

TRANSLATIONS

of the 6th Palmboom of D.S.T.V. Aloha

- P8: [PREFACE by Tom Veldkamp](#)
- P9: [PREFACE by Thorwald Veneberg](#)
- P10: [PREFACE by Martin Bos](#)
- P12: [TRION \(student triathlon Nijmegen\)](#)
- P13: [TRITANIUM \(student triathlon Groningen\)](#)
- P15: [SKEUVEL \(student ice skating Enschede\)](#)
- P23: [INTERVIEW with Thijs Hekman](#)
- P27: [THE ALOHA BABY OF... Christina & Joris](#)
- P30: [29TH BOARD by Mees Flapper](#)
- P32: [30TH & 31ST BOARD by Lotte Steenmeijer](#)
- P35: [32ND BOARD by Dagmar Schouteten](#)
- P37: [33RD BOARD by Daan Bossink](#)
- P39: [34TH BOARD by Sara de Bruin](#)
- P41: [LOOKING FORWARD by Roald Hofman](#)
- P42: [INTERVIEW with Heleen de Hooge - bij de Vaate](#)
- P48: [CORE TRAINING by Lars Bossink](#)
- P50: [CYCLING TRAINING by Koen Nijland](#)
- P54: [SWIMMING TRAINING by Mariska Winter](#)
- P56: [RUNNING TRAINING by Bouke Scheltinga](#)
- P59: [ASSOCIATION WEEKEND by Liz Wabeke](#)
- P64: [CONVERSATION between Lotte & Lars v.B.](#)
- P66: [EC ACTIVITIES by Jolien Elbers](#)
- P68: [ALOHA IN THE MOUNTAINS by Nynke Luijten](#)
- P72: [INTERVIEW with Eva en Izak](#)
- P82: [24H TRIATHLON by Tristan Vlogman](#)
- P92: [CLUB RECORDS by Jesper Boets](#)
- P98: [MAHALO PERSPECTIVE by Anne Siersema](#)

PREFACE by Tom Veldkamp

First of all, I would of course like to congratulate D.S.T.V. Aloha on its 30th anniversary.

For an association of athletes who practise exactly three sports, celebrating three decades of triathlon at the university is a reason for a special celebration.

After all, there is something magical about the number 3. It is perhaps no coincidence that of all the sports with more than one event, triathlon has the greatest worldwide fame. And in many cultures, religions and mythology, the number 3 has a special place. As well as in mathematics. Veni, vidi, vici does not consist of three alliterating words for no reason; the same applies to the French motto liberty, equality and fraternity. Our brain likes the rhythm of three, which is why these expressions stick so well.

And the well-known saying goes, 'All good things come in threes'. Not just the good, by the way. If one of your parents used to have to say 'I count to three...', it often did not bode well.

Three represents a certain balance, and guarding it is a trait you as athletes should definitely possess. How do you balance training in three diverse sporting disciplines? After all, you need to reach a high level in all three to achieve great results. At the same time, you have to guard the balance between sport and rest, between studying, your social life and sport. Fortunately, at Aloha the latter two can be combined very well, as three decades of a vibrant triathlon community on our campus has proved.

Three cheers! D.S.T.V. Aloha, enjoy this beautiful and special anniversary year.

PREFACE by Thorwald Veneberg

Dear members, alumni and friends of student triathlon association Aloha.

Thirty years ago, Aloha began as an ambitious vision, with the intention of creating an environment where students could come together, share their passion for triathlon and share and support each other in their sporting journey.

What started as a small initiative has now grown into a vibrant and influential association, which over the years has had a beautiful impact on the triathlon sport and on the lives of many students.

This week is a wonderful opportunity to not only celebrate the successes of the past, but also to embrace the present and the future. From the first hour until now, you, members and alumni, have made Aloha what it is today - an example of cooperation, vitality, sportsmanship and friendship. It is these values that have contributed over the years to the development of the sport of triathlon and which will be in the coming days will be put in the spotlight.

On behalf of the triathlon federation, I would like to offer you my sincere and warmest congratulations on this special anniversary and thank you for your tireless commitment and enthusiasm for the sport. May this celebration week be another great experience and an inspiring foretaste of what is yet to come.

Sportive regards,
Thorwald Veneberg
Director NTB

PREFACE by Martin Bos

Beautiful, alive and kicking

Aloha has been around for 30 years and it is still as beautiful and alive. When I am back I still recognise the association as it used to be, a cosy place where members find each other in performing and experiencing together.

In the summer of 1994, there were a number of enthusiasts who had organised or participated in the UT-Triathlon. That's where it started, with the 10th UT-Triathlon on 8 May 1994. The so-called 'Kwartiermakers' provided the bridge until the official formation and installation of the first board. They worked on creating an appropriate organisational structure (me), recruiting new members (Jean Paul Hofkens), secretariat and providing information (Peter Hogenhuis), bringing in financial resources (Harm Scholte), setting up training courses (Rob de Hooge) and promotion (Sander Ettema and Ralph Steenbergen). This club of people had a preparatory task until the first General Members' Meeting, which finally took place on Monday 10 October 1994. So that is the official day that the Drienerlo Student Triathlon Association Aloha was founded.

The first board was installed with a hammering of the homemade hammer. You know this hammer and it was presented by the initiators Jean Paul, Peter, Harm and me. Harm became the first chairman. Jean Paul, Peter and I joined the Advisory Board (the first installed, and therefore oldest, body of the association).

After that, the madness erupted in all sorts of areas with an ever-growing membership. I remember that in the first year, we had as many as 100 members, which meant we were no longer a small sports club on campus. We were serious from the beginning with full support from the Sports Council and the Sports Centre management.

Two anecdotes are fun to relate. First, our plans to set up a tractor pull association under the name of 'Stront Zat' with a nod to the farmers' protests, back then. Second, our request to the management of the sports centre to set the thermostat of the indoor swimming pool to 100 degrees once during Easter to boil 10,000 eggs.

Both existed only on paper and in perception; unfortunately, they never came to fruition. We did realise Aloha and we are still very proud of that. Glad that the generations after us have built the association into what it is today. Mature, beautiful and still very alive and kicking.

Aloha, congratulations!

Martin Bos, honorary member of D.S.T.V Aloha

TRION (student triathlon Nijmegen)

Dear sports enthusiasts of Aloha,

Congratulations on your wonderful 30th anniversary! For 30 years you have been getting students moving and promoting the student triathlon sport. It is wonderful to see that a Student Triathlon Association can be so great and fun. With your enthusiasm, organisational talent at UTT and connecting power, Aloha is an example for other triathlon associations.

As the Student Triathlon Association of Nijmegen, we wish you a sporty and festive year in which we will hopefully work together more and more!

With sportive regards,

Jorian Leerling, President N.S.T.V. Trion

TRITANIUM (student triathlon Groningen)

Student triathlon association of Groningen

Moi!!!

For us, an annual trip to Enschede cannot be left out of the agenda. Little sleep, lots of sports and fun is what this weekend is all about: the Bata!

Just like the Bata, there is another reason to visit distant Twente. With great enthusiasm many tritanians start the UTT where the team element is central.

We are happy to have such a good sister association, who like us has a heart for the sport! We therefore hope for a nice continuation of our cooperation and hopefully another super fun training weekend next year!

Lots of love from Groningen!

SKEUVEL (student ice skating Enschede)

Aloha,

First of all, congratulations on your 6th lustrum! Hopefully many more years of great cooperation between Aloha and Skeuvel will follow.

On behalf of Skeuvel, we look back on a nice cooperation over the past 5 years.

Unfortunately with some corona years in between, during which the famous Aloha-Skeuvel exchange training sessions could not take place. But no worries, for the past couple of years they were there again. We, as Skeuvelers, always enjoy being challenged by you in the one sport we have in common. We hope to see you at the ice rink again this winter, to blaze across the ice together.

We also have a loyal member who is also very active with you, Ron Koomen. We are happy that he still wants to train us faithfully as head coach after all these years and is also an active member at Aloha. He always makes us enthusiastic about the university's beautiful triathlon sports club.

We hope for a great future together, where there will still be many training exchanges followed by a nice cup of tea (crazy traditions you guys have).

Hope to see you soon,

On behalf of the 59th board of D.S.V. de Skeuvel,
Marith Wijtenhorst

INTERVIEW with Thijs Hekman

How long have you been a member of Aloha?

From September 2008 to almost 2023, so almost 15 years. Staying a member for long is actually very easy: you just don't have to leave. I studied most of that time and it was financially attractive to stay a member. Moreover, I always had groups of people I felt a bond with, so for me it wasn't a problem to stay. I do have the idea that I left at the right time, as at one point new people arrived who were half my age. The frame of reference became different, and we were at different stages in life. Besides, I was still working at UT after my studies, which kept it financially attractive. That fell away in the same year that many people from Aloha made the move to TCT, so that's when I left as well.

How quickly did you become active in the association?

Within a week of joining, I was asked to become secretary. I joined in September 2008 and in October I was hammered in as secretary. In my first two years I was on the board and later I was an interim board member once more. Over the time, I became more and more involved, but on paper I did less and less. Involvement to me is more a feeling than an action. It is the feeling that if you can help somewhere, you want to and will do so. Whether you actually do that depends on how much help is needed.

What or who managed to motivate you so quickly?

I didn't really need convincing. I grew up in Almere, where the only whole triathlon in the Netherlands was held. From 2001, they were doing a high school student triathlon, a tenth of the full distance. I played football, but did that triathlon every year and also trained for it sometimes. At the end of high school, I quit football and didn't want to commit to a team again right away. I then started running and when I moved to Enschede for my studies, I actually wanted to join a triathlon club. During the intromarket I looked up Aloha and signed up for an intro training right away.

