



Cycling mail 3 – Year 7

25 October 2019

# W.S.W.V. HELLINGPROOF

## Introduction weekend

During the weekend of the 5<sup>th</sup> and the 6<sup>th</sup> of October the yearly introduction weekend for new members took place. This beautiful weekend started at Saturday morning with a picture hunting game in the surroundings of Wageningen. Some pictures were even hard to recognize for experienced Hellingproofs, but in the end we found all of the "Hellingproof cliché locations" on which we performed some real happenings.



**Onno in the role of angry guy on Papendal**



**Our newly praeses taking the win in the slow-motion Telefoonweg sprint**

## Activities

### Club

Monday Bas & Tjalle training **18:00** at the Bongerd<sup>2</sup>

Wednesday Bas & Tjalle training **18:00** at the Bongerd<sup>2</sup>

### Training at Sports Centre the Bongerd

Mountain biking: Thursday **14:00-16:00**.<sup>1</sup>

Spinning from 6 nov onwards: Wednesday **17.15- 18.30**

### Other Activities

**5 Nov:** Hellingproof constitution drink

**26 Nov:** Bike maintenance evening

**4 Dec:** Hellingproof Sinterklaas

Check this (Dutch) website for touring possibilities:

[www.nfbu.nl/kalender/kalender.aspx](http://www.nfbu.nl/kalender/kalender.aspx)

<sup>1</sup> For this activity you have to sign up via the SITE/App of Sports Centre the Bongerd

<sup>2</sup> Signing up is not necessary

After the biking we enjoyed dinner together with our new and old members. There was enough pasta for all hungry cyclists, even Alger was surprisingly not able to finish all the food. The evening continued with some drinking games and a real beerpong tournament with professional beerpong player Gijs. While the fridge became empty, the vibe climbed towards a higher level. It is clear that cyclists are having a winner's mentality, as everyone was really focused on winning their drinking games. The first day was a great success, however some people (read Harmen and Sigrid) forgot some details of the evening. Sunday morning/afternoon started with heavy rain and some tired Hellingproofs in the Bongerd that enjoyed a brunch together. Three brave Hellingproofs challenged the cold and wet

weather to do a "rondje brug" to clean up their ego. The rest of the group was a bit smarter and went to Sigrid her place to bake apple pie and binge-watch "De club van Sinterklaas". It was sad we were not able to do our famous Posbank round, but luckily the successful introduction weekend ended in style with a luxurious dinner at Gerard's snack corner across the street.



**Alger enjoying a midnight apple in comfortable position from the tree Onno "lost" during the night.**



**Enyoing pie and Sinterklaas feelings at sigrid's couch.**

## ALV

The 8<sup>th</sup> of October was an important day in the Hellingproof history. It was the day the Hellingproof members said goodbye to the old and appreciated board and welcomed some new leaders with silly party heads. Bas, Onno, Jeroen, Rik, Gijs and Roeland were sitting on the throne during the 2018-19 season, which they did very well. A big thanks to them in the name of Hellingproof!

The old board explained a bit about their amazing achievements throughout the year and their financial situation. Thereafter, the committees within Hellingproof got the smallest chocolate letter Roeland could find, because "he could not find bigger ones". Luckily the winners of the cycling classifications got a nice trophy instead of a disappointing chocolate letter. Paula and Tjalle got the famous time trial cup, while Anna and Max received the glamorous sprint cup. Like the Dutch say: On all good things comes an end. It was time to discharge the old board and to install the new board.



**Gijs thinking deeply about his last board moments.**

After the break the new board led the rest of the General Members Meeting. The board 2019-2020 consisting of Ehlana, Anna, Levien, Jetze and Talis showed up with their already famous party hats. Later in this newsletter they will explain a bit about their roles in the board. As you may have counted, the fresh board consists of five members. The newbies are supposed to be so well talented, they can manage it with five persons instead of six. Praeses Ehlana showed the ambitious goals of the 7<sup>th</sup> board and announced the activities of the upcoming period. Thereafter Treasurer Levien showed the financial budget and answered the critical questions of his fellow Hellingproofs. While digesting the financial part, the Hellingproof committees explained a bit about their activities.

Some more information about the committees will be displayed later in this newsletter. During the committee part there was a remarkable happening in Hellingproof history again, because the Meiscie, the woman's committee, became official in their mission to involve more female power on the bike. The last part of the General Members Meeting was the 'Helmet on, helmet off' - game led by the former and current praeses. Some tricky questions about the percentage of leg shaving members and the weight of a pepernoot decided on the deserved win of the one and only Tjalle the Youth. The evening took a bit longer than expected, but it was worth it to wait since it ended in beauty with the birthday of Els and Alger.



