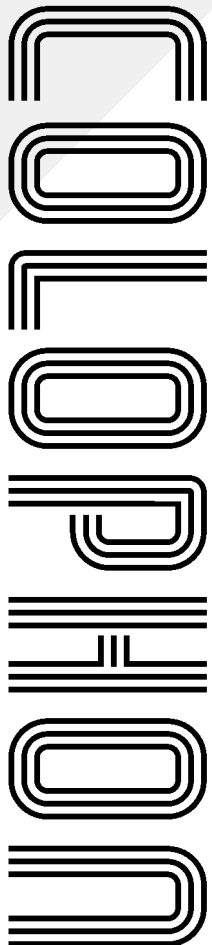


# Kronometer



Volume 54, issue 2, April 2023



## Kronometer

*Volume 54, issue 2, April 2023*

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## Secretary

New members	Member that left
Esmée van Os Jurgen Grotentraast Anouck Jansen Yann Fotso Casper Kroon as Donor Lucija Baljint	Zoe Centeno Fabian Weglage Max Winkelmann Rocio Plana Michael Maurer Casper Kroon Bas Hermesen

# THE MAN WITH THE HAMMER

Dear members, it is already April. Which means the third Kronometer of this association year. April is known as a month in which there have already been many competitions, but also one in which there are still very big ones to come. For instance, we have participated in yet another 3 NSKs, skated with the activities committee, won the team classification of the Gebouwenloop and my board survived the semi-annual ALV in March. And that means only one thing. We are already over halfway through the association year! And half the association year for me also means that I and my board soulmates have overcome most of the year. And how. I cannot, on behalf of the rest, tell you how happy we are with all of you. Lars and I went to an inspiration session of the Athletics Union at the NK Indoor. Where only senior civilian athletics administrators were present. They were all amazed that we, Kronos, have around 24 running committees. And that at a club of barely 100 people. And all those committees, of course, would have been what they are today without you. Kudos.

But we also made a name for ourselves again at very many events. Look at the NSK Cross in Eindhoven, for example. The release of the green scarves ran like a train there. And I must say that the spontaneous much greener look is one to safeguard. With everyone being as green as possible. That's the perfect motivation to perform optimally. That's how the NSK indoor and ekiden also happened. Thanks to everyone's club clothes, flags, scarves and hoodies, everyone got wings and the podium places were strung together. This is obviously something that should be kept in. Thus, on my last Bata stage of this year, I expect to enter the UTrack in an overpowering green arena, as never seen before. I am confident. Look for all the green merch you have collected recently. Jerseys, shirts, tattoos, stickers, water bottles, scarves, flags you name it all. We need to show which colour is the boss in Enschede and radiate this to the maximum. This is of course a secret wish of mine, but perhaps also the start of a nice tradition. And I have some more examples of traditions.

The Campus Run in early April, for instance, set a participation record. And of course, this was partly due to how much our Kegel was whored out for promotion. The AI-generated images were the key to success. Perhaps this could work for other committees too. A good tradition that crept in this year is the custom of holding an outing with the committee. Perfect means of bonding well with each other and having fun. Talking about that, I might have another idea to make the association closer. During bar days, there are Kronauts behind the bar all day. Kudos anyway to everyone who does a bar shift. But why can't we also just make that whole Sports Canteen green with all attendees? If you have nothing to do for a few hours, just come along. There's always sociability to be found then. Want to study? There are plenty of reels available and fellow Kronauts who want to study as well. May 31 is the next opportunity. I am confident. The last traditions are a bit more about my favourite hobby besides governing and studying. Pilsen. Rumours are that there are still 8 unopened crates of beer in the materials shed. These are going to expire at some point, so it is imperative that these run out sometime. Fancy a repair beer after a hard training session? Knock on the board's door and we can help you out. Should you be thirsty during Friends drinks? Follow up Ivo with his action from the March drinks, a fresh pitcher on the stomach never hurts.

Willem Bosch



So much for my most inspiring words of this edition of man with the hammer. Since I have been active on the editorial board for over a year and a half, I would like to take you through some traditions that are going on within the committee. After each meeting, a work night is scheduled, where we will work on the pieces with as many as possible at the same time. Very convenient, but above all cosy. Because according to tradition not very much gets done. Personally, my record is 150 words on the work evening. And when the deadline of the pieces really approaches, most of it gets done. Even though deadlines are happily skipped by the committee these days. Because even the coveted meme page in the back, for example, is often made minutes before it is sent to the printer. Finally, a great example of something that happens all the time. During the meetings, people brainstorm about fun pieces and whether they could be related to a theme. Everyone then chooses something they fancy, but there is always one piece that is a little less popular: the editorial. And often this piece is given away to the person who is not present at the meeting themselves. And so it happened. I would like to extend my regular column with a brilliant Editorial. —NP.

# EDITORIAL

I have already gelled enough in the piece you have obviously read before. So let me get straight to the point. As mentioned earlier, April is the month when a lot of races are done, but most of all there are still a lot of important ones to come. With the absolute highlight, of course, being the Batavierenrace! Again, this year, there will be plenty of fighting for victory. After it came a bit unexpectedly last year, the top priority this year is to drag it in again. Last year, when we suddenly found ourselves with everyone on the podium at once, Daan hijacked the microphone to say the iconic words "We HeBbEn de BaTa VeRoVeRd". And those words directly guide this entire edition of the Kronometer. Read about it on the next page in: "**Veroverd, the story**". But there has also been a recent form of conquest. Two members participated in a prestigious competition and achieved a tremendous feat. **The Kastenlauf conquest** will detail this experience. The Batavierenrace takes centre stage this edition. Therefore, you will see many pieces on that. For instance, nutritional preparation is very important and can be read in **Batafood**. Last year's famous bata goggles are one of the many different goggles that have been displayed in recent years. **The evolution of the planga** shows exactly how the different glasses came about. As indicated in the man with hammer, it is vital to appear appropriate on the final stage. Fortunately, the **how to buy merchandise** page describes exactly how to do this. Indeed, in the **Kronos auction**, you even have the chance to snag merchandise at the best price. Running and cycling the stages is of course very important, but sociability is even more important. How else will you get through the long shifts together? Coincidence or not, the editors have described the perfect **games** especially for on the bus. Normally, the Sunday after the Bata would be the first competition day of the year. But fortunately, the Athletics Union listened to us and moved it up a week. With an extra week of preparation, there will be enough time to read through the **how-to competition** piece to be at the best possible start. Finally, the results of the **dilemmas** from last edition will be shown. Very much enjoy reading, it was my honour to write the first 1200 words of this edition. But next time, I will be back at an editorial board meeting. ■