How has Aloha changed since you joined?

When I joined, we had about 60 members. That has grown a lot. The image of triathlon as a tough sport has long caused limited intake, but now, since corona, many people have become enthusiastic about sports. We thought that effect would be temporary, but it has remained. Aloha has really exploded and now a lot of younger people are joining, often already in their first year of study. That keeps the association alive. The association has become bigger and more active. Perhaps it's stronger for me than for others, because Enschede is far away from home, but Aloha has really been a surrogate family for me. Many of my contacts and friends come from Aloha.

With people from your studies you have in common that you are doing the same study. With triathlon it's different, all the people who do triathlon are a bit crazy. But kind of in the same manner. The fact that you do the same sport and like, already gives you a bond.

A bit crazy?!

What I find very triathlete-specific is that we get injured. If you then go to the physiotherapist and you are not explicitly told that you should not do something, a triathlete is always going to do all kinds of things. If you are told that you can carefully run a bit again, a triathlete is going to run 15 kilometres. That is obviously not very sensible or smart, but that's how a triathlete works.

Of all the things you have done within Aloha, what makes you proud?

There are several things I am proud of. It's hard to say if I succeeded, but I was always trying to get people excited about swimming. I am also proud of the activities like the 24 Hours of Zolder, which we got more people along for every year. During the last time, many new members also participated. In addition, I always tried to support others, by giving training sessions, sharing race experiences, and giving advice on Injuries.

What does it mean to you to be a Member of Merit?

It's nice to know that people appreciate what you do. Being a member for a long time is not a good reason to become a Member of Merit, but if you do one thing every year, you eventually do a lot of things. Whether I deserve it, I don't know, but I understand why I became one.

It's nice to know that people you care about appreciate what you do. It doesn't change anything about how I see myself, but it is a nice form of appreciation.

What advice would you give current and future members?

Do what you enjoy and find something that suits you. You don't necessarily have to join a committee; you can also just organise a fun activity. Activism is often in small things. You don't have to make a full-time commitment. Small contributions are also valuable. Organising an online game night, or helping out once, is enough.

How is Aloha different from your new club, TCT?

TCT is much more of a pure sports club. There is a move towards social activities, but generally you go there to train and then go home. At Aloha, you always had a social component, friendships were built there and outside the training sessions people are also making plans. I sometimes miss that at TCT.

Did you bring any particular habits or traditions with you?

No, I'm not one of those people who thinks, 'I'm going to introduce this.' Many people at TCT have families and commitments at home, which makes it harder to introduce social traditions.

But I am still in touch with the group that was at Aloha when I was a member. We also went on holiday in April. So those social connections remain.

How do you see Aloha's future in the next five years?

Fortunately, the membership has stabilised now, because 150-200 members is not something Aloha can handle at all. I especially hope it will continue the way it is going now, but that's hard to say. It depends on the new generations coming in. They will have their own influence. Ultimately, I hope the underlying togetherness will be preserved.

Corona was a weird period, but it also brought positive things. It showed how strong the social bonds within Aloha are. People started playing online games together or Tacx together. Aloha is much more than just a sports club; it is also a close-knit social community. Despite not being able to play sports together, there was still regular contact between people.

Finally, what is your favourite sport within triathlon?

I started with football and then went into running. Running is fun, but also injury-prone. Due to an injury, at one point I could only swim, and then I developed a love for swimming. Open-water swimming is now my favourite discipline.

THE ALOHA BABY OF... Christina & Joris

It is with great pride that we write a piece about how we came together and the upcoming arrival of our baby, due date 20 December 2024. How fun to contribute to this chapter in the palmboom!

It all started in 2019, on H8RE (the 8th Round of Islands). Christina went there together with a club of Alohan and Alohennen to participate in this fantastic competition weekend with a festival feel. Abel, former Alohan and brother of Joris, also went there with his girlfriend Deborah and her little son Michael And how could it be otherwise? They asked Joris along into their big tent (brother no. 3 was not there this time).

Christina and Joris sort of knew each other, or at least they knew of each other's existence from previous Aloha activities. The festival provided ample opportunity to get to know each other further and Joris was able to show off his astronomy knowledge, telling Christina all about the stars and planets in the bright firmament. Christina enchanted Joris with her enthusiasm and bubbly personality. Such a festival is also very cosy, so you can hardly avoid getting closer to each other, especially when you end up next to each other in the hot tubs.

Long story short, Joris and Christina went on several more dates after the round of islands. A few weeks later during Aloha in the Mountains in Embrun, Christina couldn't talk about anything else but Joris, which became a bit of a running gag. Izak (brother no. 3) then also got the hang of it. When Izak then went on to Vichy, and Joris came to cheer him on for his first full triathlon, he heard the same story but from the other side.

Now we are five years later, living together in a rented house in beautiful Enschede and are expecting our first child. A super exciting phase, where everything is still open. We don't really know not really know yet what's ahead of us and what we have actually started. Nor do we have the faintest idea what our lives are going to be like but then again, if you don't have a child, you don't know either. For now, we try to enjoy all the quality time with the two of us. We've been feeling the baby's feet for a while now and are trying to get to know it a little. A fun and special time!

29TH BOARD by Mees Flapper

Board 2019/2020 was active during the previous lustrum, at a time when it was difficult to recruit enough active people. Together with the experienced Anne Siersema and (at the time) newcomer Dennis de Heus, we formed our three-member board. Anne and I would continue to perform duties until a new board was found, while Dennis began his first year as treasurer. As many current members know, Dennis spent a total of three years on the board as treasurer: 10% of Aloha's existence!

Like the other years, we kept good contacts with Kronos, Skeuvel and KV, with exchange training sessions, joint board activities, and by attending various constitution drinks. Also, as in previous years, we painstakingly ordered new Aloha hats established (I think most chairmen can confirm how difficult the communication is for this is). The annual active members' outing was also great fun, where we and the active members had rented a number of bowling lanes. Here it once again became painfully clear that most triathletes are not the best at ball sports (in whatever form). The highest scores were eventually thrown at the court that shouted the loudest cheers.

Unlike most board years, 2019 was also a lustrum year, which was a highlight during my board term! Partly because in addition to being chairman of the board, I was also part of the lustrum committee in 2019 (and now again). At the time, I could still count myself among one of the younger members of Aloha, but that is now really passé. Over the years, I have got to know many different people at Aloha, where I have always found Aloha a friendly and close association. This is also the reason why I started and why I have been active at Aloha for more than seven years now. Aloha, keep up the good work!

Of course, there are things that were different from previous years and previous boards. Thus the observant readers may have noticed that 2019/2020 was a year in which things happened that no one experienced before (and after that, very little things happened). Towards the end of our board year (around February 2020), the coronavirus came and took hold of the Netherlands. We continued as normal, but unfortunately we really had to stop our training sessions. So that close-knit feeling of Aloha suddenly became a lot harder to experience.

The AV was also no longer allowed physically, so we unfortunately had to keep this one digital. Even though this was a less fun way to end my board period, the corona period also led to many creative ideas. For instance, cake was eaten together on the Matenweg patios, we got a big active Zwift group on discord (the Hijglijen was revived) and we had lots of online core training sessions!

As in 2019, I am going to enjoy the lustrum again and hope Aloha can celebrate its lustrum many more times! Aloha, congratulations on the 30th anniversary!

30TH & 31ST BOARD by Lotte Steenmeijer

I feel honoured to hereby take the floor on behalf of the 2020-2021 board to take a look back at our board year. The big elephant in the room, of course, was corona.

We had not yet started, or a global pandemic asserted itself. When in April 2020 during an online meeting we were hammered in, we knew that this year was going to be a unique challenge. Very typical: we could pick up our piece of cake - at one-half a metre distance- at Matenweg 8 during the break. No previous board had ever faced a lockdown, so a lot of improvisation was required. Consequently, that did mean that we could, in a way, do things our own way. The constantly changing carousel of corona measures meant that we had to be very flexible in our approach: how training sessions could continue, could change per month. We had to draw up a whole guide of protocols for the sports centre, in which, among other things, we had to describe how many people could train and how much distance we had to keep from each other.

Because of this challenge you did notice extra support and appreciation of the members, because everyone was happy if something could continue. One of the many unique experiences it gave us: the dirty vest that the corona leader at running practice had to put on to chase people off the track.

Or take the protocol that stated that the bikes when parking also had to be 1.5 metres distance from each other. And we developed the most limited edition piece of Aloha merch: the Aloha face mask. An annual event that we did manage and manage: the New Year's dinner which had a unique twist. For this we set up a whole logistical operation: all participants cooked something, this was picked up by us and collected at a central point. After this We divided everything into (cardboard) trays and brought these trays home to all participants. At the start of each course, everyone could open their trays, to eat together in the Discord server while enjoying some online games and fun stories to celebrate the start of 2021.

Besides the pandemic, we also had to deal with the resurrection of the sports umbrella. This appeared in our year as its third iteration: the SUT (Sports Umbrella Twente). This provided for a series of sessions with our sector representative, in which we did our best within the rules to extract the most favourable arrangements possible for Aloha from these negotiations. This was a learning experience but did not necessarily make us the greatest friends of the SUT.

Our board existed, in 2 forms, for 1.5 years. We started with myself as chair, Erwin as secretary, Dennis as treasurer and Tommie as internal affairs. After six months, Tommie took over the secretary role from Erwin and the three of us continued.

