

## EPISODE 1

DECA1304-T02_1.m4a 07:06 - 07:35	At the very beginning of my detention, they had actually filled me up with medication, because of my past. You're a plant then. You can't exercise. At one point, I was like, I don't want to live like this. I must do something with my past, with all the aggression I've been dealing with, I have to do something with it.
sfx BA_cyclistpedalling	
sfx BA_bike-gear-changes	
muziek: <a href="http://links.universalproductio.nmusic.com/paql6t">http://links.universalproductio.nmusic.com/paql6t</a>	
VO	<b>Sport is freedom. Sport is escape.</b>  <b>Running from yourself.</b> <b>Cycling away from your past.</b>  <b>But can you do that if you're <i>always</i> stuck inside four walls? When your reality happens behind bars?</b>
DECA1304-T02_1.m4a 14:39 - 14:48	Here, you are confronted daily with what you've done, consciously or unconsciously. At the moment, it's pretty tough.
VO	<b>I am Debby De Ridder, and in this podcast I follow 6</b>

	<p><b>anonymous convicts from the prison of Oudenaarde. Together, they are the first eCycling team for prisoners.</b></p> <p><b>For 3 months they train intensively and participate in cycling courses and competitions. Anonymously. From prison, into the virtual world of Zwift.</b></p> <p><b>A world that only judges them by their performance on the bike.</b></p>
<p>BA_SAM.WAV 09:19 - 09:30</p>	<p>That's gonna hurt at times. That's going to have an effect. But most of all, I think you forget all that once you reach the finish.</p>
<p>VO</p>	<p><b>That's how they live towards the race of their lives. A race in which they will cycle against a team of judges, magistrates, jailers, police and justice workers.</b></p> <p><b>I talk to the convicts about their expectations, their hopes, their dreams. About what sport means when you've been deprived of your freedom for years.</b></p>
<p>Heather.mp3 11:18 - 11:24</p>	<p>When you're locked up in our prisons, in the Belgian prisons. That's a lot. A lot is taken away from you, you lose control.</p>
<p>Heather.mp3 11:51 - 11:56</p>	<p>The only thing they can control is their body and their mind.</p>
<p>VO</p>	<p><b>Can sport really help prisoners find peace? And do they deserve that peace?</b></p>
<p>Te gebruiken als geluidstapijt</p>	

<p>onder de volgende paragraaf:</p> <ul style="list-style-type: none"> <li>- stappen naar de gevangenis: DECA1304-T09</li> <li>- "Komt u binnen" + grote gevangenisdeur die dichtslaat: 210408_0129.mp3</li> <li>- grote gevangenisdeur die dichtslaat: DECA1304-T08.wav 02:02</li> </ul>	
<p>VO</p>	<p><b>In this first episode, I'm taking you behind bars. To a world that is miles away from mine, but one that is the daily reality for the nearly 11,000 prisoners in our country. A world you can't just walk into. And that's probably for the best.</b></p> <p><b>It's a cold, sunny spring day when I register at the prison of Oudenaarde. My identity and criminal record are thoroughly checked, everything I want to take with me into the prison is subject to extensive control. And then the journey through the long prison corridors begins.</b></p>
<p>vanaf 01:28</p>	
<p>VO + sfx verschillende deuren IN de gevangenis die je moet passeren voor je aan de cellen</p>	<p><b>A door &lt;sfx door&gt;, another door &lt;sfx door&gt;, another door &lt;sfx door&gt;. "What if a fire breaks out here, I think, before the last door slams shut behind me. &lt;sfx door&gt;</b></p>

bent: DECA1304-T07.wav	
achtergrondgeluid in de gevangenis DECA1304-T00 vanaf 03:54	
VO	<b>And then suddenly I'm at the "centre": a central place onto which three long prison corridors open on to, each with 40 cell doors. It smells of cigarettes, chervil soup and loneliness.</b>
achtergrondgeluid van de wandeling door de gevangenis, DECA1304-T01	
VO + sfx fitness-room sfx punching bag	<b>The prison clerk takes me to the gym, &lt; sfx&gt; a throwback to a 90s gym. Peeling paint, &lt; sfx&gt; a punching bag repaired with duct tape, worn-out mirrors, a collection of mismatched weights and the smell of exertion. But in a corner of the gym there are 6 brand-new race bikes, with matching bike rolls and computers. This is where they race.</b>
te gebruiken als geluidstapit onder de volgende paragraaf: <ul style="list-style-type: none"> <li>- DECA1304-T03_LR.aac</li> <li>- DECA1304-T02_1.m4a</li> <li>- DECA1304-T04_LR</li> </ul> => De <b>intro's gebruiken</b> , voor het eigenlijke interview begint, zodat je op de achtergrond	