# "VEROVERD"

## THE STORY

Written by Ivo Stapel

The sun's focal point has moved to the other side of the earth, the moment strikes when the night reflects its brightest darkness. The moment when the absolute silence sounds the loudest. The moment the tightly parked Bata vans quietly drive back into Germany. In the distance, a sound, which arises as a slight barely audible noise in the silence, slowly takes the form of a deafening apocalyptic scream. A green figure with a blue vest as armor flies into the light from afar at speeds higher than his companions. These are the times of despair, where true greatness can be achieved. The times of darkness when a warrior can truly find the light. The times of loss in a battle, in which we dig deep inward, to come out as true conquerors.

"Kronos, we have conquered the Bata!!!", they are the legendary words of our Preases that still give me goosebumps months after being said. As true Olympic heroes, we were welcomed on stage in high volume by the respected Vikings of the Batavierenrace. After fighting a battle that may resonate over the years, we were able to win for the first time, after dark times, a conquest by the DAV Kronos.

But conquering does not come without sacrifices, without blood, sweat, tears, injuries, stress and pain. For only the true nature of the conqueror emerges in the moments when it is difficult. Anyone can pull a riedadt at a party, but not everyone can do this for their Sunday duration run. Everyone can drink 6 special beers in one evening, but not everyone can during a 5k race. Everyone has what it takes to become a conqueror, only the real warriors have the courage, passion and perseverance to show this to the world.

But even great conquerors such as Caesar, Alexander and Napoleon did not linger in the conquests of the past. By being labeled as the winner, you become lazy, arrogant and lose the fighting spirit that you first distinguished you from the rest.

Dear Krononauts, it is time to turn the euphoria of previous years into a fear and a despair to lose the title that is most dear to us. These fears will lead to action and determination. The Bata is ours. Not from Tartletos, not from Leuven and certainly not from the Impalas. They will have to take the Bata Goblet from our lifeless hands. For such is the only way in which a true conqueror can live. Fight to the death or fight to victory. Until the eternal fields of grain are reached, where we will toast with our forefathers to our exploits and our courage, there is only one option, that is victory. The victory that reaches us. With this victory we can once again speak proudly to the world, the following words: "Kronos, we hebben de Bata.... VEROVERD!!! ■

# THE KEGELCUP

It is back, your sporadic update on the idiocy of the Kronos members. Every stupidity is mentioned here and is awarded a well-deserved Kegel! Who will end up on top this year? So far it has been our current and previous chairmen leading the way, but can other members make a comeback? Or are we on for another two-horse race? Find out in this edition!

We don't want to remind them, but unfortunately Ivo and Willem deserve a Kegel for losing their first place at the Aquila Kastenlauf as they lost a single empty can during their 5 km run. During another duration run (this time without beer, but in a dark forest), Willem falls flat on his face, twice. No need to elaborate on this idiocy.

During a skiing holiday with Kronauts, Jelmer pays an exorbitant amount of money for a cappuccino in France and then decides to pull away the cup before it is filled since he already thinks it is 'too full'.

One of the most anticipated NSK's of the year was the NSK Indoor in Apeldoorn. This eventful day saw a whopping 28 Kronauts participating. The first accompanying Kegel goes to Peer who missed his 200 m by being too late. Later, Michelle forces Willem to compete with her in the 4 x 200 m mixed relay, but then strains her hamstring after 50 meters, leaving Willem as the only runner on the team.

During the dinner after the NSK Indoor, Roy releases his inner football player by getting such severe hamstring cramps that Lars must interrupt his meal to help him stretch. Later in the evening, Daan drops Ivo's toothbrush into the toilet.

A group of Kronauts did not want to sell a kidney to spend a night in a squash hall and took the last train towards Enschede. Willem however, crashes into a speed-bump which he misinterpreted and falls off his OV-Bike. The next morning, Michelle has to search a neighbourhood to find hers as she chain-linked it to a lamp post the day prior since it was completely unrideable.



*NSK Indoor*

Even before the gala started, Isis lost the battle with her shoes as she started running towards the location barefoot since running with heels on was no option. Also, some kudo's for not being the first to switch shoes whilst at the gala!

We all know that taking some rest is key for recovery and performance. No better way to do that than by going to a spa and taking a well-deserved mud bath, right Lars? Just remember to not do that during your NSK Ekiden stage next time.

Rick and Bas felt inspired by this adventurous behaviour and wanted to copy it by climbing under a fence to reach the exchange zone on the track during their respective stages.

With some major events coming up in the next edition (the Batavierenrace and our own NSK Baan), be sure to inform us about any Kegelworthy actions of other Kronauts that you witness! ■

Name	Points
Willem	13 (+3)
Daan	9 (+1)
Michelle	6 (+2)
Isis	5 (+1)
Ivo	5 (+1)
Lars	5 (+1)
Tim vdK	4
Nart	4
Suze	4
Bas	4 (+1)
Stan	3
Jitse	2
Dunya	2
Maartje	2
Fabienne	2
Anne	2
Peer	2 (+1)
Jelmer	2 (+1)
Roy	2 (+1)
Gerber	1
Renske	1
Koen	1
Tim W	1
Rocío	1
Thijs R	1
Camille	1
Hester	1
Casper	1
Sander	1
Rick	1 (+1)

# ULTIMATE *How To Buy* KRONOS MERCH Guide

*Written by Ivo Stapel*

**1** Walk up to a board member during or after a training and express your wish to buy Kronosmerch. Do this politely, but firmly. An example sentence for this could be: "Hello (enter a name here), I would like to buy Kronosmerch. Green is my favorite color and I want to radiate that to society". Variations on this are of course possible, but from personal experience I can say that this is a very successful opening sentence.