**The new board being happy with their party hats.**

## Invitation constitution drink

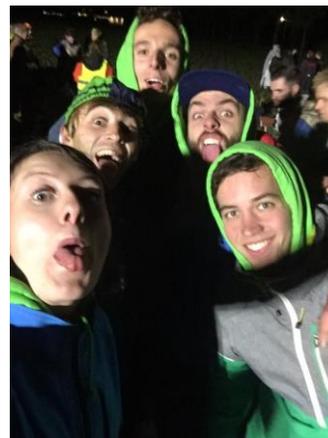
So, as you just read, Hellingproof has a new board. The new board received some felicitations already, but this is not enough. They want to have some more attention, so at the **5<sup>th</sup> of November at 20.00** there will be a constitution drink in Loburg. This is the perfect moment for new members to meet other Hellingproofs and to make long evaluations about the past season. It's also a nice possibility to get in touch with our cycling friends from other cities.

## Sportrights

As a member of Hellingproof it is necessary to purchase sport rights at sports-centre The Bongerd. To calculate the budget Hellingproof gets, it is important all members are registered. However, the academic year has just started, so we understand you might have faced some starting problems. But as soon as you read this newsletter, your internal student engine should be running smoothly by now, so no excuses anymore. Please purchase your sport rights as soon as possible at <https://www.wur.nl/nl/sports-centre-de-bongerd/Sporters/Online-sportrechten.htm>.

## Soil drilling championships

On the 9<sup>th</sup> of October the Dutch national soil drilling championships took place on a muddy field on the Haarweg. Of course, also a Hellingproof team participated to prove that drilling is not boring (padoempatsss!). The "Heel Hellingproof Boort" team consisting of Ehlana, Bas, Gijs, Bart and Talis tried to drill as fast as the wheels of Onno's bike in a decent. Meanwhile they spend their time with waiting in the que for the barbeque, trying to not lose their shoes in the mud and recognizing undercover Hellingproofs. Although the team did not won the competition, they tried to "keep the name of Hellingproof high".



**The Heel Hellingproof Boort drilling team**

## Writer(s) of the (past) week(s)

The well-deserved writers of the past weeks are the iconic duo Gijs and Roeland. They delivered a high quality newsletter throughout the year, which deserves some attention. Unfortunately I could not find chocolate letters to thank them in Roeland's style, but nonetheless, thanks a lot Gijland!

## The new board explains



So as promised, a small introduction to the tasks of the new board of Hellingproof. Probably you know some of their faces already, but what were they doing again? And who do you need for what? To make it easier, they made an elegant board picture in which they give a hint to their board functions.

Let's start with our leading lady Ehlana. She is sitting on the throne (or bike) of the association. As the chairwoman/ praeses she will have a bird's eye perspective on Hellingproof and she will officially represent the association as the spokesperson.

Next is Anna. As you see in the picture, she is doing a lot of PR with the Hellingproof flag. As the secretary, she manages the communication with members and others by social media and email.

When you send an email to Hellingproof, it is most likely Anna will read it carefully.

The financial brain of the Hellingproof board is Levien. In the picture he is busy with cleaning the financial path of Hellingproof. That's exactly his board task. Levien will take control of the finances as a real Dagobert Duck and will ask you to pay your contribution in time (and to clean your coins). Also for expenses in name of the association you can give your receipt to Levien.

We have a commissioner of races in the name of Jetze. In the beautiful board picture he is making sure the bike is ready to race. Jetze will have a lead in the organisation of our studentcup and other competition related activities. This polyvalent guy will also manage the KNWU administration and the general members administration. As Jetze is a computer nerd, he also keeps the website up to date.

Last but not least we have Talis, the internal commissioner. He is in charge of writing this beautiful monthly newsletter and will be responsible for the huge Hellingproof picture collection and the camera. Besides that, he manages the Hellingproof clothing collection to make sure Hellingproof is a fashionable association. You can also contact Talis if you want to borrow the two racebikes, mountainbike and time trial bars of Hellingproof. So as in the picture, this guy provides the members with supplies to cycle as if he was a materialman on the side of the road.

So hopefully now you have a better view on the tasks and activities that the new board members will do this year. If you have any questions and you don't know who to reach, don't hesitate to send us an email on [wielrenners.wageningen@gmail.com](mailto:wielrenners.wageningen@gmail.com). By the way, have you also seen something strange with a blue colour on our picture?

## Committees of Hellingproof

Which committees does Hellingproof have, which people are part of them, and what do they do?