The idea was to hand over the baton after corona to a new board, so that our successors would not be stuck with this. We hadn't reckoned with a second wave, so only in October 2021 did we make room for a new board at our third GA (the first physical!). Or well, two-thirds of us, Dennis stuck around for another year.

We are immensely proud that, despite all the corona troubles, we managed to put the association on the map. This also marks the beginning of a period of solid growth, during which we have done our utmost to keep the atmosphere and vitality of the association intact.

Personally, I found it a hugely rewarding experience and can recommend doing a board year (or 2.5) to everyone.

Happy birthday Aloha, on behalf of the 30th and 31st boards for many more years to come!

32ND BOARD by Dagmar Schouteten

Our board year began in October 2021 with optimism. After the turbulent time of covid measures, it seemed that we were heading for another 'normal' year. With a diverse board and a hopeful atmosphere, we were determined to make it a fantastic year.

Yet in November came the first setbacks: the measures were tightened again, and there were few training opportunities between November 2021 and March 2022, with even another month of hard lockdown. The swimming pools closed their doors, and joint activities were severely cut down. Fortunately, we kept up the motivation with creative solutions, such as online training via the so-called 'hijglijn' on Discord and online game nights.

Matteo had the honour of being the first international chair of our association. Dennis, who began his third year on the board, kept us on track as a team. For Dagmar, who was doing her first board year, it took some shifting, but she soon found her feet and played a major role in organising (alternative) activities. Despite the limitations, we managed to keep member involvement high.

When the measures were finally relaxed in March 2022 and eventually abolished forever were abolished, it felt like a fresh start. It was time to make all the ideas and plans that we had been forced to postpone reality.

One of the highlights was the Aloha-Tritanium, soon shortened to "Alohanium", weekend. It was a weekend full of sporting challenges, fun and relaxation - exactly what we all needed! The swimming trousers and bike helmets were finally out of the closet again, and the atmosphere was great. After that, our board year felt more like it was supposed to feel. We attended CoBos, did an opening dance at the gala and could meet together in one room again. The twelfth floor of the Horst Tower felt almost like a second home. But that wasn't all.

This year also marked the establishment of the CocoCo and the PromoCo - our brand new

committees. The aim of these committees was to slightly professionalise - both to our own members and to the outside world. This fitted well with the trend that the board before us had already had started in organising and structuring the online systems we use at Aloha. As icing on the cake, the division competition also returned as usual. It was great to be able to participate in these competitions, and it gave an enormous sense of pride to see our orange-blue back on the battlefield and to naturally host our own UTT again! Looking back on the year, we can only be proud of what we as a board have achieved. Despite the challenges of the pandemic and changing measures, we have kept our association running and experienced wonderful moments together. It was a year of learning, adapting and above all enjoying what was possible. We look

back on a year full of highlights. This year on the board has shown us that, regardless of the circumstances, our association will always be a place where sport, fun and 'gezelligheid' are most important. On to the next five years!

Love,

Dennis, Dagmar and Matteo

33RD BOARD by Daan Bossink

Ho'oponopono, that is the motto with which we presented ourselves on 17 October 2022 to the association. With myself as president, Mathijs Tobé as secretary, Yasmin Nauta as treasurer, Pepijn Hoekstra as internal affairs and Birgit van den Burg as external affairs, it was our task to keep the association running for the coming year. That motto we started with, also turned out to be our first misstep. For this turned out to be, besides 'board' in Hawaiian, to be something of a mantra. We therefore proudly dedicated it to the AV when we handed over the baton at the end of the year. In between, of course, we did more than just rehearse for this fantastic performance.

One of the highlights, then, was organising the 24-hour triathlon, where we decided to raise money for the 'Hersenstichting'. After 4 hours of swimming in the UT pool, 12 hours of cycling on the cycling track and 8 hours of running across campus with more than 20 warriors, we raised almost 4 thousand euros for charity! During our board year, we also tried to intensify the contacts with Triathlon Club Twente. After the ladies' division teams, now the men's division teams have also been merged.

We also came up with a new way to thank members who devote themselves endlessly to the association. With the nomination of Thijs as the first Member of Merit who we immediately thanked with a special activiThijs.

This year we also participated in the Batavierenrace with two teams. Whereas in the past the Aloha All-Stars participated in the Bata, this year we participated under the Mahalo banner. Although team Aloha took the lead right from the first stage, Mahalo soon proved to be the stronger with a 6th place overall. This will obviously have to do with the hours of sociability that the Alohans cannot put into their training.

Furthermore, we saw more and more students discovering the charm of triathlon and we saw our membership exceed 80 for the first time in years. To ensure that there still remained opportunities for everyone to train, we added extra swim, spinning and cycling workouts. In order not to let all these extra training sessions go without extra fun, we also decided to tempt people with cake every week after the spinning training session. Food, be it muesli, cruesli or something else, always turns out to be the ideal way to entice a triathlete to cozy up.

All in all, I enjoyed the people, the sport and the sociability within Aloha. Onto another 30 years of D.S.T.V. Aloha in Enschede!

34TH BOARD by Sara de Bruin

This academic year marked a special milestone for Aloha, when the baton was handed over to the first all-female board, the 'Pearls.' Dagmar, Jolien, Charlotte, Lotte and I were eager to start our board year, and we immediately set to work full of enthusiasm.

With an ambitious list of goals for the coming academic year, in November, we immediately attended the congress of the NTB. Here we made it clear that student associations should certainly not be forgotten. The new connections we made at the NTB have already borne fruit; for example our trainers will be trained next year through a course offered by the NTB. We are secretly quite proud of this!

Of course, visiting CoBos and parties is also part of a board year. With minimal knowledge about the etiquette during CoBos we were fortunately given a manual 'What to do during a CoBo' from previous boards (special thanks to Eva), and we set off in good spirits. Which subsequently led to fun evenings. Another highlight point this year was of course the gala in Waarbeek. As the evening progressed, the pictures got crazier and crazier.

Within the board, we undertook many activities and outings to get to know each other better. The year started with a home-home tour, during which we 'briefly' visited the home cities of (almost) all board members. This turned into a weekend-long programme in which we travelled from Sittard to Nijmegen and ended in beautiful Naarden. A small side note: Goor and Hengelo are going to be visited.

Every year, the committees within Aloha organise countless fun activities, too many to list them all. Sometimes there are those moments when you get goose bumps and are immensely and are incredibly proud to be chair of such a great association. The UTT was such a goose bump moment this year; so many volunteers to help with such a big event, that is fantastic! Running the last last stage of the Batavierenrace was another goose-bump moment. Running across the finish line with the Aloha flag in your hands, encouraged by the members in the background - waaawh! A little tip for incoming chairs: Practise running in the suit beforehand, because I really severely underestimated that! Right now, the leaves on the trees are turning orange, which means the board year is slowly coming to an end. It is with great pleasure that I look back on a wonderful year with a lustrum as the finish. I proudly pass on the baton to the next one, to whom I wish an equally fantastic year.

LOOKING FORWARD by Roald Hofman

After rowing the first two years of my student life at DRV Euros, I joined Aloha last year, an association that seemed very sociable and about which I had always heard good things from my then roommates (Bouke Scheltinga, Mees Flapper and Lars Bossink).

Soon I participated in many of the training sessions and got to know the people of the association better. What struck me was the cosy homely atmosphere that is always present. Everyone is always in good spirits, motivated and interested which resulted in a very enjoyable first year at the association.

In this first year, I was introduced to running and swimming, participated in my first triathlon (UTT) and was part of the building run committee. The past year has flown by. At the end of the year, the board interest activities were organised in which for me the interest and challenge of a potential board year was piqued. This interest, coupled with the relentless enthusiasm of the current board members of the 34th board managed to convince me to join the board as chairman, together with Jessica Balm as secretary, Liz Wabeke as treasurer and Thirza De Groot as general member, to form the KB to take over from the current board next year.

I am very much looking forward to and looking forward to being part of the board next year, which will also be the 6th lustrum and thus be able to contribute to the association and make it a great year.

INTERVIEW with Heleen de Hooge - bij de Vaate

How did you get involved with Aloha?

At the end of my first year of study, the UTT was organised by the sports umbrella. I was studying chemical engineering and saw a flyer in the canteen. Then I thought, 'Nice, joining this event with friends.' We participated as a trio, Rob swam, Martijn Walrave (a friend of Rob and now my brother-in-law) cycled and I ran. At the end of the race, the organisers asked who was interested in joining a triathlon club on campus. I had done all kinds of sports in high school, like ice skating, and actually wanted to do that again, but that was in Deventer. I couldn't swim freestyle yet, but I thought, 'Why not triathlon?' I was already familiar with the sport from the AVRO-broadcast of Almere, which I always watched. I grew up in the polder, so I found that very cool to see. I took an interest then and got involved in setting up the association. I served on the first and second boards.

In the first year of my membership of Aloha, I competed in the eighth of the triathlon of De Lutte and with the quarter of the UTT, in the second year I did more and more races with the club. In my third or fourth year, I organised the UTT myself. At that time the student triathlon circuit was also set up, and we had a lot of connections with Eindhoven, which had been established just a bit earlier than Aloha. We went to races together, like in Groningen and Wageningen.

Also, in my fourth or fifth year, the idea came up to do a half triathlon with a few people. Together with Joost Kessels, Mark Spits, Martijn Walraven and Sander Ettema, I then started training for the half distance. That was my first long distance. Gradually I started doing more and more races, but only when I started working did I really become more fanatical.

What motivated you to progress to a professional level?