**2** Let your board member know what kind of Kronosmerch you would like to receive. With our Kronosmerch Assortment it is possible to first make your own selection of the objects that you would like to take possession of. Remember which merch you would like to have. Also think about the articles where this applies, what your size is in this article. If you have questions about this or just don't feel like thinking about this, you can also make this a problem for your board member.

**3** Receive your Kronosmerch. Congratulations. You have made your wishes known to the board. You now have the most beautiful limited edition Kronos merchandise in your hands. Now you can flex hard on the rest of the world. Enjoy.

**4** Oops, you didn't look at the price and forgot that you ordered so much. Check your bank account 14 to 150 working days after your order and see that the treasurer has looted it. To take this sadness away, it is advisable to collect even more Kronosmerch from the board, so that you can cheer yourself up a bit.

## WHAT IS ON OFFER?



The Kronos  
RayBan Gucci  
Sunglasses  
Price: €2.22



Kronos Water  
Dispensing  
Mechanism  
Price: €1.50



Kronos Socks  
Price: €7.50  
(without spikes)  
Price: €6.65  
(including spikes)

Kronos  
headgear for  
cold conditions  
Price: € 6.00



Kronos scarf  
for cold  
conditions  
Price: € 6,00

More info on: [kronos.nl/KronoMerch](https://kronos.nl/KronoMerch)





# HOW TO COMPETITION

*If you ever thought about joining in a competition or want to improve your result? Well then you are in luck! Because in this article you can read everything you want to know about competitions, and more. You can find tips and tricks to take your competitions to the next level. Are you ready to take on the challenge?*

By Tim van der Kooi

Sources

<https://nl.wikihow.com/Atletiek-beoefenen>

<https://nl.wikihow.com/De-100-meter-sprinten>

## Competition, what is that?!

The competition is one of the more serious but also one of the most fun events in the year of Kronos. All the best athletes and the most ambitious Krononauts join their forces to compete against other athletics associations throughout the rest of the country. You do have to be a competition member to take part in the event. Make sure to send the secretary an email if you don't fall into this category.

If you changed to or already are a competition member, make sure to keep an eye out for the Kronos' announcements. Before every match, an interest form will be sent in the announcement channel, if you want to join make sure to fill that questionnaire with your favorite events and best times (if you have them). The match secretary will divide the events between the Krononauts. Every athlete can only do a maximum of three events and there can only be two athletes per event of each association. This will all be considered for the competition division. If you have never took part in a competition before, don't panic! We have set out to provide you with the best tips for ensuring that your competition experience will be the best it can be!

## What event should I do?

All right, you are a competition member, and you want to enter the competition, great! But what event should you choose? The best course of action is to look at what events you like the best and you are good at.

If you are quick, sprinting might be a nice possibility. This is perfect if you don't like to run long distances but do like to run fast. There is choice between 100, 200 and 400 meters, you can also do a relay together with other teammates. This is always really fun! If you want to run longer distances, you need to have more endurance. Distances can range from 800 meters to 5 kilometers. This is perfect if you already do a lot of running during training or in your free time. If you are good at jumping, there are also several jumping events that you can try such as long jump or high jump. If you like both running and jumping, you could try hurdles. If you are strong but do not like running, you can do one of the throwing events. You can choose between shot put, javelin, discus and hammer throw. All these events require some technique so you should definitely train in advance if you want to do this at the competition.

## Preparation for the match

Training for the competition is really important. You have to practice technique and stay in shape until it is time for you to shine on the glorious competition day. But before you can do this you do need to put in some work. To stay in shape and perform optimally at the training you do need to adapt to a healthy lifestyle. This means you need to sleep enough and eat healthy and varied food. Join the training group that fits your event. On Monday there is sprint, long-sprint and long-distance, so choose the group that fits your distance. Tuesday and Thursday there is the possibility to train for multiple events such as throwing and jumping. It is also possible to train long distances on these days. On Thursday there is also long-sprint training again, you can join this group if you want to have more than one sprint training in the week. Another important factor in the competition is your strength. You can improve this with complementary power training. On Wednesday there is an organized core training, but it is also possible to go weightlifting in the Kronos shed or go to one of the many gyms in Enschede. But remember not to push yourself too hard. Only do the things that you are comfortable with, especially when you train for yourself. When you train at Kronos you can always tell your trainer if you have any injuries. Furthermore, the goal of all the trainings at Kronos is to make sure that everyone will be in shape when the competition arrives. However, if you are unsure about your performance, you can always ask your trainer for advice. It is always nice to get tips about your technique so don't be shy!

## Competition dates

There is more than one competition each year. There are three competitions in total where Kronos competes against other associations from the 3rd division. If we perform really well, we have the opportunity to be promoted to a higher division in an extra match, which will take place somewhere after the summer holiday. The other three competitions are spread out throughout the summer. The trainers make sure that we work toward all the competition but remember that you cannot perform optimally at each match. This year the competitions will take place at the following dates and locations:

- 7 May Hengelo
- 21 May Gendringen
- 02 July Emmen

On the competition you have to travel to the location of the match. For Hengelo this is easy because you can take the bike but with the other locations it is more difficult. Transport to the location will be organized by Kronos. Sometimes you can join someone in their car but other times you have to go by public transport. In whatever way, it is always fun to travel together with other Krononauts.

## The competition day

Finally, it is the big day! Everyone is in top condition and ready to compete. However, you are not done. This is just the start of what a competition has to offer. For a day like this, it is important to get 9 to 10 hours of sleep, if that is not possible try to sleep at least 8 hours. Make sure to not sleep too long, it will make you feel groggy. A good night sleep will make sure that your body is fully recovered and can perform optimally. To charge your body even more, you need to eat a good and healthy breakfast. For example, oatmeal with fruit, a veggie-omelet or nutritious sandwiches supplemented with a healthy glass of orange/cranberry juice. Also make sure to drink enough water throughout the day, about 6 to 8 glasses in total. With all the exertion during the day you will lose some body fluids so make to refill them. However, don't eat and drink too much before your event, otherwise you will get side stitch or rumblings in your stomach during your activity. Before your event you can eat one or two light snacks to energize yourself like a fruit/muesli bar or a piece of fruit. Something that has quick carbohydrates that make sure you have enough energy to perform optimally during your event. After your event you should stock up on some proteins by eating a protein bar or drinking a protein shake. When you have a longer break in between events it is the time to eat something that is a little heavier on the stomach like sandwiches. More information about food can be found on page 30.

