

# Granfondo's:

Een nieuw jaar te plannen  
me weer eens verwennen  
op uitdagingen over de grens.

Granfondo's<sup>1</sup>, evenementen  
voor getrainde wielersfanaten  
die competitie niet kunnen nalaten.



La Campionissimo geldt voor het Cyclobrevet het volgende barema:

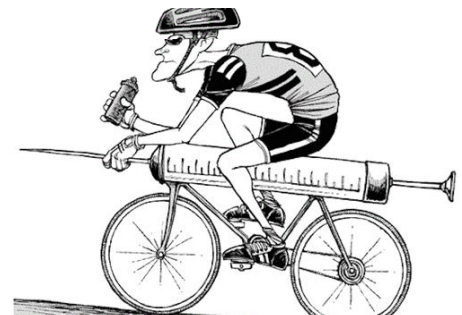
		Goud		Zilver	
A (18-34)	V	9:25	18,6	11:10	15,7
AB (35-49)	V	9:40	18,2	11:25	15,3
B (50-...)	V	9:50	17,7	11:40	15
C (18-29)	M	7:55	22,1	9:20	18,7
D (30-39)	M	8:15	21,2	9:45	18
E (40-49)	M	8:40	20,2	10:15	17,1
F (50-59)	M	9:00	19,5	10:40	16,5
G1 (60-...)	M	9:25	18,6	11:10	15,7

*Met voldoende conditie en wilskracht  
naar het einde waar je wacht  
de tijdopname middels een chip<sup>2</sup>.*

Fietsfun in een omljsting  
van pieken en dalen met vergezichten  
en glunderende ogen die oplichten.

Helaas slaat soms bewondering  
om in verwondering  
en daarna in ontgoocheling.

Als mededingers om het schavot,  
ver voor mij, blijken te zijn verrot  
en zich te hebben bezondigd aan doping.



*Het is confronterend wanneer doping zo dichtbij komt.*

<http://www.nu.nl/wielrennen/4193563/boogerd-hield-steeds-minder-rekening-met-dopingschorsing.html>

Toine 160106

<sup>1</sup> GF La Campionissimo te Aprica ; <http://cyclospportieven.startpagina.nl/>

<sup>2</sup> [http://www.cyclobrevet.nl/WP/?page\\_id=56](http://www.cyclobrevet.nl/WP/?page_id=56)

# Jenny Lyrics

## Nothing More

A little sleep, a little slumber  
A little folding of the hands  
Left you weak, left you hungry  
When there's supply you still demand

You're beginning to drag the ones you love  
down  
Will this phase ever end?  
A thousand arms to hold you  
But you won't reach for any hands

Cause



[Pre-Chorus]  
I don't feel like I'm getting through to you  
Let me paint this clear, life is short, my dear  
See your mother here, her last painful year  
I wish you only knew...  
She stuck around for you  
She stuck around for you

[Chorus]  
Maybe you should just fall  
And leave the world and lose it all  
And if that's what you need  
To finally see  
I'll be with you through it all

[Verse 2]  
Bring on the pills, roll the dollar bill  
Medicating will never heal  
Relapse, rehab, repeat  
Always thinking about the me, me, me

Self-destruct, spiral down  
Until your want becomes your need  
Please get up like I know you can  
Or forever love the fall

Cause

[Pre-Chorus]  
I don't feel like I'm getting through to you  
Let me paint this clear, life is short, my dear  
See your mother here, her last painful year  
I wish you only knew...

She stuck around for you  
She stuck around for you

[Chorus]  
Maybe you should just fall  
And leave the world and lose it all  
And if that's what you need  
To finally see  
I'll be with you through it all (I'll be with you  
through it all)

[Bridge]  
I can't stand to see you down  
Strung out, off the wagon, and unwound  
But steady, steady, Oh God, Jenny, Jenny  
I can't bear to hear the sound  
Of your body, body hitting the ground  
[x2]

Oh, Jenny, Jenny, Jenny

She stuck around for you (She stuck around for  
you)  
She stuck around for you

[Chorus]  
Maybe you should just fall  
Leave the world and lose it all  
If that's what you need  
To finally see, she loved you through it all  
[x2]

I'll be with you through it all



[https://www.youtube.com/watch?v=\\_TWr2pj6kqM](https://www.youtube.com/watch?v=_TWr2pj6kqM)