It actually happened by chance. I really enjoyed sports and really wanted to do a whole triathlon. When I started working, I initially focused on duathlon, because swimming training didn't work out often due to my schedule. In the first two years of my working life I only did duathlon. In 2002, I competed in my first full triathlon in Almere, which went quite well. The second year I was an hour faster and finished as the third Dutch woman. Then I thought, 'Maybe this whole triathlon really suits me!' In 2005, I first competed as a professional in IM South Africa and the World Championships in Fredericia Denmark, but the turning point came in 2006 at the Ironman Lanzarote, where I finished third and qualified for Hawaii. I went there in October and finished thirteenth. Then people around me said, 'Why don't you become a full-time professional?'

At that point, I was already working 32 hours a week. I was working at DSM, but the part I was working at was divested in 2003/4 to another company, Sabic. They said, 'You can resign and

then come back with a guarantee.' So as of 1 January 2007, I officially became a professional. That lasted until 2014.

What do you do now?

I am now a triathlon coach and have immersed myself in coaching an sich. Not only sports coaching, but also lifestyle coaching. I now coach about 25 athletes all over the world, from America to Switzerland and Scotland. In addition, I still exercise daily and participate in the occasional triathlon. My goal is to do at least one full triathlon per year. In Switzerland, I focused on Extreme triathlons such as Swissman, Inferno, Norseman and Celtman, and in September I will compete in Ironman Wales.

What memories of Aloha stand out to you the most?

I'm sure there are lots of memories, but it was a long time ago! What was always really cool is a few times we went on a race with a whole group. One was Texel, we camped there and competed. I remember one time Mark Spits just missed the boat before the start and someone had to pick him up on a motorbike to be on time for the start. The association weekends were always super fun and enjoyable too! After the late swim practice on Monday nights, we often went to the Vestingbar, because you didn't fall asleep right away after swimming anyway.

What does it mean to you to be an honorary member?

I think it's a great honour, of course. As a little girl, I never thought I would become a pro triathlete. I was a late bloomer and got better step by step through hard work. My greatest talent is perseverance. At Aloha, I learned a lot and am proud of what I achieved there.

Do you have any advice for current members of Aloha?

Enjoy the sport! It is a beautiful sport in which you use your whole body. The most important thing is that fun comes first. Many people get frustrated about results, but the most important is fun, because that's why you do it. Consistency is more important than lots of training. Even if you have injuries, don't give up.

How do you see Aloha in 30 years?

As if nothing has changed! 30 years goes by so fast, it's bizarre to think that it's already been so long ago. I hope it will still be a thriving club where students can get acquainted with the sport of triathlon and continue to do so for the rest of their lives. That it is still sociable and that lustrums are still celebrated!

CORE TRAINING by Lars Bossink

Once summer ends in mid-September, the outdoor pool closes. This sad event is fortunately not only negative. It also gives space for something new to grow. In this case, that is hopefully mainly your muscles, because this piece is about core/strength training the past few years.

After the 2019 lustrum, core training was already in full swing. Every week on Tuesday a well-developed master class in burning arm, leg and abdominal muscles. The venue at that time was sporthall 4, under the gym in the sports centre. The stereo installation was eagerly used, usually Izak's list of Core hits was on during the workout on. A disadvantage of this room, however, was that no window could be opened, and even with an open window it was quite sweaty. During this period, I myself stepped in as a trainer, with a workout created by Izak. On 11 February 2020, Izak replaced core training with spinning training as an experiment. This was repeated a month later by Koen and this is where the regular spinning training resulted from. Before that could happen however, Corona threw a spanner in the works and the entire training schedule was changed. Everything had to go online, so Izak on Tuesday evening and myself on Saturday nights provided core training. Lien also occasionally supplemented these with a dry swim workout. These online corona workouts were not only popular among Aloha members, but many a partner, roommate and even parent also regularly joined the training. At one point, it even got to the point where some parents of Aloha members were at training more often than the members themselves.

Supplies for this were usually a laptop with camera, a (fitness) mat, sports clothes and a bottle of water. Regularly, other items that were on hand were used for training, such as stairs, chairs, doorposts and full water bottles (as weights).

At the end of 2020, core training on Tuesdays was permanently replaced by spinning training in the sportshall. As a result, the permanent location and training moment disappeared for the core. However, because of the success of the online workouts, I continued to teach them. Especially since I was on an internship in Switzerland at the time, it was a nice way to stay involved with Aloha.

Since no training was given on Mondays yet once the outdoor pool closed, this became the regular day for the online core training. In early 2021, core training could again take place in person, a number of times on a grass field at UT. Quite soon the training moved to the fitness spark at the U-track. Here we could use the various apparatuses to do more diverse exercises. In this way during a workout, you could also do pull-ups.

In 2022, the format remained largely the same. In that year I bought a number of elastic bands to keep the training (and especially the pull-ups) more accessible. From that year onwards,

the core training was also increasingly called the strength training, and it remained that way until 2024. Since then, several regular exercisers (such as Dagmar and Nynke) have occasionally taken over the workout in case I couldn't do it myself one time. I regularly try out new exercises during the training sessions and occasionally people come up with good suggestions themselves. I am still very grateful to Liz, grateful for her suggestion to planken for 5 minutes. Because of the many exercises named after an animal, in 2023 I started zoo training. Several people were present in costume, as can be seen in the picture. All in all, a lot has changed about core/strength training in the past 5 years. Fortunately, the training has not become less effective. Regular training goes even find some exercises so simple that they can chat. For me, that is a good signal to do the exercise a bit longer or make it heavier. Hopefully I can keep doing that for a while, because I perhaps enjoy the suffering the most. Of both myself and others... Until soon at the next strength training session: Be there and become square.

CYCLING TRAINING by Koen Nijland

Looking back and pedalling forward

What do Chris Paus and Eva Juffermans have in common? Undoubtedly more than we think, but at least between October 2019 and 2024, they have both been cycle trainers at Aloha. In that period, a lot has happened and a lot has changed! My memory occasionally lets me down a bit, but I have tried to give an overview of the main changes in cycle training over the past five years.

Let's start at the beginning. Important for de-stressing after a long triathlon season is the Hawaii party in honour of the anniversary of Aloha with the necessary stresspong, homemade pizza (with pineapple), and a visit to the VB. It was on an evening VB when we met one of the most enthusiastic and active members of the past five years: Pepijn Hoekstra. Who would have thought that you can't just find triathletes at the intro market or at the TN training find, but also just at the Vesting bar? Anyway, we digress!

As current members have come to expect from us, we were also giving regular spinning training sessions at the sportscenter. For many novice members, this was a nice low-threshold way to get acquainted with the cycling part of triathlon. For other members, on the contrary, it was a reason to never trust cycle trainers again. Many members will remember the physical and mental pain when the promised 30 seconds sprint turned out to be 60 (sorry, not sorry).

Even before outdoor cycling training in 2020 restarted, Corrie came for a coffee. Due to corona measures, outdoor training in groups within 1.5 metres distance of each other was not allowed and all triathlons were cancelled that year. Aloha's don't like to sit still, however, so several creative cycling training sessions were organised this year. Many Aloha's participated in the online training sessions on the indoor cycling trainer (shoutout to the Hijgline in Discord). Izak even wrote a script that allowed us to translate training blocks based on a spotify playlist automatically into a tacx workout. The board, led by Tommie, went the extra mile and developed a real sign-up sheet so that we could account for who attended training sessions and inform members when someone has been at training who has become infected with Covid. We had to do something with all that sudden free time ;)

For some, it may have remained somewhat under the radar but 2021 was the year of a big change: Chris Paus stepped down as Aloha cycle trainer and the dynamic Aloha couple Eva Juffermans and Izak Hanse took over the cycle training. Soon the trainer pool was supplemented by Theo Miltenburg and yours truly. The four of us could somewhat match the energy and dedication Chris put into the training sessions all those years. An additional advantage of a larger group of cycle trainers is that in 2021, we could divide the group more explicitly into beginners (focus on technique, riding in a group, and building up of basics) and advanced

(focus on further building endurance and FTP), and could assign a trainer to both groups. This allowed us to move away from the standard courses (round Marssteden is not particularly inspiring), better tailor the training sessions to the needs and level of the group, and provide more personalised feedback to members. The sign-up list for (cycling) training sessions also proved very important for this purpose! The registration list is now a permanent fixture at Aloha and is updated and shared weekly in the announcement Whatsapp group. Because the cycle trainer could now estimate how many, and who, will be present at the training session, they could adjust the training to this accordingly. Later, a sign-up list was even created for the Aloha rental bikes so that they could be rented to novice triathletes in the most transparent and fair way possible for bike training. Good work Tommie and Dagmar! 2022 was another year of big changes. Daan Bossink (DaBo) and Dagmar Schouteten took over from Theo, and started supporting Eva in training the beginners. In addition, Eva and Izak moved to Arnhem in the summer of 2022 (sip) and Tommie Verouden (beginner training), and Joep Zanen (advanced training) took over their roles in late 2022.

The main thing I want to commemorate is an unpleasant announcement we received on 30 June 2022: 'after a short illness, former cycle trainer Chris Paus passed away'. Through this way, I would like to once again commemorate all that Chris has meant to D.S.T.V. Aloha. The biggest greatest lesson that I, as a beginning athlete, (and in particular Stef Koenis) was able to learn from him is that to build up strength and speed on the bike, a good basic endurance is essential. With this, Chris stood at the basis of the way we currently divide the training sessions into three cycling groups, and structure the training sessions during the year.