<p>hun stemmen hoort, maar niet hoort wat ze precies zeggen.</p>	
<p>VO + sfx 388277_csnmedia_tour-de-france-horns + BA_cyclistpedalling</p>	<p><b>Today, you will meet John Doe 2, 5 and 6. John Doe is the name that indicates an anonymous person in court records, and it is also the name of their avatar on Zwift. But to make it easier for you as a listener, I call the cyclists you hear today Dieter, Salim and Danny. These are not their real names either.</b></p> <p><b>The 3 cyclists are three long-term convicts who serve their sentence in the prison of Oudenaarde. &lt; sfx&gt; in the middle of the Flemish Ardennes, less than 5 kilometres from the mythical Koppenberg.</b></p>
<p>VO</p>	<p><b>A slope where many amateur and professional racers have already met an unbeatable opponent.</b></p> <p><b>But it will be a long time before Danny, Salim and Dieter can conquer Koppenberg themselves. You don't end up in Oudenaarde because of a petty crime. This is a place for men who have committed major crimes, with years of punishment ahead of them. Men with little perspective, with poor prospects. Can sports help in their situation? And what are their motivations to participate in the Breakaway?</b></p>
<p>De <b>intro's gebruiken</b>, voor het eigenlijke interview begint, zodat je op de achtergrond</p>	

<p>zijn stem hoort, maar niet hoort wat hij precies zegt, DECA1304-T02_1.m4a 07:06 - 07:35</p>	
<p>VO</p>	<p><b>Today I'll first talk to Dieter. Dieter's a young guy, in his 20s. Broad shoulders, soft eyes. The kind of guy I would confidently let play football on the street with my kids. But that's not possible, because Dieter has been in prison for a long time, and will not walk out of here the first years... We're talking about what place sport has in his life, before and now.</b></p>
<p>DECA1304-T02_1.m4a 01:53 - 02:33&gt;  sfx voetballende kinderen?</p>	<p>I remember that as a very young boy - I don't know how old I was, I think six, seven years - I always wanted to play football. But because I was so young and I wasn't very good at it either, it didn't go well. I tried, and ended up quitting. I remember that I always had to be in the goal, but I didn't like that. I wanted a little action, actually. That's why I quit. I did some other sports after that.</p>
<p>DECA1304-T02_1.m4a 02:55 - 03:24  sfx fietsen kinderen, met fietsbel?</p>	<p>I did judo up to the yellow belt; that's not that long. I got tired of everything very quickly. When I was a child, I liked to ride a bike with friends of the neighbourhood. We would always race around the block cycling and whoever was first, had the honour of winning, so to speak. That was pretty cool.</p>
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<a href="http://nmusic.com/paql6t">nmusic.com/paql6t</a>	
VO	<p><b>For Danny and Salim, sports came later in their lives. Danny is a tough thirty-something. His hard life is reflected in his hunched posture. I asked Danny about his very first sports-related memories.</b></p>
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DECA1304-T04_LR.aac 10:05 - 10:28	When I was five or six, football in the playground. <del>What about outside the school?</del> Outside of school, I cycled in my grandfather's garage, because I wasn't allowed to play football. They wouldn't let me hit the walls. For the neighbours.
DECA1304-T04_LR.aac 10:52 - 11:10 + sfx auto-shop.mp3	<i>And were you always into sports as a kid?</i> Not always. No. That really came afterwards, I think when I was about 12. Also for my grandfather's sake. I couldn't do much. <sfx> They were self-employed and had their own garage. So the customers came downstairs. I couldn't play football there or anything. I could drive my bike around the garage, but that was it. Because there was a bridge and it was dangerous.
VO	<p><b>Salim is in his mid-40s. Nature has blessed him with a fit body and the heart of an athlete, he says.</b></p>
DECA1304-T03_LR.aac	I remember getting a racing bike when I was a kid. They had

