



Cycling mail 9 – Year 4

28 March 2017

W.S.W.V. HELLINGPROOF

Studentcup Delft

The studentcup in Delft was a great success for many riders. As the first category of the day, the women started their race of one hour. The wind on the track made it a difficult race for many. Els and Sigrid became the victims with many others and they had to let go the peloton. They kept going and finished their race well after being set on a lap by the peloton. In this peloton Susan was the only Hellingproof lady left, but she rode very strong. She could be found on the first row every lap and was involved in every main break away. In the final sprint she became fifth, a result to be proud of.



Susan leading the breakaway

Afterwards the men without racing license started their race. Bram, Martijn, Conor, Jorn (don't know for sure whether it should count), Bart, Thijs and Alger were the partners in crime. Jorn's race was over before it even started. In the first meter after the start he broke his brand new crankset. We suspect it is due to Jorns superpower and not due

Activities

Club

Monday training **18:00** at the Bongerd. Lights are prohibited!¹

Wednesday training for members. **18:00** at the Bongerd. Lights are prohibited.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

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

to the high quality products of Alibaba. Nevertheless, it is a pity. The other men rode all very strong despite the tough conditions. Martijn and Alger had to let go the main peloton due to the high pace. The other guys were continuously in the front of the group and were present in all break aways. Thijs went into the attack with three laps to go and sprinted for victory in a sprint-a-deux. Although the upcoming peloton came close, they remained some distance.

Thijs defeated his contender and thus took the first victory of the season. Hence the main goal of his season is already accomplished, may many more follow. In the sprint of the peloton Bart took the third place, completing the podium places. It is nice to see that the two guys could finish the work

of the team with Conor and Bram working hard during the race. You win together and you lose together, so congratulations to all the men.



Thijs wins! Bart on the 3rd place

In the last race of the day the men with a racing license were competing for victory. The race broke open from the first lap and a main group of 13 riders went off. Ruben was very attentive and was in the group from the first minute of the race. Niels could bridge the gap a few laps later, while Robin remained in the peloton where he would also finish the race. The front group once more fell apart, with Niels included in the first group of seven, while Ruben got dropped. He finished the race as tenth. In the final lap Niels could not achieve an impressive result, finishing sixth.

We think that we have started our season well and that the results give confidence for coming Saturday in our own race. The more experienced riders achieved good results, with Thijs and Bart even on the podium and Susan, Ruben and Niels with the strongest riders of their category. For some riders it was one of their first races and they have proven to be promising with Sigrid, Bram and Conor riding all a good race. Thanks to everyone and Jorn in particular for taking the bikes to the race. We would also like to thank Wim for being

good company all day and making beautiful pictures. The pictures will be available soon!



Conor just in front of the peloton



The podium in Delft with Thijs and Bart

Studentcup Wageningen

Coming Saturday the studentcup is on our own track in Ede. We would like you all to join the race in your own category. You can still subscribe [HERE](#). Besides racing, we are also still looking for volunteers to help. So, if you are racing or not, come to Ede and help the organisation and support our riders.

We will start at 09:30 with the first preparations, so please send an email to us on wielrenners.wageningen@gmail.com if you are willing to help. Thanks in advance!

After the studentcup we will all move to Niels place for drinks and something to eat. The planned gentlemen's night will be open for everyone. So do not hesitate, come help, race and drink a beer coming Saturday.

Interview with...

This week's interview is with Rutger. Known from his travelling by bike we needed to know more of him and asked him some questions.

Name:

Rutger Visser

Age:

20 years old.

Where do you originate from?

I was born in Huizen in the Netherlands. It is a village in the middle of "het Gooi". I lived here my entire life until 2015 when I moved to Wageningen.

What is your current study and/or work?

I am a second year food technology student.

What kind of bicycles do you use?

As racing bike I use a Bulls light. Furthermore at my hometown I have a special trekkingbike from the brand Stevens.

When did you start cycling?