With several Excel enthusiasts in the cycling trainer pool, we have transferred this wisdom in 2023 into a real annual plan for cycling training for both beginners and advanced cyclists. The idea was to form a base in the first few months of the season, and then through competition-specific training to work towards peak moments during the season. A clear annual plan, combined with the sign-up list, has enabled us to prepare and communicate this plan to members in a timely manner (including itinerary) so that they can set up for this in advance.

Part of a good cycling base is to have a good cycling position and a feel for the maximum power you can pedal for an hour on the bike (FTP). This ensures members can train injury-free and more focused. Joep, Nicolás, and I have therefore arranged in 2023 for the first time a bike fit and FTP test at the beginning of the season. Later, we professionalised this further with Gersom as bike-fitter and additional help from DaBo. Later in the season, we specifically worked towards races in which many Alohans participated such as the 24 Hours of Zolder, Triathlon Holten, and the time trials for the UTTK standings. Members probably remember the introduction of the Risk cards, the cat-mouse-Alpecin train game, brick training, fan riding, hill sprints with promotion and relegation system, and the micro-intervals.

This all was accompanied by Joep's inspired explanation of stomping when sprinting, powering up and over the hill for more relative time gains, and the (cheapest) ways to improve your

aerodynamic position. In 2023, we also introduced a third cycling group: the intermediates. Led by Tommie, Dagmar and Indy, from this year onwards, we organised twice-yearly beginner training sessions that, more than the previous beginner training sessions, focus on the basics. Members just starting cycling learn all the safety signals, cornering and eventually cycling in a group. These members can rent a cycling bike from Aloha so they can test out in a low-threshold way whether this is something for them. When they have mastered the basic aspects and have the stamina to ride for one or two hours, they can move on to intermediates. This group, just like the advanced group, trains endurance, speed, and riding in a group but the speeds are slightly lower and there is less race-specific preparation. In this way, I think that we could present a diverse and inclusive training offer!

In 2024, our enthusiastic group of cycle trainers continued this streak. The highlight? As trainer of the advanced group then, I must mention the preparation and riding of the university road cycling championships (UTK road). Joep had prepared a specific training and tactics prepared for this race. The day before the race, we briefly practised executing our course tactics and the final sprint. The outcome of the race? Obviously completely different from what we had planned beforehand! Indy, the personal servant of Helgi, 'accidentally' got into the leading group and sprinted to second place. So much for the tactics ;).

Oh yes, and that Pepijn Hoekstra of the VB? He's unfortunately not a bike trainer (yet), but he has in 2024 revived the Aloha promotion. That has produced some very nice cycling photos. So be sure to take a look at the photos for a brief impression of our cycle trainingen :)

SWIMMING TRAINING by Mariska Winter

What do you do when you are a graduate, almost 30 but still find it too fun and sociable at Aloha? Then you just keep on being a swimming trainer!

In 2009, the year of the 3rd lustrum, I joined Aloha. Every Wednesday Patrick was our regular swim trainer. 1 minute late was 10 push-ups (so many were done...), and also the training sessions with dice were, apart from swimming hula hooping, push-ups and abdominal muscle exercises legendary have been called Patrick's workouts for a long time!

I myself also enjoyed giving fellow Alohans some swimming tips, just as they gave me running, bike and transition tips. I helped Carolien with the UTT students and started to give more and more swimming training sessions. Because I, myself, learned to swim as a child, I didn't remember exactly how they had taught me, which was useful to know...

Because of that I followed a swimming coach course at the KNZB and then I followed a number of refresher courses, such as such as recently with Thijs at Zwemanalyse in Maarsse. The great thing about training at Aloha is that the crazy, new, sometimes tricky exercises that we learn on such a course are received enthusiastically. Whereas other triathletes prefer to finish their training sessions with a pull buoy and paddles, the athletes at Aloha are eager to learn.

They participate in the technique exercises, want to know exactly what the exercises are good for and they also enjoy learning the other strokes, such as the butterfly stroke, too. The progression is therefore great among the swimmers and training at Aloha gives you a lot of energy as a trainer. I am therefore not surprised that there is now a new group of enthusiastic swim trainers!

From former competitive swimmers, to swimmers I taught them the basics, how fun :) Lots of fun and success wished. I myself will give one last 'swim training' during the lustrum and then I only have the Mahalo membership. And of course enjoying my 'Alohababy' and special lustrum committee member: Milou.

RUNNING TRAINING by Bouke Scheltinga

Which running type are you?

The Aloha running training, based on 5 running types.

The overachiever

That the overachiever has to leave a lecture early doesn't matter because he knows what the priorities are. The warm-up before the training doesn't stop him from running to it himself.

Naturally, the overachiever continuously tries to increase the pace of the group slightly until he is whistled back by running training. Thies. 6 Squats? The streamer does 8. Exercises don't go to the blue hook but 2 metres longer. Every metre means more training than the competitor. Whereas the bulk of runners do the intervals too fast, the overachiever looks at the watch every 200m for pace and heart rate, after all, he has to run in the right zone. Over tea after training, this type can tell all about training methods, sports nutrition and the latest triathlon gadgets.

The social animal

For the social animal, the warm-up is the moment to go over the day. In a short 2 kilometres, there is a lot to discuss. During run training, she stands at the back, then paying attention is not necessary and you can just imitate the one in front. 'How much rest is there between the intervals?' is a question she often has to ask, because during the explanation she is once again chatting. Running coach Tristan patiently explains. The sociable animal is also welcome at Aloha. By the way, the rest is very often just 200 metres. Of course, the tea after the workout is the highlight for this type.

The motorically disadvantaged

After about 4 rounds of warm-up, the sweat breaks out, because that means we are going to do exercises and running training. After 3 years of following running training, the motorically disadvantaged still fails to perform the 'Jacques' or handball jumps. Becoming faster at swimming this type has already put it out of his mind after six months.

The injured

Here we can be brief. This running type is usually not at training. Should he be there he skips the accelerations/speed-ups/steigerungen. After a quarter of the intervals he has had enough and starts to stretch a bit. 'I feel it a bit anyway'. The injured are the first to ask who will join him for the run.

The newcomer

What is the point of all these exercises anyway? This is a question that goes through the mind during the first running training sessions of this type. Fortunately, running trainer Bouke manages to answer this with a story that does sound convincing. During the intervals, the newcomer sets off with a lot of conviction, only to discover that he needs to slow down after all. This type can enjoy the training for at least 2 days thanks to a good portion of muscle pain.

After following a number of training sessions, the newcomer finds out that he needs new running shoes. Did you know that you should bring a treat to training when you have new running shoes?

ASSOCIATION WEEKEND by Liz Wabeke

Getting on the train together with other Alohas and Hens, and still having no idea where the journey is going and what will happen in the coming days. One thing is certain, it will be an incredibly enjoyable weekend with future and already familiar friends. That is the association weekend.

This lustrum, unfortunately, only two association weekends took place, in 2020 and 2021 a pandemic got in the way. But in 2022, it could happen again. This was also the year I joined Aloha. So the association weekend was the perfect chance to get to know the rest better. With about 30 people, we set off, and arrived in Grolloo in the evening. What everyone remembers: It was cold. The weekend took place in the middle of November, and we slept in some kind of hut/tent without too much insulation. That did make for good bonding, as Birgit vdB even joined Hester in bed for warmth. A pub quiz, crazy 88 and live stratego were all on the agenda. And all together in the bus to Assen, to do a city escape tour and finish with a hot chocolate on the terrace (with heated cushions!). After another puzzle hunt in the woods behind the huts, it was time to leave for home again. A successful weekend!

So in 2023, there was certainly no hesitation in going again. This time, the committee had learned from last year, so it was organised in early October, to get ahead of the cold. This time, the trip went to Bakkeveen. On the first evening, it was party time right away, because Birgit S was celebrating her birthday! Cake could not be missed, of course. Once again, a nice pub quiz was organised, and we did another city escape tour, this time in Groningen. It is always promised that it is not a training-related weekend, but a number of us still couldn't resist running through the Bakkeveen dunes in the morning. We are triathletes after all. The venue owner was also keen to get rid of his old laminate, so we were tasked with throwing that on the campfire. Our marshmallows got just a bit of a distinct flavour. Once again, we enjoyed ourselves immensely this year! (Although Dennis thought there was too little beer)

P.S. Who won the shopping battle? Or can this be surpassed in future years.

CONVERSATION between Lotte & Lars v.B.

Aloha during corona

Lotte: You joined Aloha during corona, right?

Lars: Yes that's right, that was in the summer of 2020. My first activity was the Aloha time trial. What was it like at Aloha before that time?

Lotte: We couldn't do much for a while, but eventually we were able to organise some things again. First in small groups of four and later in larger groups on the Utrack.

Lars: And you were a board member for a few months when the pandemic broke out. How did you experience it?

Lotte: I was on the board for a month or two when it started, around January/February. It was a hectic time. We had to follow all kinds of rules, like adapting training.

Lotte: How did you experience the training during corona?

Lars: I remember that we were allowed to run again, but at a distance of one and a half metres.

During running practice, it was not allowed to use the middle lane. Also when overtaking you had to keep a lane distance.

Lotte: Yes, that's right. Someone then had to wear a vest as corona coordinator, which in summer was not so fresh, haha. We also had to send people away if there were too many participants on the track.

Lars: At one point we could cycle and run again, though. But there came another lockdown, and then there were online workouts like core and Taxc sessions. I didn't participate much in those, which I think now was a shame.

Lotte: Yes, that was quite hot in your room, a bit like spinning. You were given instructions like 'faster' or 'slower'. Lars always had exercises that you could easily do in your room, like planks against the wall.

Lotte: Were you also at the Maastrithlon?