<p>07:10 - 07:34</p>	<p>bought it from my cousin and it was one that had the gears on the tube. I could barely put my feet on the pedals. "You'll grow into it." I think I rode it once or twice. I felt wronged because I didn't get a new bike.</p>
<p>DECA1304-T03_LR.aac 04:37 - 05:04</p>	<p>I've never been very athletic, even though I turned out to have a knack for it. I was lazy by nature and that was obvious. I participated in everything and have done many different sports, without doing it for a long time or excelling in anything. I would call myself an all-rounder rather than someone who has gone for one specific sport.</p>
<p>DECA1304-T03_LR.aac 05:47 - 06:11</p>	<p>I've always moved a lot. I got into sports - if I may call it that - at the age of 18-19. When I went to the army, they tested me and said, "Wow, you do a lot of sports." I said: "No, not really". But it turns out I have the heart of an athlete.</p>
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	<p><b>Being able to exercise as a child is not a given for everyone. Sometimes due to lack of time or lack of interest on the part of parents, sometimes due to money problems or a difficult situation at home. A large proportion of the people in detention grew up in difficult circumstances. And it turns out to be no different with Dieter and Danny.</b></p>

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<p>DECA1304-T02_1.m4a</p> <p>04:40 - 04:50</p> <p>+</p> <p>sfx child-laughing.wav</p> <p>(laten aflopen in echo naar het einde toe)</p>	<p>I was always a happy child. &lt;sfx&gt; Until my parents divorced, and then everything went a little wrong actually...</p>
<p>DECA1304-T02_1.m4a</p> <p>05:03 - 05:13</p>	<p>In elementary school, I was a little bit bullied because of my overweight.</p>
<p>DECA1304-T02_1.m4a</p> <p>04:14 - 04:16</p>	<p>My father's in the military.</p>
<p>DECA1304-T02_1.m4a</p> <p>05:23 - 05:32</p>	<p>At home they always said not to be pushed around and that led to some aggression, really.</p>
<p>muziek</p> <p><a href="http://links.universalproductio.nmusic.com/paql6t">http://links.universalproductio.nmusic.com/paql6t</a></p> <p><a href="http://links.universalproductio.nmusic.com/paql6t">http://links.universalproductio.nmusic.com/paql6t</a></p>	
<p>DECA1304-T04_LR.aac</p> <p>13:28 - 13:35</p>	<p>My father was a heavy drinker. That was a sport, too. Sport at the counter.</p>

<p>DECA1304-T04_LR.aac 13:40 - 13:55</p>	<p>I think that's why I never drink alcohol. Seen a lot. <i>What kind of kid were you?</i></p>
<p>DECA1304-T04_LR.aac 14:25 - 14:58</p>	<p>In elementary school? A disaster. Not in terms of learning, because I did modern and Latin in the first and second year. But then I moved back from my grandparents to my mother, and I flunked straight to vocational. My grandparents were also more interested in me. So I was really sorry I had to move back. At my mum's, I roamed the streets, and everything changed.</p>
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<p>VO</p>	<p><b>To exercise you need self-discipline. Willpower. Perseverance.</b></p>
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<p>DECA1304-T02_1.m4a 08:09 - 08:43</p>	<p>At the beginning of detention, exercise was actually a way of processing things from my past. To let everything out, all those pent-up feelings and stuff, to let it go completely. But now it's actually become an addiction. That's self-discipline for me. When I work out, I have a routine, too, so I know</p>

