I am specializing in the field of sustainable technologies, and next year I have to do some internships and a thesis, so I'm really curious where I will end up!

What kind of bicycles do you use?

An old city bike from my grandma. Furthermore a Carrera Veleno, not from my grandma. Interesting fact about the Carrera; on the bike it says 'internal cable routing', but it doesn't have it at all.



**Ymke in action, unfortunately with the wrong teamkit
#getYmkeintheHellingproofkitnow**

When did you start cycling?

I think in the fourth or fifth class in high school, but I didn't do it much, only sometimes with some rowing friends when the weather was really nice. When I went to Maastricht for my bachelors I started to like it more because of the beautiful area there. After two years I even decided to exchange my beloved JanJanssen for the Carrera.

What are your hobbies besides cycling?

I like reading, going to musea and hiking in the mountains. Furthermore I have played cello since I was 8. I'm in the student orchestra of Wageningen

and I'm a board member of a national orchestra, so I still play quite often.

What is your greatest cycling experience?

Difficult question, but my greatest experiences are tours in the Alpes with students from the SWN. Cycling in beautiful areas with nice pizza breaks, nice people to ride with and really cool climbs. Next to that I really enjoyed riding the Ironman in Maastricht (relay team so I only did the bike part) because it was such a big event and a happening! It was cool to participate in this race and get so much support, and I rode faster than I planned so at the end I wasn't only tired but also happy with the result.

What are your expectations or goals for next cycling season?

I plan on riding the cyclo Gran Fondo Fausto Coppi in Italy with some friends from Dutch Mountains (Maastricht), but it's not completely sure yet, because it also depends on where and when I will do my internships and thesis. For now I just want to bike more often, especially with the nice weather, and to make some more long rides, with even more apple pie breaks.

What is a better area for cycling in the Netherlands: Limburg (Dutch Mountains) or Gelderland/Utrecht (Hellingproof)...or somewhere else?

Limburg, all the way. I still think Dutch Mountains has a better cycling area than Hellingproof. That's mainly because I really like climbs and because I hate wind. However, I was surprised by the variety Gelderland/Utrecht offers cyclists; some climbs, nice woods, but also lots of nice water areas, and the dikes are nice when the wind is in your back!



Ymke suffering in the race, but still not in the correct teamkit...#getYmkeintheHellingproofkitnow

Heel Hellingproof Bakt

The first ever edition of the Heel Hellingproof Bakt pie bake competition was a great success. There were a lot of delicious pies, muesli bars and tiramisu, by which the three-headed jury was very delighted. They judged on taste, appearance, structure and the story behind the pie. Also the spectators were able to taste the most wonderful creations, making it a great evening.



Look at all those sweet pies on the table (some even with Hellingproof logo)



Do we need more?

The proud winner was Thijs, with his Coffee with Caramel combination. Runner up was the Carrotcake of Susan, with equal gradings. On the third place was Ymke's apple pie, classy but tasty.



Thijs proudly showing his prize

The jury responded very professional to all pies. Some of the best quotes of the evening are stated here:

Bart: 'The muesli bars of Rutger deserve bonus points, since they can be taken with you on the bike', while everyone came by bike and brought there pies.

Bart: 'We prepared ourselves by watching three years of Heel Holland Bakt on tv.'

Thijs: 'What is this, a pie of puke?' about Bram his pie made of speculaas.

Bart: 'Did you harvest your own blueberries?' about the joyful berries on top of Els sponge pie.

Luuk: 'It would be fun that due to this night, all Hellingproofs gains weight, while Harmen is losing it.'

Bart: 'Niels, did you bake a rock?' about the delicious tiramisu which was not really a tiramisu pie.

Niels: 'It still tastes pretty reasonable since I know how it is made' responding to Barts comment.

Bart: 'I am the fucking jury!'

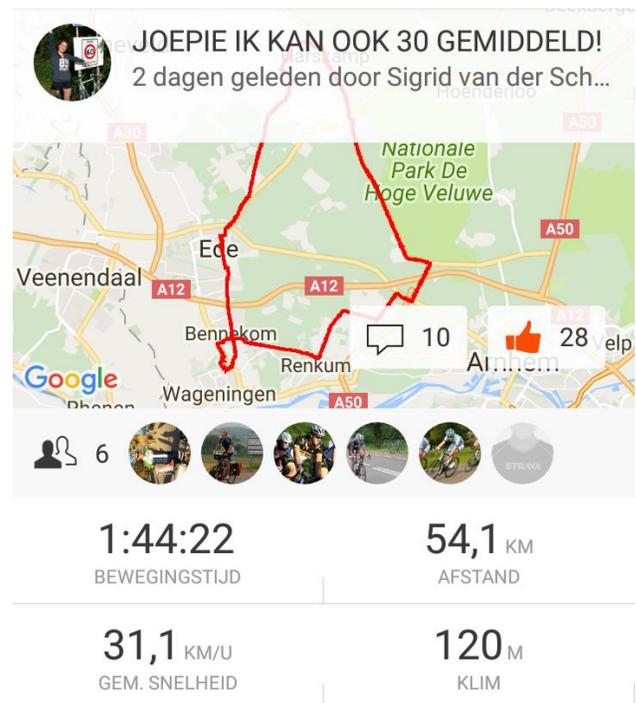
Thijs: 'Is this all?' after eight pieces of pie.



Left: the feared jury, right: pie eating Hellingproofs

Sigrid dit it!

It has been no secret that the main cycling goal of Sigrid was to ride an average speed of at least 30 km/h. Still under the influence of all the pie eating (including some disputable tiramisu with lots of cacao) at Heel Hellingproof Bakt she was able to achieve this amazing cycling goal!