It is also important to mentally prepare yourself for your event, especially if it is a technical event. Go over the techniques you learned in your head and don't stress yourself out. You trained for the event after all, and you can only do as good as you can do. Listening to music can also help to calm yourself or talking to other people about the event. You can also discuss with your coach a game plan or a certain focus point for your event. But in the end, you can only do your best.

## Preparation for your event

It is nearly time for your event! Make sure to start your warm-up 1 hour in advance. Start with running 2 laps to warm up your muscles. If you are doing a long distance, make sure to run at least 2 kilometers in advance and if you are doing a throwing event you can warm yourself up by walking to the sports canteen and getting a warm broodje kroket. After that you can do some dynamic stretches to loosen your muscles even more, do this for around 10 to 15 minutes. After that continue with some running drills related to your event to activate your muscles. Now you should be ready to perform optimally at your event. Make sure to announce your presence to the jury 15 minutes in advance. You can rest for 15 minutes before the start of your event then it is ready to achieve the best result you can get! ■





# EP[E]IC TRONOS TRAINING WEEKEND

**By Willem Bosch**

*"And then about the training weekend, yes we really can't find a venue for that. So it remains to be seen whether that can go ahead...". That was the sound of Lars' average TC committee update at this year's Kronos board meetings. In the end, luckily there was still room at our friends from Cial'Vo who we remember from last year's association weekend. And so the second Tronos Committee (including Jelmer, Sanne and Lars from Kronos) got to work to make it a splashing training weekend between Kronos and Tartlétos, just like last year at the NK track in Apeldoorn.*

And that weekend began as tradition dictates with an early supper before finishing a strength training session on Friday night. The chefs on the committee indulged their cooking skills in making the filling for the wraps. This was so juicy, that of all those eating along, not a single plate came back clean for a second round. Going out with Wageningers meant vegetarian cooking. Though it was a doubt whether a stuffing with almost only brown beans was the most tactical cuisine. Indeed, the toilets were less in agreement.

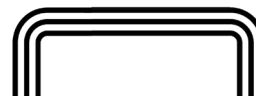
Fabienne was getting more and more excited about the circuit training she was going to give at 8 o'clock, this made the athletes suspicious. The warm-up was still hopeful, but the cap dance did not contrast with the team-building tasks that followed. Surely these went a bit more dramatically. Especially the "push-up caterpillar" was a disastrous collapse for basically every group. With the concluding card circuit, the participants cheated fanatically again, but mainly got to know the sharpness of the newly constructed track for the first time this weekend. The canteen was filled with avid Cialfo pub quizzers in the evening, who were clearly charmed by Kegel. So charmed that a bald guy pointed him out and then reported his presence to his tablemates. But when Kegel suddenly waved back, the four table guests turned heads immediately. Back to reality. The canteen was occupied, so the warmth of Henk's gym was sought for an introductory bingo. The conclusion was mainly that nobody was doing TikTok and it was high time to think of sleep. For most, that is. Marnick, Ivo, Koen, Willen and Chrisja, after good reviews last year, decided to visit the chip snack/café combo Eureka to stop the cravings with a greasy bite. And again, the cafeteria did not disappoint. After some good conversations in the dead quiet canteen on their return, the last athletes too decided to hit the nest.

The sun was smiling and the sky was blue and the ears of sleeping participants were saying "ew" after Lars' terrorcore wake-up call. After a hellish night, participants could get ready for the first fuels at breakfast.

The talk of the morning was the overnight temperature of 3 degrees Celsius. This had so led to many creative solutions among the athletes who did not have a decent sleeping bag. There were stories of winter coats in sleeping bags, double socks, do decent sleeping bags and I quote myself "I just kidnapped myself with my Kronos scarf because my face was getting cold". All very interesting. More interesting was our Honza's warm-up. After last year's disc golf, a medicine ball fest was on the programme this year. Indeed, after 4 rounds of throwing and exercises, it was time for a real 2vs2 wheelbarrow penalty shoot-out. Whoever was the first to score 7 goals in wheelbarrow run could walk away with the win. However, the sharp trajectory resulted in mostly very sore palms and mediocre goal attempts. After the joint warm-up, the group was split into no less than 5 groups and the favourite training programmes could be finished. Especially the discus throw was interesting to watch due to lack of net in the cage. Anne even decided to watch it so closely that we were all but a hair short of Anne. It is just as well that the hammer throw event was scrapped.

Around two in the afternoon, training number 2 was scheduled. Bob had relieved Kris for the MiLa group and Bibi Lotte swapped the discus for the shots. Furthermore, Tim alternated with Erik for the sprint and specialists Roy and Marnick gave the long jump and javelin throw workouts respectively. These training sessions ran like clockwork again, thanks to all the fantastic trainers. [...]

READ FURTHER ON: [Kronos.nl](https://www.kronos.nl)





Lars during NSK Ekiden:



Tim die hoort dat je een loetje kan halen



Maar het niet lekker vindt

ME  
PA



Wanerr je training halvewege is mar je geen zin mer hept:



When Jurgen uploads something onto his Strava account

ME  
GE



You vs the guys she tells you not to worry about:



Wanneer je erachter komt dat je te lang geslapen hebt...



67<sup>th</sup> Board at GMA:  
Wow the break is just after one hour!  
Stan:







# KASTENLAUF CONQUEST

Written by Willem Bosch

Once upon a time, there was a wild Saturday in the hugely windy capital of our humble little country. Indeed, 2 brave Kronos members, one of whom felt obliged to serve as ZeuS board, had a tremendously stupid idea. Bas Onck and Ivo Stapel felt drawn to promote the fourth lustrum of A.S.A.V. Aquila. For this affair, a 5-kilometre course had been mapped out around the Amstelveen Bosbaan (rowing course). But then again, what do you get when Amsterdam beer brewer Breugem sponsors your race? Indeed, then you don't organise an ordinary 5-kilometre running race. At Kronos, we already liked the combination of beer and running at the Beer Mile, but our friends from Mokum had taken their inspiration from southern German Bavaria.