Lars: Yes, it was very nice that it was possible again, because nothing was allowed in the Netherlands, but that triathlon was organised in Belgium. It was the only Aloha activity where the whole association was present.

Lotte: Did you also start?

Lars: Yes I competed with the 1/8th distance. When I finished, it started to rain and storming. The tent in which we were waiting was almost blown away!

Lotte: Yes, everyone was freezing in that tent. This was also a triathlon where many new members were taking part for the first time.

Lars: Quite a lot of people became members during that time?

Lotte: Yes, running and cycling were still possible, so many new members joined because of that. Especially people who used to play sports like volleyball became members, because they no longer had anything to do.

Lars: That also applies to me. I was a member of a singing choir, but online rehearsals didn't work for me. So I switched to Aloha. I was already running and cycling, so it was a logical choice.

Lars: How were your expectations for your board year? Did corona have a big influence on that?

Lotte: I was expecting a normal board year, but so that didn't happen. Despite that, I look back on it positively. It gave a lot of freedom to do what you thought was right, and people were grateful when something was organised.

Lotte: Is there anything else you had really good memories of at Aloha during corona?

Lars: The online New Year's Eve dinner was really fun. Everyone got three trays of food that were brought by the board. We ate the same thing, but sat separately in our rooms.

Lotte: Yes, that was one of the better activities. People were excited because there was finally something to do!

EC ACTIVITIES by Jolien Elbers

After Corona's restrictions were finally over, we could once again enjoy the fun EC activities. These ranged from bowling, going to a trampoline park and to visiting a Christmas market in Münster.

In the past lustrum, we started new traditions, such as the Easter breakfast. This usually took place right after swimming training on Tuesday morning. Whereas in 2022 we started with just over 10 members, we even had almost 30 participants in the last edition. It was therefore the busiest swimming training at this early hour ever. We also went 'klootschieten' twice, during which we were given a workshop by Hans (and the Bossink brothers). Despite the fact that we lost the 'ball' on more than one occasion (and because of their their colour making them rather difficult to retrieve), these were very successful evenings

Besides new traditions, some old ones have also been brought back, including the baking competition. Vincent Bloemen had last won the golden rolling pin in 2019, so it was about time it was awarded again. In the end, the baking contest turned out to be a good excuse to eat lots of delicious cake after swimming training, so this became a great success. Sara (2023) and Dagmar (2024) were voted best baker and were able to add their names on the golden rolling pin. In addition, the swim-run at Hulsbeek, organised by Bouke, made its comeback last year. This was combined with a dinner from pizzas to poké bowls. All in all, a fun way to end the college year. For me, the 2023 New Year dinner was one of the highlights of this lustrum. It was great to see that so many people had signed up, including many Mahalo members. After a delicious meal, we continued to enjoy the rest of the evening of live performances, fun conversations and (drinking) games. The real party animals among us ended the evening in the VB. Unfortunately, not every activity turned out to be a success. After an unsuccessful attempt by the TC to organise a well-attended skating evening, the EC tried again. Only the turnout remained quite low. With this we can safely conclude that we become more enthusiastic about a real triathlon than about a winter triathlon.

All in all, many fun activities have been organised in this lustrum and I hope the same will be true next lustrum will be the same again!

ALOHA IN THE MOUNTAINS by Nynke Luijten

At Aloha in the Mountains, a group of members go together on holidays to the mountains, to cycle there in a way that you can't in Netherlands. Lovely suffering during climbing, enjoying the view, and then roaring down, who wouldn't want this! I have only been a member since 2022, so for the 2019 editions, 2020 and 2021, I had to delve into the archives and harass former members (thanks Eva!).

In 2019, Aloha went to Embrun in France. This is also remembered in the palmboom of the 5th lustrum, in which it can be read that many famous cols were cycled (d'Izoard, Agnal, de la Bonette) and we even cheered at a full triathlon nearby.

In 2020 to 2022, there was no Aloha in the Mountains due to the corona pandemic.

In 2023, Tristan, Angelique, Jesper and Birgit vd Burg joined forces to organise another AIDB. There needed to be climbs, but still at a day's driving distance, and so they ended up in the Vosges! A nice campsite was chosen, cars and cyclocar arranged and the holiday could begin! Although, getting there by car was boring for some of the travellers, and so the idea was born to go there by bicycle. The six of us (Tristan, Jesper, Liz, Yasmin, Lars van B, and me), despite the increasingly bad weather forecast, set off optimistically. We had picked out a route and booked cottages in advance, and the rain wouldn't be too bad, right? Not entirely in one piece, after five days of cycling we arrived in Munster at the 'Amis de la Nature'. Unfortunately, the rain was not in our favour but we had made a nice bikepacking trip of it. In addition bikepacking turns out to be a very good basis for Aloha relationships :)

Once there, we were treated every morning to fresh baguettes and other treats, which Tristan picked up every morning in his panniers (suitable for bikepacking and 20 baguettes) from the boulangerie in the village. The baker liked to know when we were leaving again, so he could then scale back. With this breakfast in our legs, we cycled the well-known climbs of the Vosges, such as the Petit Ballon, Grand Ballon, and Platzer-wasel. All of them are beautiful climbs! In the evening, we cooked in too-small pans and cooking sets, and washing-up bowls proved very suitable for leaving large quantities of pasta, rice or wrap filling. A very successful edition of Aloha in the Mountains!

No AIDB was organised in 2024, though there were small groups of Alohans and hens that hit the road, mostly bikepacking! My Strava feed was full of beautiful trips, stories and photos from all these trips. Mathijs went to Stockholm (with fantastic day reports), Birgit vd Burg, Yasmin

and Roald a tour of the north-eastern Netherlands, Dagmar and Tommie to Berlin, Tristan, Liz,

Jesper and I took a trip through NL, Belgium and Germany, and the power trio Koen, Bouke and Thies about the same but a week earlier. This just goes to show that Aloha members look each other up to do great cycling holidays! Of course, the Aloha couples also went on holiday, many of them also on bikes. Who knows, maybe next year there will be a committee to organise AIDB, because as it turns out, the enthusiasm for cycling is definitely there!

INTERVIEW with Eva en Izak

When were you a member of Aloha?

Eva: I entered Aloha through the UTT course, in February or March of 2014. The following September, I became a member. I ended up being a member until September 2022.

Izak: And I joined in September 2013 and was also a member until September 2022.

Were you already doing triathlons then?

Izak: I was already running at that time and was occasionally on the road bike. To my brother Abel (who had already been a member of Aloha for 2 years), I said at one point that I wanted to do the UTT course. He thought this was nonsense, 'you just become a member in September,' he said 'then you will really learn how to triathlon and you can still do the UTT, which is much more effective'.

Eva: I got in via the UTT course, so I didn't do triathlons before that. Izak organised the UTT then and the UTT course is a very good deal for students; for the registration fee of a race, you can train for 10 weeks for free and join the UTT. At that time, I was also still looking for a sport, so that seemed like a good deal!

Both of you have been members and active for a long time. When was the first moment you realised you were going to have an active role in the association?

Izak: Well, so I joined in September 2013 and started the following December with the UTT organising. Then I started to become part of the board in September 2014.

Eva: I think my story is pretty much the same as Izak's but a year later. I organised the UTT first and then took over the board from Izak.

And who motivated you to get started so quickly with things organising?

Izak: I think it was at some get-together in the VB, as more often than not, Lieke was the one who then suggested 'it's really fun' and then I was pretty quickly converted. At first you think, 'I'll do something for half an hour a week', but eventually you always spend more time.

After the UTT committee and board you remained active, is there anything you are very proud of having done within Aloha?

Eva: During my first board year I was board with Jefry, Bouke and Sophie, and Sophie is German. She managed quite well in Dutch, but she also filled the secretary position and therefore had to communicate a lot. We then started the trend towards English-language communication. This made the association much more accessible to international students and we were able to encourage international members to become more active. It first started by sending all official messages bilingually, but later also the less official messages in the group chat. We gradually got more and more international students, there were no longer just one or two, but about seven. I thought it was super cool that Sophie had taken that step and thought that we should facilitate this for other international students as an association.

Izak: I find it hard to say. I did quite a few years of BaCo and ended up helping organise the last lustrum which was a lot of fun. But I think what I'm also proud of is organising the start of the building run, which we did together with some other members. Initially, the idea was to do that once at the lustrum, but that was such a great success that we officially set it up the following year as a new race of Aloha.

Eva: I think the building run is a good suggestion. That was really cool though. I believe Abel came up with the idea of a running race through the university buildings. Once that idea had kind of taken root with everyone on the lustrum committee, we were all enthusiastic and just went ahead and organised it! That first time was already a super fun event and it only got better.

Did it look the same then as it does now?

Eva: Yes mostly. But back then there was no building beast competition. The course has remained practically unchanged, there were some different options passing by but this is actually one of the few options to make a course as long as possible through the buildings.

What has changed in the past five years at Aloha?

Eva: The number of members. We were really quite small at one point and we were also a bit under that SU limit of 35 members. So we did have discussions with the SU and then we were always very happy when we got above 35 members after Kick-In. In those days, you really knew everyone well personally. I think that is still often like this and there are also many people active, but with less than 35 members, everyone must be super active. That gives a different dynamic. The current membership is a lot healthier for the association, though, so that's good. Are there any other things?

Izak: Yes, I was thinking about the student nature of the association. I actually thought that it had very much diminished that we of the older generation did try a bit to drink beer more often and that kind of thing. But I also have the idea that it actually has a bit of a sine trend and that sometimes someone does suddenly like to go to constitution drinks again and activities like that.