	<p>what I'm doing from start to finish.</p>
<p>DECA1304-T02_1.m4a 06:57 - 07:44  + muziek</p>	<p>I've always had a little sport in my life. At the very beginning of my detention, they had actually filled me up with medication, because of my past. You're a plant, you can't exercise. At one point, I was like, I don't want to live like this.</p> <p>&lt;music&gt;</p> <p>I must do something with my past, with all the aggression I've been dealing with, I have to do something with it. I really got into fitness and that helped me very much.</p>
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<p>VO</p>	<p><b>Dieter has taught himself willpower. In Salim's case, it's genetic.</b></p>
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<p>DECA1304-T03_LR.aac 22:55 - 24:21</p>	<p>I've always been a stubborn one and had a mind of my own. It will also go hand in hand with the drive for performance and competitiveness. So, I think I have it.</p> <p><i>Who taught you this willpower and discipline?</i></p> <p>My mom was pretty tough, too. She was the eighth child of a</p>

	<p>family of nine. Farmers. Back then, the women were bred - that's what they called it - into housekeepers, cooks or seamstresses. She was the first to knock on the table and say: "No, I have the right to study. I want to study as a nurse in Ghent. You have to pay for that". She stood up for herself, got her way and took the opportunity. I think some of that might have rubbed off on me. She had a strong will.</p>
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<p>VO  + muziek fade out</p>	<p><b>Danny calls himself a go-getter, helpful and friendly. Dieter thinks he is sporty, caring and introverted. And Salim describes himself as energetic, sporty and antisocial. But have they always been like this?</b></p> <p><b>&lt;music fade out&gt;</b></p> <p><b>For how much do you change living behind bars for so long?</b></p> <p><b>According to Dieter...</b></p>
<p>DECA1304-T02_1.m4a 12:34 - 12:35</p>	<p>Very much.</p>
<p>DECA1304-T02_1.m4a 12:38 - 13:01</p>	<p>I used to not consciously think about the choices I made and I just lived on. And it didn't work, tough luck. Now I try, and succeed very well, to consider other people's opinions and...</p>
<p>DECA1304-T02_1.m4a</p>	<p>It's my age and I've also been in counselling for eight years,</p>

13:09 - 13:20	to manage aggression. That's done a lot for me in the last two and a half years.
VO	<b>Salim has also gone through a whole evolution.</b>
DECA1304-T03_LR.aac 30:45 - 31:27	I think I've grown up. I've evolved. How much have I changed? Yes, quite a lot. I've learned. There are now many more simple things that I value and appreciate. I don't have to go looking too far anymore. Now, I'm happy with little things, whereas before, I needed extravagant stuff or thought money was much more important. I've improved, if I may say so myself.
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VO	<b>Heather Loontjes, Sports Officer of the Rode Antraciet, a non-profit organisation that brings culture and sport into prison, believes that sport can be an important factor in the lives of prisoners.</b>
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Heather.mp3	First of all, it is definitely an outlet for all kinds of mental

<p>12:21 - 13:04</p>	<p>troubles, frustrations and so on. That's the thing here and now, I think, about doing sports in prison. But in addition, they can engage with their own body, in a healthy way, in a positive way.</p> <p><i>Control.</i></p> <p>Yes, that control, that's like: the prison or the justice system has no influence or cannot have such an influence on their body. It's something they can still control.</p>
<p>VO</p>	<p><b>Sport ensures peace and balance, in body and mind.</b></p> <p><b>Mens sana in corpore sano. That's true for Dieter as well.</b></p>
<p>DECA1304-T02_1.m4a 13:39 - 14:12</p> <p>+</p> <p>muziek</p>	<p>I did it to clear my head. Although I did get some good things from home, like structure and sport. My parents weren't really there for me emotionally, that's been really hard for me.</p> <p>&lt;music&gt;</p> <p>I noticed that if I was exercising, be it cycling, or football as a child, or judo, then sports was a piece of emotional freedom for me.</p>
<p>DECA1304-T02_1.m4a 14:56 - 15:28</p>	<p>I like it. It's good for me. It always makes me feel good, because I can get away from everything for a while. Eventually, over the years, it has become an addiction.</p> <p><i>Now cycling, a new sport!</i></p> <p>I really like it. I've already cycled twice, I guess I took off with it.</p>
<p>muziek fade out</p> <p><a href="http://links.universalproductio">http://links.universalproductio</a></p>	

