

# Rider questionnaire



# CANADA HOUSE

IN HOLLAND

MOUNTAINBIKETEAM  
Jan Terpstra

Name	Tim Heemskerk
Address	#1007- 13910 Stony Plain Road, T5A 3R2, Edmonton
Male/Female	MALE
Team/Club	United Cycle Race Team
Sponsors	United Cycle, Schwalbe, and my wife
Discipline	Road, MTB, Cross
Practise since	I was 13 years young
Biggest success	Balancing it all; social, training, running coaching job w/ 26 athletes.
This year's success	1 <sup>st</sup> Canada Cup Canmore, 1 <sup>st</sup> Banff Criterium (downtown Banff).
Strengths	My all round qualities in cyclo cross it all comes together!
Weakening	Sometimes strange things go on in my athlete's head.
Injuries	None at the moment.

What kind of job would you work for, if your parents could decide?

No clue, maybe something with animals, like a vet.

Which are the biggest hurdles you had ever to overcome?

Moving to a new country with basically NOTHING. A suitcase each (my wife and me) with clothing- 1 bike (off course). Getting into a country and being there for 4 years now, we adapted pretty well I must say!

Who inspires you?

People that are really, really sick (like cancer) and in a miserable position and are still keeping their heads up being positive and strong.

A comment about pain:

Interesting research subject since some people seem to be able to handle this better than other people. In training or in a race it sucks but afterwards it always feels nice to have suffered.

You are respecting:

My wife. She works soooo hard and never really complains, unlike lots of athletes who seem to be complaining all the time 😊

You have no respect from:

Takers: "people who are in this World to only take things"....it is about giving and taking, find your balance!

Which Soundtrack would have a Film about you?

Nikki Sixx: Life is Beautiful.

Message to your Fans:

Thanks for your Support and sorry things did not always work out the way I had in mind.

Something you always wanted to say:

Life is NOT about making money or numbers in your bank account. Start living, now you still can!!

Thanks!!!