



W.S.W.V.  
Hellingproof  
Newsletter  
Nr. 11 Year 7



## Activities

### Club

**Hellingproof cycling training!**  
every Monday at 18.00-19.30  
every Wednesday at 17.30- 19.30  
Starts by the end of August again, to be announced

**SCB de Bongerd – powered by HP Mountainbike training**  
Every Thursday at 17.30- 19.30  
Starts by the end of August again, to be announced

### Other activities

**Saturday 12 September :  
Studentencup Wageningen**

## HP on Linked-in

Hellingproof is active on many social media platforms, and also on Linked-in from now on. If you joined a board or a commission in the past or the current, it is now possible to mention this officially on your Linked-in profile! If you search for W.S.W.V. Hellingproof, you will get the beautiful HP logo on your profile page.



### Internal Commissioner

W.S.W.V. Hellingproof  
okt. 2019 – heden • 10 maanden

## HP promotion video

Did you checked out our new promotion video? No? Click on the link to watch it !  
<https://www.youtube.com/watch?v=s5O0WgfziKE>



## wielerkalender

2 0 2 0

8/8/20	Milaan-Sanremo
29/8/20 - 20/9/20	Ronde van Frankrijk
20-27/9/20	WK wielrennen
3-25/10/20	Ronde van Italië
4/10/20	Luik-Bastenaken-Luik
18/10/20	Ronde van Vlaanderen
20/10/20 - 8/11/20	Ronde van Spanje
25/10/20	Parijs-Roubaix
31/10/20	Ronde van Lombardije



## MTB training group app

A WhatsApp group with all participants of the MTB trainings is made to create a stable and active MTB group. Join via  
<https://chat.whatsapp.com/DQE162N1L21ZWo4NSIQZ5a>



De MTB training!

Aangemaakt op 02-07-2020 om 21:18

## Studentencup Wageningen

If circumstances are positive, Hellingproof will organize their studentencup race on **Saturday 12 September**. The race will be on the circuit of Axa in Veenendaal. The detailed race program will be posted later, but we are already looking for volunteers to help out during the organisation. Think of the being jury, making lunches and handing out race numbers. Of course things can change, but if you're interested in helping out, you can email to [wielrenners.wageningen@gmail.nl](mailto:wielrenners.wageningen@gmail.nl).

## Your holiday in pictures

Many of you will do some nice biketrips during the holidays. Maybe you still cycle around in circles around Wageningen, discovering the beauty of "Rondje brug" again. Maybe you cross the borders to look for some more hilly roads. Or maybe you just do something nice without a bike which you want to share with your fellow Hellingproofs. Send your best holiday picture before september to [wielrenners.wageningen@gmail.com](mailto:wielrenners.wageningen@gmail.com) so it can shine in the September newsletter. Make everyone jealous, because be honest, thats the intention ofcourse !



[www.wswv-hellingproof.nl](http://www.wswv-hellingproof.nl)



[wielrenners.wageningen@gmail.com](mailto:wielrenners.wageningen@gmail.com)



WSWV Hellingproof



[wswvhellingproof](https://www.instagram.com/wswvhellingproof)



cafe | bar | live

## The HP BBQ

In the beginning of July the Axi was happy to organise a corona proof edition of the yearly Hellingproof barbeque. The Axi prepared a nice buffet with homemade dishes which they scooped safely on everyone's plate. There was even a waiting line with distance indicators on the ground. After the food, some Hellingprofs were in an active mood for some reason, and suddenly there was a football found. Hellingprofs and football combined with some alcohol was a fruitful combination. No idea who won, but the game ended with Onno laying on the ground and having a bruised face. Nice traditions never change. We were all happy to end the academic year in some sort of style with this barbeque, the first group activity since long time. For those who weren't there, luckily we have some pictures:



Surrealistic combination, or the new normal?



"You are the next one in line"



Bas baking them brown while Jeroen stares them ready



Gijs didn't want to move anymore



Onno being kicked out the match

## #wielernormaal

The KNWU introduced a campaign called "Het nieuwe wielernormaal" with some rules behaviour of cyclists on and around their bikes. This is urgent, especially in these times with a lot of cyclists on the road. Detailed information about the campaign can be found on <https://www.knwu.nl/hetwielernormaal>, but these are the eight most important points:

1. Behave according to the behaviour codes
2. Fun and safety guiding in the cycling sport
3. Indicate any misuses to trust persons (like Casper)
4. Treat everyone in a respectful way
5. Don't lock out others
6. Try to be "the good example"
7. Be open for opinions and critics of others
8. Throw your garbage in the waste bin

## NSK 2020 cancelled

Unfortunately, the upcoming Dutch National Student championships on 3 October are cancelled due to unclarity about the Covid-19 measures. The organisation explains there are too much unclarities about safety measures for riders, organisation and the crowd in which they prefer not to pioneer. The organisation tries to look for a new date somewhere in March 2021. In this way, the race over the cobblestones of the Soeterbeekse weg around Eindhoven will be a real spring classic. The exact date will be announced later.

## Best of Game of HP



The results of the Game of HP were presented during the Hellingproof barbeque. Sigrid especially passed by to pick up the amazing prize she won during the corona months. After many weeks of fun challenges like creating Strava art, pictures of bikes, favourite bike places or cycling breakfasts, this resulted in a top 3:

1. Sigrid
2. Job H.
3. Roeland

Thanks everyone for participating in this additional Hellingproof activity!