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DECA1304-T03_LR.aac 26:03 - 27:09	<p>I'm lucky to have a physical job now. So I can really indulge in that too. But if you really have emotional or other problems, the first solution is always a pill. If you think too much, they have pills so you don't worry too much anymore. What kind of logic is that? You're not gonna poison your mind because you worry too much. There's a cause and I don't think pills are the solution. You have people who can and want to help you here, but they are also limited in their resources and their workforce. The first easiest solution is that they send you to a doctor or a psychiatrist, who will then give you medication. That's not an option for me. Sports and work are the only option.</p>
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VO	<p><b>The Breakaway is an escape for all participants. From themselves, from their past. They ride away from the demons in their heads. The desire to participate is great. Or it grows.</b></p>
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DECA1304-T04_LR.aac 34:23 - 34:34	When was it? On Sunday I also thought: yes, tomorrow, it's cycling day. And the day itself I didn't feel like it. But when I was busy at night, I was happy I'd been.
DECA1304-T04_LR.aac 33:49 - 34:14	I'm depressed. And in the beginning, it was like, yeah, yeah. And two weeks later, things went downhill. And I wasn't up to it. I didn't want to get out of bed, and here... Why would I? And now it's slightly going uphill again.
DECA1304-T04_LR.aac 33:35 - 33:39	I'm getting more into it.
Muziek	
DECA1304-T02_1.m4a 18:39 - 19:09	I really like it. The first time, I couldn't work so well with the programme. I had accidentally taken a very difficult course with many steep slopes and that was quite difficult. Fortunately, it went better the second time, I had a good course and yes, I thought it was very cool.
DECA1304-T02_1.m4a 19:29 - 19:47	Because you know there are others, also on a bike, with this programme. They cycle like me, I really like that.
Muziek	
DECA1304-T03_LR.aac 40:56 - 42:08 +	I think it's nice you meet a lot of other people on the course. Some pass you by, and I pass them by, too. I find it extraordinary that you see all nationalities: from Chinese,

<p>sfx Achtergrondgeluid_Zwift + sfx aan het rijden</p>	<p>British, Americans to everywhere. I've met South Americans before. I like to see you're a couple of thousands on the same track. In that respect, I like it. You always meet people whose level you can handle or people who can handle yours, depending on the perspective. I think it's cool to see and I like the concept.</p>
<p>DECA1304-T03_LR.aac 35:53 - 35:49</p>	<p>In the past we have had cycling projects here, including the Tour on Rolls in 2012, 2013, and 2014. I participated in all three of them and that's where I got the cycling bug. That went well for me and that's why I like to participate in this project.</p>
<p>DECA1304-T03_LR.aac 37:15- 37:32</p>	<p><i>What do you want to achieve by participating?</i> A lot of extra hours doing sports. I think the race is going to be nice and something different.</p>
<p>VO + SFX gehijg_op_de_fiets</p>	<p><b>The race. We hadn't talked about that. About the ride of their lives. The race against magistrates, policemen, prison guards and law enforcement officers. People who are on the other side of Lady Justice's scales. And that only fuels the competition...</b></p>
<p>DECA1304-T04_LR.aac 47:08 - 47:18</p>	<p>To me, they're people like any other. Unless they would give us less prison time if we could beat them.</p>
<p>DECA1304-T04_LR.aac 47:28 - 47:56</p>	<p><i>Do you want to beat them or not?</i> Of course, you want to win. But you don't know how long they've been training and working on it. Maybe they'll tell me I have to cycle against a 70-year old who's been cycling his entire life. Then you're screwed.</p>

Muziek (kort)	
DECA1304-T02_1.m4a 23:42 - 23:54	I get competitive, yes. <i>And how do you feel about the people you're riding against?</i> Fantastic!
DECA1304-T02_1.m4a 23:58 - 24:18	I don't really want to prove much. If I win, I guess I would have won a little in one area after all...
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	<b>This was the first episode of The Breakaway. Thanks for listening.</b> <b>In the next episode, I'll talk to the cyclists again, and they'll tell me all about their journey so far. What's going well, what difficulties are they facing? And are they still up for the final sprint? And I'll also tell you why today you only heard three people speaking instead of six:</b>
Heather.mp3 08:34 - 08:43	<i>But you're saying that's a common thing, inmates dropping out at the last minute?</i> Yeah, sure, that's not weird.
VO	<b>The Breakaway was made for Decathlon. I thank the cyclists for their openness, and the Rode Antraciet and the prison of Oudenaarde for their support. Interviews,</b>