Namely, the Kastenlauf. For anyone not familiar with the concept of the Kastenlauf: A Kastenlauf is a 5-kilometre race run. Each team (2 to 4 people) is given a crate of 12 beers, which must all be consumed before crossing the finish line. So for Bas and Ivo, this meant 6 beers per person during the lap around the rowing course. And to make it even more challenging, the beer sponsor had provided special DIPA (Double Indian Pale Ale), of a whopping 8.1% per can.

In the run-up to the race, however, the worst fear, which hardly anyone had reckoned with, became a reality. A corrie infection that forced Mr Onck to withdraw from participation. Then, suddenly, Ivo was faced with the task of finding a worthy replacement with one evening to go. After some Whatsapp messages around, there seemed to be bite from the president of the association who said the wise words "I say no for now. But ask me tonight when I am in the VB and I will say yes". And so it happened, less than 12 hours later Willem and Ivo, the Kronos Klok Warriors, were already on the train on their way to Amsterdam.

Original recovered Whatsapp proof of Willems Participation (uncoloured) ▼

**Ivo Stapel**

Say mate, propose that Bas is not going tomorrow

Would you like to do a little kastenlauf in damsco?

I cannot say just yet, have to run 11 + 1.67 km

But videocall me tonight when I'm in the vb

Maybe I'll say yes

Haha no I'll need a reliable strong pilsganger

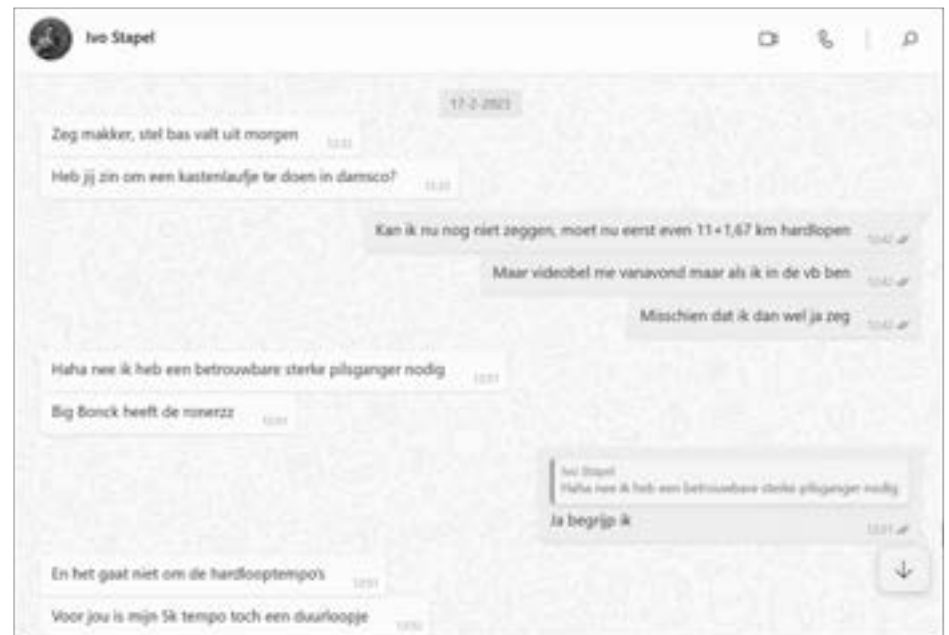
Big bonck got the ronerzz

Yes I understand

And it is not about running pace

My 5k pace is just a little endurance run for you

^ Transcript English Translation of Whatsapp proof of Willems Participation





Map of the race

Ivo and Willem were of course mega happy and expressed this towards those present very clearly (where have we seen that before? Cough, FLAAT 2022, cough). But a few minutes later, the penny dropped. In the final sprint, an empty can had unfortunately been lost in the wet torn-through cardboard box. Therefore, the two got a 5-minute penalty on top of their finishing time. And that was enough to bump them from 1st, to 2nd place. Despite losing a nice personalised pul, the atmosphere was good. Which is not surprising after 2 litres of special beer within half an hour. After a hell of a 10-kilometre bike ride to the after-dinner drinks and the prize-giving ceremony, it was high time to catch the train back East in the evening. Ivo and Willem experienced something again, but more importantly: they have clearly put Kronos on the map in faraway Amsterdam as well!

Upon disembarking Amsterdam Snuias station, we noticed something annoying even before we got on an OV bike at all. Wind. Very strong wind. The Beaufort scale indicated a score of 6 which roughly equated to an average wind speed of 42 km/h. The legs were already running sour while cycling there with a headwind. On the train, a race plan had already been forged. Assuming that glass bottles and plastic crates would be used, the tactic was very simple: drink all the beer as quickly as possible to drag less weight. The reality, however, was that cardboard crates and cans of beer were used. Nevertheless, the race plan was adhered to.

This was reflected in the first 800-metre split. After 2 empty cans and a running pace of 4:00/km, Willems stomach decided the start was too enthusiastic. He suddenly opened the proverbial tap.

This discharge was so spontaneous and unexpected that the bike path of the course was generously filled with the just-empty Breugem DIPA. Incidentally, the entire race was captured in a homemade vlog during the run. So I'd like to direct you to that for a more detailed account of the race itself. The next 2 kilometres went a lot smoother. But everything changed when at about 3 km we met our opponents "Mugshot Morris" and "Fristi Anton". The opponents provided so much motivation to booze, that both Ivo and Willem liberally decorated the roadside of the Bosbaan. This is of course reflected on the schematic map below. In the end, the gentlemen had employed an alternative strategy than their opponents. The sixth and final can was emptied 500 metres from the finish and a mighty final sprint was launched. This resulted in a gross first place, as the two competing teams had not yet finished their beer and were not yet allowed to cross the finish line.



# HISTORY OF FAST PLANGAS

Wondering why we wear sunglasses in current days? Then take a step back in time and let us show you the evolution of "planga's".

*Written by  
Stan Heijnen*

Pre-  
history



During the prehistory the Inuit wore whale teeth to protect their eyes in order to protect their eyes against snowblindness.

1100



In China during the 12th Century glasses were made of smoky quartz, a type of stone which you can see through but your facial expressions cannot be seen. Lawyers wore these to hide their expressions for the public.