### Axi

This committee organises activities for the Hellingproof members. This includes cycling activities like the yearly introduction weekend and trainings weekend and other activities like a BBQ, Sinterklaas celebration and a real baking contest. The committee consists of: Els, Talis, Tjalle, Roeland, Onno, Bas & Jetze

### MeisCie

The MeisCie represents the female members of the association. Their goal is to make Hellingproof accessible for riders from all different levels. They organise activities like girls rides and material evenings. The committee consists of Sigrid, Anna, Nienke, Michèle & Sonja. The MeisCie is currently looking for a new female member to join the committee. If you're interested, please send an email to [wielrenners.wageningen@gmail.nl](mailto:wielrenners.wageningen@gmail.nl).

### Sponsor committee

The sponsor committee stays in touch with our current sponsors, and looks actively for potential new sponsors to support the association. The committee consists of: Gijs, Alger, Levien & Ehlana.

### Audit committee

The Audit committee checks the financial situation of Hellingproof every year while enjoying a nice dinner cooked by the treasurer. The committee consists of: Bart, Alger and Gijs.

### Pre- NSK committee

This new committee will discover the possibilities for organising the National Students Championships (NSK) in Wageningen in 2021. Therefore they will write a bid book about this event with a parcours, costs analysis and possible partners. This committee does not contain members yet, so if you're interested in joining this special committee,

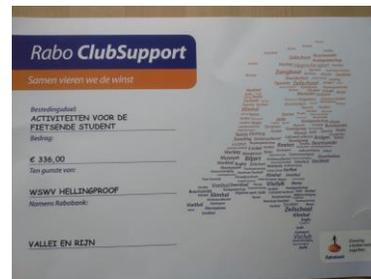
please write before the 31<sup>st</sup> of December a message to [wielrenners.wageningen@gmail.com](mailto:wielrenners.wageningen@gmail.com).

### Committee of advice

This committee with former board members gives advice to the current board if they are in need for that, or if the committee thinks it is necessary. The committee consists of: Alger, Harmen, Gijs and Els.

## Rabo Club Support

Hellingproof recently participated in the club support event of Rabobank and received a nice amount of €336 without doing anything! The board will use this amount of extra money for organising activities and the purchase of materials for you, the members!



A real fancy cheque for Hellingproof

## An update about borrowing bikes

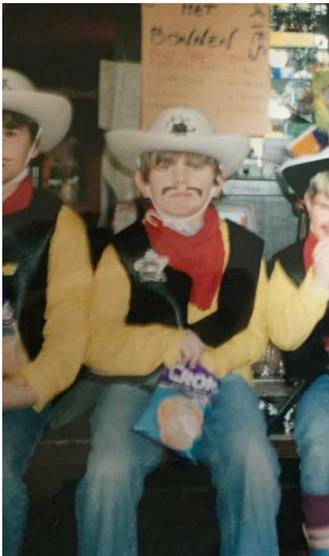
As a member or potential member of Hellingproof you have the possibility to borrow one of our two borrowing bikes during the trainings. Besides that, there is the mountainbike of the Bongerd that you are also able to borrow during the MTB training on Thursday or on other moments. The bikes are stored in a blue sea container next to the tennis field on the Bongerd. The board members and our trainer Casper are able to open this container with their mental power (and a key). So if you want to use the racebikes or mountainbike, send an email to [wielrenners.wageningen@gmail.com](mailto:wielrenners.wageningen@gmail.com) and one of the board members will make sure you can get the bike that you desperately wanted to use.

## Spinning and strength training

The weekly spinning sessions (indoor biking) on Wednesday in de Bongerd will start again at the 6<sup>th</sup> of November from 17.15 to 19.30h. It is recommend to bring a towel and a lot of water since you will sweat like a horse in the cosy spinning room. There are also going to be a couple of strength training sessions to improve the core stability which could be useful on the bike. This will probably be on Wednesdays after the spinning, the dates of these sessions will be announced later.

## Who are these 'Hellingboefjes'?

In the last cycling mail two cute little Hellingproofs were displayed in their childhood. Of course now you want to know who the Hellingboefjes were.



1

The answer: This little cowboy is Job "Crocky" Hermans. Unfortunately there was not a right answer in the enormous heap of responses, but Job was also not easy to recognize of course.



2

This small Hellingproof with the prominent tongue is the younger version of our new secretary Anna! Although a lot of Hellingproofs were breaking their heads to guess the right person, no one had the right answer. But you can do a guess the next time!

Because the next time is already now. Here are the Hellingboefjes of this week(s):



1



2

Do you know who these boefjes are? Send a mail to [wielrenners.wageningen@gmail.com](mailto:wielrenners.wageningen@gmail.com) with the right answer. If you get them correct you will obtain an honourable mention in next newsletter.

That's it for now. See you next month!