**redaction and final editing by myself, Debby De Ridder, sound by Rinus De Wilde and sound editing by Chiaran Verheyden. Did you find this podcast interesting? Then subscribe using your favourite podcast app, and write a review.**

## EPISODE 2

TOM 00:32:57 - 00:33:23	You have two choices in prison: either you let yourself go with drugs and medication, or you do sport. I have seen people go to pieces in jail.
sfx BA_cyclistpedalling	
sfx BA_bike-gear-changes	
muziek: <a href="http://links.universalproductio.nmusic.com/paql6t">http://links.universalproductio.nmusic.com/paql6t</a>	
VO	<b>Sport is freedom. Sport is escape.</b>  <b>Running from yourself.</b> <b>Cycling away from your past.</b>  <b>But can you do that if you're <i>always</i> stuck between four walls? When your reality happens behind bars?</b>
DAVID 00:01:04 - 00:01:08 00:07:47 - 00:07:52	No more sport. It stops here for the moment, there's no other choice.
VO	<b>I am Debby De Ridder, and in this podcast I follow a number of anonymous convicts from the prison of Oudenaarde. Together they are the first eCycling team for prisoners.</b>  <b>For 3 months they train intensively and participate in</b>

	<p><b>cycling courses and competitions. Anonymously. From prison, into the virtual world of Zwift.</b></p> <p><b>A world that only judges them by their performance on the bike.</b></p>
<p>SAM T1</p> <p>02:13 - 02:20</p>	<p>I think that everyone, however bad, can also be good for someone else and vice versa.</p>
<p>VO</p>	<p><b>That's what they are living up to in the race of their lives. A race in which they will cycle against a team of judges, magistrates, jailers, police and justice workers.</b></p> <p><b>I talk to the convicts about their expectations, their hopes, their dreams. About what sport means when you've been deprived of your freedom for years.</b></p>
<p>Heather T2</p> <p>00:17:22 - 00:17:44</p>	<p>I can't speak for them, but I think they often have the feeling they are seen only for their crime. They are a sum of their actions, rather than their actions being something that they have done, when in fact they also have other talents and qualities.</p>
<p>VO</p>	<p><b>Can sport really help prisoners find peace? And do they deserve that peace?</b></p>
<p>VO</p>	<p><b>In this second episode I return to the prison in Oudenaarde and talk again to the cyclists. Or at least to some of them. I also discover why it's not always that simple to make a podcast with prisoners and the</b></p>

<p>&lt;patrick.m4a&gt;          &lt;VO&gt;          &lt;effect parlofoon&gt;          &lt;sfx geroezemoes.wav&gt;</p>	<p><b>different reasons why that's the case.</b></p> <p><b>This time it's early when I report to the gate officer – I call him Patrick.</b></p> <p>"You brought some nice weather with you, didn't you?"          "Yes, I did. Shame we won't get to see much of it today."</p> <p><b>A conversation full of clichés – but as is often the case with clichés – there's also a ring of truth. After all, within the prison walls, the sun hardly shines ...</b></p>
<p>VO +          &lt;sfx ringtone.mp3&gt;</p>	<p><b>Once again, the gym is where we meet for today's discussions. I am given a portable telephone with which I'm obliged to call Centre 2. The prison officer then takes the prisoner out of the cell and brings him to the gym. After each meeting I must call again and ask permission for my discussion partner to return to the cell. Strict rules, imposed for the safety of everyone.</b></p>
<p>muziek</p>	
<p>VO</p>	<p><b>In episode 1 you were introduced to Dieter, Salim and Danny. Not their real names, of course. In order to protect the privacy of the cyclists and their victims.</b></p> <p><b>Three cyclists. Although the e-cycling team actually consists of 6 cyclists. However, 3 of the 6 decided <i>against</i> getting involved just before recording the first episode. Each for their own reasons.</b></p>