Sigrid being proud with her prizes

## Timetrial segments



Tjalle being "the king too rich" with his prizes

The results of the time trial segments were also presented on the Hellingproof barbeque. After many segments including tough tracks like the Amerongse berg, defensieweg and Posbank, the winner was

surprisingly Tjalle (the youth). The complete (male) podium was:

1. Tjalle with 29,5 points
2. Jens with 15 points
3. Job C. with 14 points

As Susan was the only female candidate attacking two segments, she is kind of the winner of the female competition.

## Axi looking for new members

Despite this period without many Hellingproof activities, the Axi (the activity committee) is looking for more new members. Some of the current members will go abroad in the coming months (hopefully), so some fresh blood is welcome! Do you like to organize activities like Heel Hellingproof Bakt, a training weekend abroad, the introduction weekend or a barbeque? Don't hesitate to contact us via [wielrenners.wageningen@gmail.nl](mailto:wielrenners.wageningen@gmail.nl)

## Board looks for board

We're still looking for board members for the Hellingproof board for next season starting in October. Do you want to lead the association with some new positive energy? Do you want to improve your organisational skills? And do you want to combine this with having fun? If you're interested, you can contact the current board via [wielrenners.wageningen@gmail.com](mailto:wielrenners.wageningen@gmail.com).



## Scholma racefietsen = Racefiets fluisteraar Ten Kortenaar

Hellingproof partner Scholma racefietsen changed his name into "Racefietsfluisteraar Ten Kortenaar". Owner Pieter Ten Kortenaar said: "After half a year of starting up, I am ready to link my name to the company". Because the business is getting more serious, the workshop will be open in evening hours more often to bring bikes. You can contact Racefietsfluisteraar Ten Kortenaar via [racefietsfluisteraar@hotmail.com](mailto:racefietsfluisteraar@hotmail.com). Updates will be posted on Instagram as @racefietsfluisteraar.

### The Board trip

To avoid having a board trip after the actual board year, like the previous board did, the current Hellingproof board decided to do a mini bike packing trip as board activity. This indicates the consciousness, eagerness and foreseeing capacities of the current board. As they navigated the association in the right direction this year, they did the same with their spectacular first ever (?) three- day- board trip. As true pioneers they discovered new land, new roads, new insights..... Okay okay, that's enough "blowing on the own flute". Let's stick to the facts.

#### Day 1: No headwind



#### (Still) smiling faces at the start

On the first day we started in the evening because Jetze needed to finish his robot and Anna needed to finish assembling her back loader. Jetze guided us over many beautiful dikes to Sleeuwijk. Luckily there was no headwind. However for some reason Jetze and Anna had a different opinion on it. Strange.

#### Day 2: Down South



Levien: Did you see that windmill? No, that one

On two day we left the parents 'place of Jetze to ride through the beautiful Biesbosch area. Unfortunately we did not see a beaver, although we saw plenty of other beautiful things. In the historic city of Willemstad we parked our bikes next to the Porches for some degustation of quality coffee and food. With this meal, optimism popped up, so the journey went further to the province of Zeeland. Besides a lot of interesting cropping land we mostly saw windmills, dams and wind indicators in the wrong direction. We were so much down South, we even saw the industry of Antwerpen. For the Northern board member who writes this piece of text, this was highly fascinating. So much down South.... By the end of the day we visited the farm of Levien's parents to see some real tulip bulbs. A few kilometres to the East we finished at the parents 'place of Anna where the freshly garden baked pizzas were presented immediately.

#### Day 3: Powered by donuts



#### Finally. Homecoming after a long day

The last day was a marathon ride back to Wageningen crossing Brabant from West to East. During the day we enjoyed the "Brabantse gezelligheid" on many places. From full terraces to karaoke singers in the evening hours. They helped us, besides some shitty donuts,

through the last hours of this long trip back home. After not going to Den Bosch (which is difficult, since each road in Brabant went to Den Bosch according to the signs) we arrived in the evening at the terrace of our sponsor Loburg. The discount menu helped a lot to refuel a bit. We would recommend future boards (and all other Hellingprofs of course) to do a mini biking holiday too, since it's a nice adventure!

## Fucked up photograph

The fucked up photograph shows a picture with potential, however, your editor experimented a bit with his photo editing skills. He never read the "photo editing for dummies", so these were his masterpieces of last month:

### 1.) The first picture of last month!



Who are behind these Statler and Waldorf? Or are they real? Who knows? Apparently those two persons are good in criticising the others during the race they watch. Of course, this fascination duo are Onno (left) and Roeland (right). As two grumpy old men they were commenting the others during their race in this picture. Surprisingly all respondents recognized Onno and Roeland in this picture. Are they really that old and grumpy?

### 2.) The second mash- up picture of last month!



This second fucked up picture of last month is Harmenized, but who is behind this mask? Is it Harmen himself? Or someone else? (this could be a hint to Els). Some people thought this must be Bram. Others thought it was Robin. However, this nice example of Harmenization is executed by Job H.!

## The end

The next newsletter will appear somewhere in September (depends a bit)! If you have anything to contribute like a nice story or tips, please send it to [wielrenners.wageningen@gmail.nl](mailto:wielrenners.wageningen@gmail.nl)