1752



In 1752, James Ayscough came with green and blue glasses to, in his opinion, see better. He was convinced that white glass would damage your eyes. So he did not develop the glasses to protect against the sun, but prevent damage to your eyes in corrective lenses.

1913



William Crookes developed Cerium glasses which protected 100% against UV radiation and 90% against IR light. He however wasn't planning on developing sunglasses, he only wanted to help people with staar see better.

1929



Sam Foster started the mass production of celluloid sunglasses, selling them on beaches in New Jersey. This is the first known type of sunglasses which protected your eyes against the sunrays and were available to everyone. Since then, they became a fashion statement and were very popular in the Hollywood area.

2018



Skipping forward a few year to 2018 where the "snelle planga" or Robocop glasses became quite popular after being popularized by rapper Donnie in his song "snelle planga".



As someone who puts Kronos at the first place, what else is there besides the Kronos glasses? A very nice and green accessory with which you can show everyone just how much you love Kronos. These glasses are worn by many Kronauts, but are most commonly seen worn by our own "Donnie". Oh and of course it is also a nice way to introduce our beloved association to other people.

2022



Although very practical these glasses lack the stylish look other glasses of this era. Used to compete in the UT Triathlon, these glasses insured no water was getting splashed into the eyes our Kronauts. Because this event is held ones a year, coming across a Kronaut wearing these type of glasses is rare.



In the spring of 2022, a new star was born, the o-so shiny Bata sunglasses. The sparks are unbelievable and looking at someone wearing these glasses will almost blind you. These glasses were handed out to all contestants participating in the 50th Batavierenrace, therefore they can be seen throughout the whole of the Netherlands, to give you a reminder who won the 50th Batavierenrace, Kronos!



Late 2022, a new Kronos board is announced. To celebrate this event a party was held in Diepzat. If you are familiar with the traditions of a constitution drink, you might have seen this coming, some people got a teetsie bit drunk and destroyed their glasses, at this moment in time some improvisation was needed and the tape glasses were born, and will forever be remembered to those who partied hard!

Which leaves us at the present day, of course there have been many other types of glasses in the past. And we are sure there will be more in the future, for now we hope you've gotten a brief understanding on the history and story behind the present day glasses.

# KRONOS AUCTION

If you have attended the GMA, you'd know that Kronos has a valuable stock of goods awaiting a new owner. We have decided to organize an auction to sell some of the items to you! Below you find the cryptic descriptions of the items for sale. You can place a bid on your favorite items and the highest bidder receives the item for the bid price.

By Sander Boxebelt

While its color might lead you to a wrong conclusion about which student athletics association you have joined, it has represented our beloved Kronos. It is not a unique item, but it remembers a previous edition of one of our most favorite events of the year. If this doesn't make you faster, I don't know what would do.

This thick and circular item can make you wet. Indeed, people crave for it when they're thirsty. Some people say it doesn't smell great, but you'll get used to it. Many people own one, so don't forget which one belongs to whom.

Collector's item for those who wanna feel forever young. Also suitable for those in need of a long-lasting party vibe. Days of coughing guaranteed.

Feeling like a boss with this limited-edition item. Perhaps not the prettiest design, but with this item you won't go unnoticed. Perhaps not the most suitable item for people who prefer to train in anonymity.



# BATAFOOD

Written by Stan Heijnen

Last year we, Kronos, have conquered the 50<sup>th</sup> edition of the Batavierenrace, or as Daan would phrase it "De bata veroverd". Naturally we will do everything in our power to do so again! This year we, the Editorial staff, will help you prepare for your ultimate performance, whichever team you might join.

## Pre-race preparations

### TEAM 1

Start stacking those carbs! Make sure you eat enough carbohydrates at least one day before the race, to make sure your legs don't tire too fast. Eating a lot of pasta will do the trick! On the day of the race stick to low fibre foods, like banana's and white bread. This is easier to digest and therefore give you that little bit of energy you might need to increase your speed ever so slightly. Lastly for the ultimate performance freak, brew some really strong coffee and consume it a hour before the race, this will keep you wake during the race and boost your performance!



### TEAM 2

Somehow it seems there are some people that Forget the simplest things, for example their running pants \*eugh\* Willem \*eugh\*. That's why we want to give some simple advice, don't forget to wear as much Kronos merch as possible and keep watch of 'de Klok'. Yes we mean 'de Klok', have some pre-beers but make sure you don't miss the bus, because you were playing too many drinking games.



## Advice for during the race

### TEAM 1

Because the average distance is quite small there is no need to eat or drink anything during the race. If you really want to have something during the race, we'd suggest a drink with lots of sugar. Isotone sports drink for example!



### TEAM 2

Well first of all, good luck, we know some of you will need it. To ease your pain during the race we advise you to drink enough alcohol. Because drinking enough alcohol solves all your problems. Our drink of choice during the race would be the AAA drink! AA drink with a shot of Absent. Of course you can always run down 'de klok' during the race and other options for the diehards are; tequila, Jägermeister or vodka.

## Advice for after the race

### TEAM 1

First of all thanks for your service! What should you do after your race? Well consume a lot of protein of course! The running life always continues and that duration run on Sunday can't be skipped of course and that's why recovery is very important. This is why we'd advice to have a recovery drink (protein shake) or a tasty cup of yoghurt! It is also not recommended to drink a lot of alcohol at the party! This will slow down the recovery process.



### TEAM 2

Wooooow! Actually thought you'd not make it to this step to be honest. So congratulations on surviving the Batavierenrace! This calls for a celebration! Let's get some more drinks and start the pre-party as soon as possible! If you were lucky enough to run in the night shift you will be able to get some sandwiches with "kroketten" in a small shop near the restart point in Ulft. Sorry morning gang, you'll might only have the change to buy some soup at the restart point in Barchem. Last but not least, the afternoon gang, you'll have the blessing to get food in the city centre, kfc, mac donalds, bakker bart, the perfect pre-party food!