<p>210608_DECA2_Heather_Telefon.mp3 06:58 - 07:07</p>	<p>Hmm, it's hard to give a possible reason or explanation for that.</p>
<p>VO</p>	<p><b>That's Heather Loontjes. Heather is the sports officer at the Rode Antraciet, the charity aiming to bring a breath of fresh air to the prison from outside via culture and sport. I gave her a quick ring before recording episode 2, and asked if she often faced last-minute cancellations.</b></p>
<p>210608_DECA2_Heather_Telefon.mp3 07:10 - 07:27  07:34 - 08:44</p>	<p>In fact it's not unusual. For example, for a common sport such as badminton (...) I get quite a lot of interest. (...) But you never get the full six. There are always 1 or 2, or even more, who don't turn up.</p> <p>We also run larger activities when 40 or 50 people sign up, but they're never all there. So it's actually quite normal when you have a list of people who've registered for a particular activity – not only for sport, but also for all kinds of other activities that are organised here – that they don't all come. There are always different and diverse reasons. (...) But very often the clerk's record just says: refused or doesn't feel like it. Even so, we don't always know the real reason why they refuse or don't feel like it.</p> <p><b>So you say it's quite common for inmates to drop out at the last minute.</b></p> <p>Yes absolutely, it's really not unusual.</p>
<p>VO</p>	<p><b>So, not unusual. And later in this episode you'll hear it isn't the last time I'm confronted with changes at the</b></p>

<p>&lt;sfx backspin.wav&gt;</p>	<p><b>last-minute ...</b></p> <p><b>But let's fast forward to the day of the second recording. My first chat today is with Salim. Remember: he's in his forties, and discovered he had the heart of an athlete during his military service.</b></p>
<p>DECA1304-T03_LR.aac 05:47 - 06:11</p>	<p>I have always done a lot of exercise. I became a sportsman – if I can call it that – at the age of 18 or 19. When I went to the army and they tested me and said: "Wow, you do a lot of sport ". I said: "No, actually I don't ". But it turns out I have the heart of an athlete.</p>
<p>&lt;SFX trappen_oplopen.wav&gt;</p>	<p><b>I hear the door and listen to Salim climbing the stairs to the gym. At the pace of someone with ... an athletic heart. Behind his mask I see his eyes smiling. He looks different to the last time. More relaxed, wearing shorts and with short hair.</b></p>
<p>SAM T1 00:03</p>	<p><b>You have a different haircut.</b></p> <p>Well, less hair in fact. I had already forgotten it was today. Anyway, it doesn't matter. I was reading and then the door opened. They did remind me though.</p>
<p>VO</p>	<p><b>Besides being a sportsman, Salim also loves reading. I recommend "Human kind – A Hopeful History" by Rutger Bregman. A book in which the author completely refutes the age-old belief that humans are by nature bad.</b></p>
<p>SAM T1 00:50 - 00:57</p>	<p>I might have a different opinion. No, I haven't read it yet.</p>

<p>02:13 - 02:59</p>	<p><b>I don't know whether he's right or wrong. In fact I haven't yet decided.</b></p> <p>Everyone's entitled to their own opinion. And yes, I believe that everyone, however bad, can also be good for someone else and vice versa. (...) Anyway, for many people I'm a bad guy and, at the same time, for many people I'm not as bad as others think. There are two sides to it in my opinion.</p>
<p>SAM T1 00:02:59 - 00:03:28</p> <p><b>Gebruiken als achtergrond voor de VO hierna</b></p>	<p><i>I've thought about it a lot since we last met, but also together with the other people in here. If you talk about it with people from outside the prison it's also quite a one-sided discussion. So, "Yes, but those people aren't in there for nothing." And then I think: no, that's true, but many people reach a crossroads in their life and you can go either way. And some people choose the wrong way and then need to walk all the way back again.</i></p>
<p>VO</p>	<p><b>I tell Salim that I've been thinking a lot since our last discussion. About the fact that people currently have an opinion on everything, which includes the Breakaway project. About prisoners and why they are there. He thinks it's a shame, but understandable, he says.</b></p>
<p>SAM T1 00:03:28 - 00:03:57</p>	<p>Quite honestly, before coming to prison myself, I had quite a different opinion. That's not uncommon. When it comes to things that you don't know much about, you often have an opinion or view that is unfounded or instilled by your parents, the media or other things.</p>
<p>muziek</p>	