Strava or it didn't happen!

We congratulate Sigrid with this performance and wonder if she can still beat this personal record. With this achievement all other participants for Thymos sports woman of the year will stand no chance.

Updated agenda

There are two major remarks about the agenda in last week's cycling mail.

Coming Saturday there is no training due to activities of the Domrenner.

Wednesday 22 March is our last spinning training, instead of the first outside training. Monday 20 March we do start training outside, leaving at 17:00 from the Bongerd. Do not forget to bring your lights! You can find the new agenda for the coming period on the next page.

Regular training		
20 March	17:00 Bongerd	Unofficial Monday training
22 March	17:15 Bongerd	Spinning training
27 March	Time to be announced	First Monday training
29 March	Time to be announced	First Wednesday training

Upcoming races		
25 March	Times differ	Studentencup Delft
01 April	Whole day	Studentencup Wageningen
22 April	Times differ	Studentencup Amsterdam
13 May	Whole day	NSK time trial Wageningen

Other activities		
09 April	10:00 Bongerd	Roubaix ride
14-17 April	Eifel Germany	Hellingproof training weekend
18 April	Not known	Thymos Gala
29 April	Whole day	Batavierenrace

Racing in Dominican Republic

Niels has attended a bike race in the Dominican Republic last week. The eight days bike race should have been the optimal preparation for the races for the rest of the spring. However, it turned out differently.

In the first stage, a team time trial, the team reached out to a fourth place. With several professional teams attending the race, which all

brought their time trial bikes, this was a good start up for the race.

In optimal weather conditions the further stages turned out to be harder than expected. Without any spectacular results, the race was the ideal holiday destination for the team. Although the race ruined this holiday more often than expected. During the 190 km fourth stage, the continuously blowing wind was an important factor in the race tactics. With the first 50 km dominated by a strong head wind, Niels finally could solve his promises. At the start of the race he promised to attack solo, and so he did. During the first 40 km he rode alone with the head wind making it an useless attempt. Later on three guys joined and they rode on for 30 km. At that point the road bend from the coast onshore. The different professional teams were pulling echelons full-gas. The fight for the right wheel could finally start, while the lactic acid was already present in the legs. It all went fine, until the last 30 km. The attacks started and my legs broke. In the last 30 km he lost half an hour.

In the fifth stage it all changed. The first mountains doomed up. When we asked about the climbs before the start, they said 'the first climb is fine, but the second will kill you'. With us responding 'and what about the third?' With them saying 'that doesn't matter anymore, at that point you are already dead'. Okay, if that is the attitude, let's get it started.

The race turned out different than expected. During the descent of the second climb I started to fantasise about the Heel Hellingproof Bakt competition. I planned to ride the Tour of Cameroun afterwards, due to which I would have missed all the delicious pies. When I started to think

about the pie that I would bake, a delicious chocolate-cherry pie garnished with a small layer of chocolate powder. While thinking about the pie, I missed out on a corner and I dived into a wall head first with 50 km/hour. My neck vertebrae were broken on four different places, my ribs bruised and I had a concussion. What a good news, I could join the Heel Hellingproof Bakt competition since I could not ride in Cameroun anymore. This story reflects the fact that all bad news goes hand-in-hand with good news.



The reason why they tell you on the beforehand not to bring your best bike and to say goodbye emotionally to your bike

Hellingproof liebt Deutschland

After the spinning class with Deutsche songs we will now visit the Eifel area in Germany for our training weekend! In this hilly area climbers can excel, while riders that had more evenings like 'Heel Hellingproof bakt' can back into shape after the first two student race. We rented a group accommodation for 30 persons with enough facilities to keep us entertained when we are not on the bike (ping-pong, fuball table, big fridge for drinks). Bike storage and cleaning facilities will also be available.

We are allowed to move in on Friday the 14th after 16 o'clock in the afternoon, which leaves the perfect opportunity for a group to travel by bike from either Wageningen or Maastricht. For the non-cyclists transportation will be arranged. You can indicate that you want to join the weekend via the Facebook event in the Hellingproof members group, or by sending an email to wielrenners.wageningen@gmail.com. More details will follow soon.

Gentlemen's evening

The secretly organised woman's evenings (there were multiple!) forced us to come up with a male alternative: The Hellingproof Hot Hunks gentlemen's evening.

This more than epic evening will take place after the student race in Wageningen on Saturday 1 April. In order to join this you first have to climb the mighty Wageningse mountain until you reach Dreijenplein 2. Don't panic if you're not a climber (what can happen), you can always order tickets for the bus at Robin.

We can already tell you it will be a night you won't forget. Talking about all the races that we did not win, about the attacks that we almost did and about all our flat tires that were just bad luck. These amazing stories will be supported by some small beers and good food, making it just the men's night how it should be.

Do you want to join, let it know to Robin via SMS, WhatsApp, Facebook or personal communication. In that way we can plan the shopping.



Thymos Sportgala

On the 18th of April the sports gala of Thymos will take place! It will not only be a great party, but there will also be the election for sports man/woman/team/coach of the year! Last year our two members Julie and Niels were victorious in the sports woman and sports man of the year election. You can find more information [HERE](#), and nominations for one of the categories can be [HERE](#).

As Hellingproof we are planning to go to the Sportgala together, so we would really like it if you are there! If you want to order tickets, you simply have to transfer €12,50 to SWU Thymos; IBAN: NL66RABO0367012626. With notification of: 'Gala + name(s).

Write the date in your agenda, subscribe yourself and we will keep you up-to-date about the information of going there together.