# BATA-GAMES

**Car Bingo** — Check the brands of the cars on the road, if you've got a row you got a Bingo! (False bingo means singing a song)



**Guess the song!** — Guess the names of the songs based on the following lyrics:

**Song 1:** *You're a teaser, you turn 'em on.  
Leave 'em burning and then you're gone.  
Looking out for another. Anyone will do.*

**Song 2:** *I wanna make love to you. Lead  
you to tomorrow.  
I wanna feel the sunshine after rain. We  
can reach out for the sky.*

**Song 3:** *Take your time, hurry up. Choice is  
yours, don't be late.  
Take a rest as a friend. As an old Memoria.*

**Song 4:** *I tried so hard and got so far. But  
in the end, it doesn't even matter  
I had to fall to lose it all. But in the end, it  
doesn't even matter*

**Song 5:** *Nou kijk je gappie leeft zoet als  
een sappie. Ballin' ook al was mama altijd  
wappie.  
Een goed begin is het halve werk. Maar een  
goed begin is maar de helft*

**Song 6:** *Ze zeggen je drinkt teveel. Het  
maakt mij echt niet uit.  
Ze willen blazen op een toeter. Maar  
mogen spelen met mijn fluit.*

**Category game** — Someone thinks of a category and tells the group. Then they take turns naming a object within that category. For example, different beer companies: Grolsch, Heineken, Hertog Jan, etc. The game ends when someone names a object that already has been named.

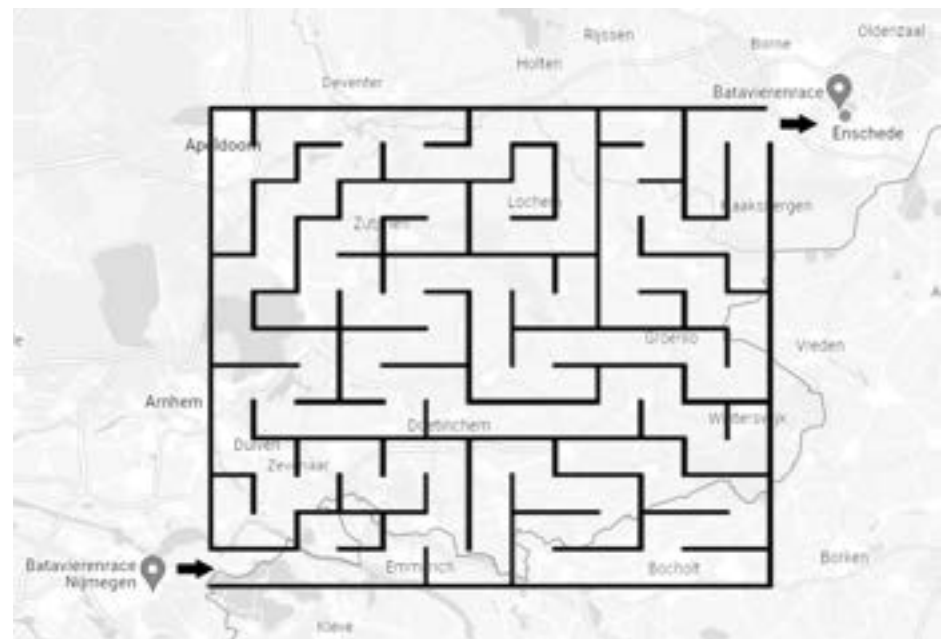
**Guess the object** — The host thinks of a object and does not tell the other people and can only answer questions with a yes or a no. the game ends when someone has guessed the object. At which point the guesser becomes the host and thinks of a new object to guess.

**Match day game** — Based on the classic game "Ik ga op vakantie" the team names things they would take with them going to a athletics match. Reciting all the previous objects. For example: Person one: I'm going to a athletics match and I'm taking with me: My running shoes. Person two: I'm going to a athletics match and I'm taking with me: My running shoes and my Kronos glasses. Etc.

**Animal name game** — This is another classic game. One person starts with an animal name, the next person has come up with another animal name that starts with the same letter as the last letter of previous animal. For example, person 1 says ape, the next person has to name an animal that starts with an E — Elephant. The game ends when a person can't come up with an animal.

**Batavieren maze** — It is important to not get lost during the bata. Practice your navigation skills by solving this maze:

*Written by:  
Stan Heijnen &  
Tim van der Kooi*



# KRONOS DILEMMAS

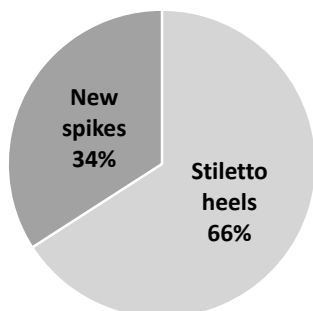
Last edition, we asked you all to make some very difficult yet important decisions. You all responded in full force, with 44 responses to our little survey! Time to find out what goes on in the minds of our fellow Kronauts.

## Who is your favorite board member?

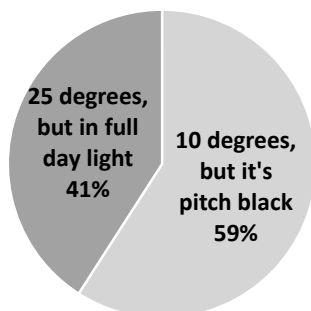
Willem with **31.8%** of the votes! Apparently, he managed to get enough people drunk to vote for him, still quite a remarkable feat achieved by him.



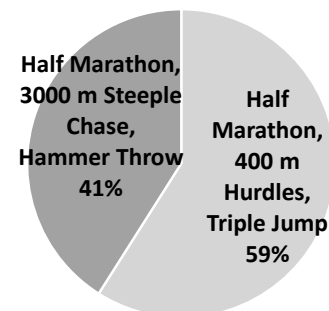
## What footwear are you using for a lap around the church?



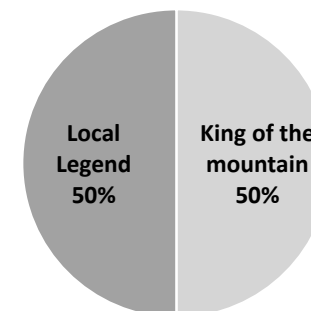
## You are forced to do a Greek 400 m while:



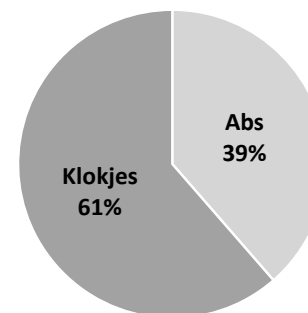
## It's time for the yearly impossible triathlon; which one will you take part in?