So I don't know if that's really a trend or more something that always goes a bit up and down. I think it has also become more sporty and that it is all even more well arranged in terms of how training is thought about. And also the level of members has gone up on average, I think.

As trainers, how did you experience keeping the training sessions accessible with so many level differences?

Izak: Yes, that is of course always a difficult quest that I have been working on myself. At the same time, you want to keep it interesting and challenging for the faster members, but also not immediately scare away every new student who has never been on a racing bike before. That has always been searching, especially when there was just one training group.

Eva: Yes, that's right. I thought it was a bit of inventing the wheel again. Just because you've been doing a sport yourself for a while doesn't mean you can convey that to others. Maybe Izak had a bit more experience, also because of the core stability training. But when I started as a cycling trainer, I doubted whether I was the right person to start doing that. At a certain moment I thought: 'Something is better than nothing, so we'll just do it and see where we end up, I'll read up and I'll just do my best and then it will be fine.'

In terms of sports, as well as activism, how have you guys been able to support each other?

Eva: You see quite often in triathlon, that you have a triathlon couple. Triathlon takes quite a lot of time, so it helps a lot if you know what the other person is doing. If you don't have that same experience, then I can well imagine that you wonder why the other person is spending so much time on this. You can also act 'normal'. I think because we understand each other well, we can support and motivate each other to get up early for swimming training, for example.

Izak: In terms of activism, we were able to support each other mainly by being a sounding board for each other I think. I've often done that, for instance if I was on a committee and had an idea, I would first test it with you to see whether it made sense before bringing it in. Or before a general members' meeting that we would first look at the documents together. We did and experienced a lot of the same things, so that was very useful.

And current or future members who would like to become active. What would you give them?

Eva: Do it, you learn so much there that you don't learn if you don't become active. You might not realise it, but you learn to communicate, plan, adapt to circumstances. You learn to just try things instead of thinking something is not possible. That's really great about student activism. Take the building run for example, that I think only students can think of and then execute. Experiencing things like that is just a really great opportunity and if you don't do it, it's kind of a

loss. It's not like you can't do without it, of course, but it's something I would never have wanted to miss.

Izak: Yes, it's just a lot of fun. I was kind of thinking that it's sort of comparable to pregnancy pain that you forget about afterwards. If you put a lot of time and energy into an activity and it doesn't go as planned, that's very annoying. But at some point it starts to go well and you forget all the misery again.

Eva: It's also a bit like a triathlon. During the race you really think 'What am I doing?', 'Why was this ever a good idea?'. And afterwards you think 'oh, it was so much fun, we'll do that again.'

Both of you have now moved to Arnhem and also joined a new triathlon club, TVA. What are the differences?

Eva: A civilian association is really not the same as a student association. I think TVA is a really awesome association, but you shouldn't expect the same from TVA as we always got at Aloha. Namely people who always feel like doing things outside of training and who are there every training. With a civilian association is a bit less because of work and many people at the association also have children or other working hours or obligations. It's not as close a club as Aloha, nor can it be. But in the beginning that was something I had to get used to.

Izak: Interestingly, when we were at TVA for a few months, we didn't feel that we really knew a lot of people within the association. Whereas when I was at Aloha, I was already organising a triathlon after a few months. If you are at Aloha for a week then you really already know 20 people pretty well because you have already talked to each other 4 nights. That is very different at such a civilian association. It's a slightly longer curve before you really feel that it's your association.

Is that more now?

Izak: It is more now. As you start doing competitions together and there have been some activities, you get to know people a lot better.

Eva: Yes, it's really more now. I also know people pretty well now. The first six months I did doubt whether I would stay a member. It is quite difficult to get to know people when you don't see them that often and you are less likely to go to activities on your own initiative. You have to be drawn into that a bit. Apart from that, of course, you have a job, so it's not like you have that much time. It is a really nice association, but it just takes a lot longer before you really get to know people.

Of course, both of you have now also become brand new members of merit at Aloha, did you expect that?

Izak: I think yes and no. We know of course that we have put a lot of energy into Aloha and that this has been noticed, but on the other hand I could have thought of at least 5 other people who have put as much or more energy into the association. Many other people also deserve this honour.

Eva: Yes I agree with that.

And what does it mean to you guys?

Eva: It's always nice when you get appreciation for all the time and effort you've put into something, so that's nice. But I do hope that, in time, others may also join the ranks, because we really haven't been the only ones.

Izak: Indeed, I think it has been a very nice addition to introduce the member of merit. The threshold for honorary member was so incredibly high that no one had ever had never been added. It's nice that this way we can put some more people in the spotlight who deserve it.

How do you envision the next five years at Aloha?

Eva: I hope to see a Mahalo activity come by at least once a year. I still speak to quite a lot of people from Aloha and I still regularly go cycling with people from Aloha or have tea. I also still regularly meet people at competitions. Our beautiful association colours of course helps with that, we really can't be overlooked.

Izak: Indeed, I still regularly speak to Aloha people. You'll end up with all these generations of former Aloha people who still meet up, so it will probably become less real Aloha. And of course the UTT, we won't get rid of that either, although of course, I don't know if that will still be the case in five years' time.

Eva: I wouldn't be surprised if in 5 years' time I'm still coming to help out at UTT, but then probably no longer as a foundation.

Izak: I'm also curious whether the Aloha-TCT collaboration in divisions will still be there in 5 years' time, which is a very big success in my opinion. But of course it would be even nicer if you can really stand on your own feet in that, and that Aloha can have a team itself.

Eva: Yes. And I also hope that it will become easier to find active people at Aloha. I also believe that now there are more and more people who are only members for six months instead of a whole student period. That's nice, of course, but less good for activism. Luckily I think things have been going well in recent years with filling committees and boards.

If you were ever allowed to invent and do a competition anywhere in the world and be allowed to do one, what would be your dream location?

Eva: We could do one in Corsica, we went there on holiday last year and it was super beautiful! Or the Olympus Man in Cyprus, which we did with Andreas. That was really super cool. Swimming was in a super clear blue and salty water, pro-tip: good water position without effort. I never swam so fast before! And while swimming I saw a sea turtle, it swam right under me. While cycling you cycle from sea level up Mount Olympus, so it's only uphill. And the running is in the mountains, which I never did myself because I was still rehabilitating from my broken leg, but I would love to do that again!

Izak: I think the Mediterranean is kind of the conclusion.

Do you have any beautiful, crazy memories that really should be captured should be captured and in the palm tree?

Izak: What comes to mind is the Aloahok drink. We once did an elf houses tour. This involved visiting 11 members' houses and doing a game, shot or whatever. Part of this was the Aloahok drink. This had started as a kind of joke within the EC, but then we had about 20/25 people in the Aloahok having a beer. Of course, this did not exactly fit in at all, but it was very funny.

Eva: For me, it's the weekends in Egmond. That was every year in January, so it's not necessarily very nice weather or anything, but it doesn't have to be. The idea was that we had a couple of cottages and then went to Egmond for a weekend. On Saturday was a beach race on

bike and on Sunday a quarter and half marathon through the dunes and over the beach. This was a relatively tough race, so it was always considered a training goal. The weekend was always so cosy, you played a lot of games and tried to cook with too many people in one house to cook which then didn't work out at all. So many crazy things happened there, there was one cottage that had a window in a very unusual place between two bedrooms. Well, what happens in Egmond stays in Egmond.

24H TRIATHLON by Tristan Vlogman

In 2023, the idea arose to use Aloha to raise money for charity á la Alpe d'Huzes and other major sporting events. A suitable challenge had to be found and the choice fell on a 24-hour triathlon in relay form: 4 hours of swimming, 12 hours of cycling and 8 hours of running in teams of 4 to 8. Before and during the event, money had to be raised by the participants, in this case for the Hersenstichting. Between division races and the holiday period, it proved difficult to find a suitable time. Therefore, the first edition in 2023 was held a short week after the 24 Hours of Cycling in Zolder (where Aloha was again strongly represented!) was planned. Despite this, on the early morning (start at 6am) on 17 June 2023, 30 enthusiastic participants were at the start at the UT outdoor pool. As the first swimmers made their laps, the atmosphere at the pool was 'gezellig' and coffee was made and breakfast was served.

The cycling part took place at the cycling track at Hulsbeek. Initially, the plan was to fill the hours quietly - especially the Zolder-goers from the week before didn't feel like going to the limit again.

That plan fell flat when Izak rode this time trial bike and put down laps of 40+ km/h. Helgi couldn't resist taking Izak's wheel and so a small (fast) train was formed. Even a random passing cyclist asked if he could ride along for a few laps. That allowed, in exchange for a donation to charity.

Even after Izak's shift, people kept going, because now everyone wanted to do fast laps. With a temperature of 30+ degrees that wasn't always easy and a number of people were not completely approachable at the end of the shift (*ahem* me). To keep morale high, ice creams, cokes and other snacks were fetched from the local Albert Heijn. Finally, the running part. That started at 22:00 at the entrance to the outdoor swimming pool on the campus. At the bike parking lot camp was set up with the Aloha party tent and folding chairs where the runners could be encouraged. With macaroon cake from Charlotte and a lot of sleepy Alohans, the atmosphere was 'gezellig'. My own running shift felt surreal. For the first few hours, there were plenty of people on the campus - party-goers from a Kronos NSK. Our event did not go unnoticed among the party crowd. 'Another runner?! That can't be a coincidence!'. Later, when the partygoers were sleeping off their intoxication, things got quiet on the running lap and the legs felt increasingly heavy. The clock at the volleyball courts was passed every lap, so that time and again again and again it appeared that a disappointingly small number of minutes had elapsed. That changed all when it got light. With the singing of the first birds and the prospect of a bed the last hour went smoothly and lap times also got faster. At 06:00, the first Aloha 24h triathlon was a fact.