I started riding my racingbike when I was 16 years old. I decided to buy one because I was used to a trekkingbike but I wanted to bike faster and in a group. Until last year I was only biking when the weather was really beautiful, like 30 degrees;). But since last summer, I ride my bike more often.

What are your hobbies besides cycling?

Besides to cycling, I also like to do some other things. I like to meet with friends, watch a movie and sometimes I like to try a new cooking recipe.

What is your greatest cycling experience?

My greatest cycling experience was not on my racing bike. It was during the summer holidays in 2014. In this holiday I biked from my hometown via the Simplonpass via Italy to Nice. I really enjoyed this holiday because I saw so many different surroundings and I met a lot of nice people. The highlight of this holiday was reaching the top of the Simplonpass with a bike containing 25 kg of luggage. It was a real challenge, but I enjoyed it very much.



Rutger while biking in France

What are your expectations or goals for next cycling season?

This season I want to participate to 1 or 2 studentcups. Furthermore I made some plans with a friend for coming summer. We are going to do some really nice climbs in the Vosges and Alps. We want to do as many climbs as possible but also some touring. We planned to do: Alpe D'Huez, Galibrier, Col de Croix and finally we want to

reach the top of the col d'Izoard and watch the Tour de France finishing at the top of this col.

What cycling journeys did you perform and which one is your favourite?

I did many cycling journeys with my family. I biked from Prague to Venice, from home to: Nice, Suisse, Biarritz, Lourdes and to the Mediterranean. Also my journey in England, from Harwich to Lands End, was really nice. The experience of biking from coast to coast was really great. And seeing the whole city centre of London from bike. One tip: watch out hills of 25% are no exception in the west of England;).



Rutger with his brother on their way to Lourdes

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.

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

Gentlemen's evening

Hellingproof night for everyone

The planned Hellingproof Hot Hunks gentlemen's evening cannot take place. The committee of gender discrimination has forced us to make it an open event for all Hellingproofs. When the studentcup in Ede is finished, we move to Niels at Dreijenplein 2 and have a meal and some drinks together. Everybody is welcome, especially volunteers.

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

Do you want to join, subscribe in advance via wielrenners.wageningen@gmail.com, or personal communication with Niels or Robin

Hellingproofs essentials

Without noticing we were contributing to a new Hellingproof item, we have made some Hellingproof essentials already. We hope you still remember the essentials about pie and bananas. However, there will be a new chapter added to this book.

This time the focus won't be on food related items, although we are aware that there are two important chapters are still missing. Perhaps the coffee and beer chapters can be written by a guest writer? Feel free to take the initiative to send us your suggestions. However, this week the chapter will focus on the bike. It is an essential part of a cyclist, since you need transport to the local

coffee bar to sit on the terrace with some coffee and pie or a small beer. You could take a taxi, but then you do not have anything to look at and talk about.

Thus, the bike. Let's be more specific, this week we will talk about an important part of the bike, the crankset. Sure, we could have neglected the fact that Jorn lost his crankset last weekend, but why would you since it is such a nice story.

The crankset of the bike can be found in many different forms. It could have multiple options, ranging from a single chainring up to three chainrings. It is an important part of the bike, since it has a strong influence on the appearance of the bike. Besides that, it cannot be missed while riding the bike.

Most common chain ring combinations are 36-50 and 39-53. However, there are also less familiar options as 80-100.



80-100 chainring option, for the powerhouse

Once you have chosen the option of the size of your chainring, it is important to know where to purchase it. We strongly recommend Alibaba.com due to the low prices, high quality products and

excellent service. Most of their products are perfectly suited for riders that are looking for some flex while riding or for riders that do not like to ride at all. The high quality products are a guarantee for the lazy rider that is looking for tough stories to tell on birthday parties, since they will brake almost directly after assembling.

via the Facebook event in the Hellingproof members group, or by sending an email to wielrenners.wageningen@gmail.com. More details will follow soon.



Notice the smile and see a happy customer

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, fußball 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