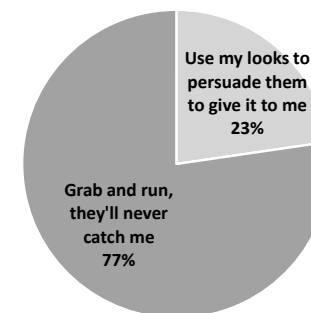
## Let's farm some Kudo's! What Strava achievement would best suit your trophy cabinet?



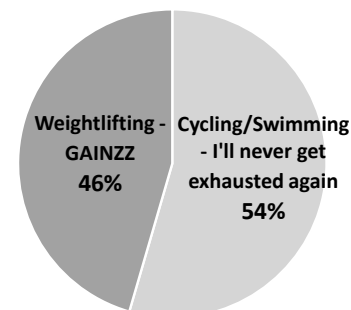
## What makes the best sixpack?



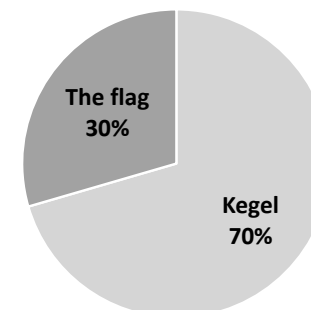
## How would you 'bras' another association's mascot?



## Unfortunately you're not allowed to train any athletics events, what alternative training would suit you?



## You have to guard a Kronos object from being 'brassed'. Which one can we safely give you to protect?



# “QUOTES”

Jacob: "Er is maar een ding echt beter dan een koud biertje drinken onder de douche, en dat is een sinaasappel eten onder de douche"

Bas H: "Jij hebt duidelijk nog nooit seks gehad onder de douche"

Suze tegen Lars: jij hebt geen manbun, jij hebt gewoon een bun

Stan: "Iedereen vindt dat ik wel goed kan lullen, maar ze zeggen dan wel vaak dat ik depresief overkom"

Ivo: "Ik geloof niet meer in hekjes, ik geloof niet meer in touwtjes, ik geloof alleen nog maar in mezelf"

Simone: "Deze is niet van mij want deze is niet uitgerekt"

Lars: "Wel belangrijk om te zeggen, mijn huisgenoot is redelijk goddelijk dus let daar op"

Vincent: "Je kan niet iets in de statuten zetten omdat het fucking grappig is"

Stan: "Ik krijg met de dag meer haat aan vrouwen"

Rogier (tegen Meyke en Stan) "Het wordt ook met de dag gezelliger bij jullie"

Lars: "Ik wil er graag achter komen hoe glibberig een droge paal is"

Isis (over LEAP): "Krijgen jullie subsidie"  
Jacob: "Ja wij zijn nog jong en schattig"

Anne (over het voedsel van 't Haasje): "Het smaakt alsof ik net gerookt heb"

Random fotograaf van nsk trap aan Ivo: "Ben jij Ivo van Ivo en de batsers?"

Willem: "Of het eten nou lekker is of niet, het wordt toch uitgebraakt"

Masterstudent: "I'm not into athletics sorry" - loopt weg - Lars: "Ja shut de fuck up dan ook"

Daniel: "The Dutch colonized everything except flavor"

Basile: "Bassey zet de verdediging open, net zoals Mozes met water deed"

Maartje: "Als je echt wil opgaan in je rol, moet je na de start in elkaar zakken"

Dunya: "Dit is de blik die elke man wil als je een pik in je mond stopt"

Jelmer (over een figuurschaatsster): "YES, ze is geflikkerd"

Ivo: "ik wil dat het hier trilt alsof je in Turkije bent"

Aan Stan door Wim: "Zolang je maar niet aan voedselverkrachting doet"

Willem over aardappelen: "Vanochtend nog op het land, vanavond lekker krokant"

Lars reactie: "Dat kan je ook over slaven zeggen"

Suze: "Ik denk dat een lul makkelijker is om te zuigen. Dat past veel beter"

Marjolein: "Je loopt een beetje als een pubermeisje die net borsten heeft gekregen en ze probeert te verbergen"

Michelle: "Ik wil ook seksspeeltjes"

Michelle: "Wist je dat je ook een sekshoroscoop hebt online?"

Fabienne (over S.V. Dimensie): "Dementie heeft wel genoeg geld hiervoor"

Jelmer: "Ik ben uiteindelijk in een pizzapunt als een homo naar beneden gegaan"

Lars: "Ik wil de egel kont"

Michelle: "En wat als je scriptie nog steeds niet goed is?"

Dunya: "Dan pak ik de grootst mogelijke dildo en ..."

Lars: "Mijn plant heeft het langer volgehouden dan mijn vriendin"

Fabian: "het shotje is best prima maar dat natte stokje..."

Daniel: "I had to keep it in my mouth because I couldn't swallow the nut"

Vincent: "Als je als man planten wilt, moet je gewoon eerst een vriendin zoeken"

Personeel achter de bar bij de friends tegen Stan: "Met of zonder condoom?"

Michiel Ruland (speaker NSK Cross): "De start is bij de finish om tien over vier. Ik herhaal, de start is bij de finish"

Isis: "Ik laat passende kinderen komen"

Fabienne: "weinig kut, wel ability"

Tim: "You can see that it's difficult now to hold you stick high"

Thijs R (over Marjoleins kieswijzer): "50PLUS, SP en PVV, dat loopt wel een beetje uit elkaar"

Ivo: "Ik ben wel echt goed in mensen verpesten. Daar gaan we even werk van maken"

Willem: "Ik heb Kronos 'Vo op mijn stembiljet geschreven"

Roy: "Ja die is echt strak"

Fabienne: "Willem is eigenlijk een soort BBB"

Willem: "Ik ben schappelijk geweest voor BBB, heb maar een paar stemmen vervalst"

Ivo: "Weet je wat ik nog steeds niet heb? Inderdaad, mijn inloggegevens. Ik ga de ING echt een keer opblazen"

Marnick: "Ik heb last van weëen"