The second edition

For the second edition (15-16 June 2024, charity: Natuurmonumenten), the swimming part was moved to Hulsbeek. Under the watchful eye of committee members and volunteers in a kayak, laps of 400m were swum in the early morning. First Nynke, Birgit and Koen formed a little train. Koen had cleverly noted that there was nothing in the rules prohibiting the use of pullbuoys and other aids and so had brought all his toys with him. Merrily pinballing, he swam after the ladies. Meanwhile, the participants on the shore were also feeling wetness in the form of heavy rain and strong gusts of wind. The party tents were clamped down to prevent them from also taking part in the swimming part and the swimmers themselves had to briefly exit the water because of approaching thunderstorms.

Because of the wet cycling track and last year's experience, cycling was more relaxed this time. Nevertheless, there were still plenty of obstacles in the form of slippery curves and recalcitrant runners ('I've been running here for 20 years!'). Moreover, the volunteers had a day's work keeping the droves of e-scooter-hailing tourists off the course. Fortunately, it kept getting drier and everything went off without any falls or other noteworthy circumstances. While cycling, a number of special guests were welcomed who also wanted to do some laps at speed. Joep took the opportunity to do some kilometres on the time trial bike in preparation for a full triathlon, much to the delight of the participants who could follow his (close) back wheel. Of course, this requires fuel, and Joep had therefore brought an impressive buffet of gels, bars and other astronaut food. Fortunately, there were enough people on the side to display all this as a sort of mobile buffet, so Joep could windshield plenty of food. The running took place on the campus - the necessary permits to run on Hulsbeek proved too expensive. However a larger lap had been mapped out and the 'base' (party tent) moved to the square in front of the UPark hotel, where the participants (or 'triathloners', as the note on the door of the UPark) could also use the toilet. Together with Nynke, Thies and Koen, we ran the first few hours together, with the occasional sneaky change of running direction to stay awake. Meanwhile, it was getting chilly under the party tent where the committee members and some fanatical supporters were waiting. Some well-prepared participants had brought mats and sleeping bags along to brave the cold in the night. I used a fashionable combination of shorts and leggings. Later in the night, it became increasingly quiet under the tent. Most participants went to bed after their shift, leaving the committee and a few fanatical participants (shout out to Pepijn and Gerber!) behind.

Then, the weather predicted more impending doom in the form of heavy rainfall. So it was decided to move the party tent and everything and everyone under the overhang near the Aloha storage. Four people strolling with a party tent caused the necessary surprise to the drunken partygoers who had played out the VB. In the end, the storm was not too bad, but the warmth of the Aloha storage was still welcome. Due to the relocation of the party tent, the route had also been changed, only it turned out that all participants interpreted the changed route differently. Slowly but surely, the hours ticked by like this, while both running and non-running participants wondered why they were doing this again. As the 06:00 on Sunday approached, the runners

from different sides arrived and walked on and were welcomed by the (more or less awake) spectators. Edition 2 was over. After two editions, the future of the Aloha 24-hour triathlon is still uncertain. The number of participants did not grow from the first to the second edition, despite attempts by the committee to involve TCT and other (student) triathlon associations. A number of participants from the first edition indicated that the event was too tough, others that it did not fit into their race season. Despite that, I experienced both editions as a nice test of perseverance and enjoyed the togetherness you experience when you undertake something difficult together. Although as a true 'burger' myself next year I will no longer be part of the organisation, I hope that a new group of enthusiasts will continue developing this special event.

CLUB RECORDS by Jesper Boets

Even if you set up new rules to clarify, and have clear rules for records, it is of course still comparing apples and oranges. Therefore the rules from a club record 2014 document still apply:

All records subject to reservation!
The record holders cannot derive any rights from this archive, since no real value can be attached to the records. After all apples and oranges are being compared: the variation in distances is often so great that no fair comparison can be made.
Moreover, people sometimes swim in a swimming pool wearing a wetsuit, take part in stayer races and 10 km on an athletics track is really different from a cross country run through the woods.
Please report imperfections to the TC.

We did try to tighten some of these rules. Due to the increase in popularity of Stayer triathlons and Team Time Trial Triathlons in recent years, partly due to the team competition, we have created a separate category for those two formats. Possibly some faster times are missing for those categories because I only looked in the team competitions results up to a few years back. But switching the category of a number of records also freed up spots on the regular non-stayer triathlons, which we tried to fill with times from old documents and results that we could still find, but of course some records are so old that they are impossible to find, so if you have any additions we'd love to hear from you. You can do so via tc@alohatriathlon.nl or via direct contact with one of the current TC members (preferably with evidence such as results pages or match photos).

We have also inadvertently, with these new rules accidentally almost deleted the fastest times from the Eighth Triathlon, but TTT in this case turned out to not stand for Team Time-Trial but for Twentse Triathlon Tour. And just to clarify, we have calculated with officially clocked (intermediate) times, so interpolation and conversion are not allowed. For a summary of these (new) rules we have created a nice document that can be found on the Aloha drive.

For swimming records, the list has also been updated quite a bit over the past five years, but without changing the adjusting the rules. In the men's 500m freestyle, for the first time in 20 years, there has been change change in the top 3: in 2023, Jesper Boets came in a shared 3rd place with a time of 5:49, the following year he improved with 2nd place by taking another 3 seconds off off. In the women's 500 metres, even the entire top 3 has been renewed in the past 3 years.

In 2022, Fleur Vialle set the new record at 6:49, and at the final 500m test, in 2024, she made it a nice battle with Nynke Luijten (6:49) and Birgit Schouteten(6:50), unfortunately she did not win that battle then (6:50), but her time from 2 years ago was still just fast enough to keep the club record. Incidentally, all sprint records on all strokes have also been considerably adjusted, Fleur Vialle and Jesper Boets are on all strokes now top the list (Another fun fact: they both had the same swim coach before they came to Enschede), also an honourable mention for Dennis de Heus, who managed to place in the past five years in all strokes at the sprint distances, in the top three.

Despite our own Aloha time trial having been cancelled for the past 2 years due to bad weather there are no less than 12 new records among the club records in cycling from the past lustrum, the list consisting of the 3 fastest times at the 3 UTTC (University of Twente Time Trial Competition) races. In order of best to best performance: Liselot Goris (3x1st), Izak Hanse (2x 1st), Eva Juffermans (1x2nd+1x3rd), Bouke Scheltinga (2x3rd), Joep Zanen (1x2nd), Jasmin Siersema (1x3rd) and Tom Lamaker (1x3rd). The only striking thing is that there are also two times from 1999 (Heleen bij de Vaate) and 1995 (Guido Gosselink), would they still make it to the next lustrum?

There have also been some changes in the running records, mainly due to Tristan Vlogman, in the top 3 at all distances except the 5 km (a goal for next year?), and Izak Hanse, with a then (2022), but now beaten by Tristan, fastest time on the marathon. And among the women, in this whole lustrum, only last year has seen some changes, by Nynke's fast 5 and 10 km times and by Thirza's fast marathon.

Ps: Kudos to the UTT committee for keeping all the results on the website for a long time. Your website was overwhelmingly the best with retrieving old results for adjusting the triathlon records.

The full list of club records can be found online.

MAHALO PERSPECTIVE by Anne Siersema

Let me take you through what the past five years have been like as a Mahlo member. In 2020, when I just became a Mahlo member, the world was facing the corona pandemic. This period marked a break in the traditions and customs that made our association so special. Much of what united us as members disappeared like snow in the sun. The glorious traditions that we upheld until 2020, (see also the EC piece from the previous palmboom edition) such as the IM Hawaii pizza party, the classic Milano-San Remo doner beer ride, the epic 11-house tour, the year-end barbecue, and of course the underground beermile, have never been the same since. Take for instance the 11-house tour, once one of the most legendary activities within Aloha. This trip, which gave many members sleepless nights while waiting for the next challenge, unfortunately did not return. The Aloha dies, which used to be always celebrated enthusiastically on the evening of the Ironman Hawaii, suddenly became a lot more austere, without the famous Hawaii pizzas. The end-of-year barbecue also changed drastically. Where in the beginning there was still a classic barbecue, when the oldest members came late as usual to arrive, all the food was already finished. And now we have poké bowls. Yes, Aloha has to move with the times, too.

As a Mahalo member, it is great to see that, despite the changes, the door is always open to drop in on activities. Well with the warning that Aloha contributes nothing towards your costs, but you can just drop by. Yes, the activities are maybe different from before but it is precisely this innovation that makes them fun in a whole new way. The creative spirit of Aloha remains unmistakable, and it is great to see how the club has reinvented itself. An interesting phenomenon after corona was the outflow of a large number of members to TCT.

It was definitely time to change, given that the average age within Aloha was extremely high (see also the previous edition of the Palm Tree). But even so, it remains sad to miss the old familiar faces. TCT has attracted many of these members, including myself, but the real student atmosphere that made Aloha unique will never be the same at a civilian association.

What do I miss most about Aloha? The desert, which was a reason for me to come to swimming training. Also the activities outside the training sessions, the weekends away, and the atmosphere that was created by enthusiastic members who preferred to be together with others rather than sitting at home on the couch. And when you went to training you didn't go for the training, but because it was just fun to meet up with all your friends. That sense of togetherness is what makes Aloha so special, and although times have changed, those memories will not be forgotten.