VO	<b>Do people in prison have the right to break away? Not from their cell of course, but from their life behind bars? Mentally escape, for example with sport? They do, in many people's opinion. That's clear from the response to the first episode of this podcast. But Heather too has had mainly positive reactions so far.</b>
Heather T2 00:16:12 - 00:17:02	Yes, that was a pleasant surprise for us. In our work at the Rode Antraciet we have also had quite the opposite experience with projects and media attention. It was also a concern at Decathlon, how will people react? And in fact they have been mainly positive. (...) People see why it is important and the impact it can have. We're really pleased about the fact it seems to have been interpreted in that way.
Heather T2 00:17:26 - 00:18:11	I can't speak for them but I think they often have the feeling they are seen only for their crime. They are a sum of their actions rather than their actions being something they have done, when in fact they also have other talents and qualities. Then a project like this emphasises that fact and makes it more understandable. That prisoners are people like many others outside with an interest in sport and cycling. I'm not surprised by the reaction. They are treated very respectfully and that feeling comes across.
VO	<b>Prisoners are also just people. And people are sometimes confronted with unexpected things. Like Danny. Danny who told me in the last episode that he was under a lot of mental strain.</b>

DECA1304-T04_LR.aac 33:49 - 34:08	I am suffering from depression. To start with it was ok, ok, ok. Then two weeks later it went downhill. Then it was more like pfff. You can't be bothered to get out of bed or come here ... Why bother?
muziek?	
DAVID 00:00:16 - 00:00:24 Gebruiken als achtergrond voor de VO hierna	<i>Thanks for coming.</i> You're welcome. <i>I'm curious.</i> What about? <i>About the story.</i>
VO	<b>Today Danny comes with bad news. He's leaving the Breakaway project. No more e-cycling for him.</b>
DAVID 00:00:25 - 00:00:39  00:05:12 - 00:05:25  00:05:41 - 00:05:44  00:01:01 - 00:01:06	<i>I've been told that you've stopped doing sport.</i> During football on the Walk I fell flat on my face. My nose was all cut up. I fell on the concrete. My piercing went right through my lip.  It was quite a fall you know. I had only just set off and there were probably some stones under my foot and I fell flat on my face.  First of all I thought it had knocked my teeth out, it was such a bang.  I have a prothesis in my thumb and that's loose now. So no more sport for me.
VO	<b>Game over for Danny. And that's such as shame, as he was already feeling low, and cycling brought some relief.</b>



	<p><b>We haven't met yet, Toon and I. And I'm quite nervous about that. No introductory chat. We just have to get started immediately. And it soon turns out I'm not the only one who's nervous ...</b></p>
<p>TOM T1 00:02:04 - 00:02:13</p>	<p>This is my first time. (...) I was already a bit nervous by one o'clock. I said, come on, I've still got time to calm my nerves.</p>
<p>TOM T1 00:03:20 - 00:03:32</p> <p>Gesprek als achtergrond gebruiken voor de VO</p> <p><b>VO</b></p>	<p><b>Toon is in his late thirties and is a sight to behold. Big muscles and a clean-shaven head in trendy sports gear and wearing a masculine fragrance I saw advertised on the TV only yesterday. With a broad but uncertain smile and a twinkle in his eye.</b></p> <p><b>I tell him what we are trying to achieve with the podcast, and ask about his sporting abilities.</b></p>
<p>TOM T1 00:03:33 - 00:03:40</p> <p>00:04:02 - 00:04:35</p> <p>&lt;sfx voetballende kinderen - nog op te zoeken!&gt;</p> <p>00:04:50 - 00:05:05</p>	<p>Yes, I'm sporty. I was sporty outside the prison too.</p> <p>As a child? Yes, then too. It began with football. (...) I played football until the age of 18. Intensively, but partly because my father pushed me in that direction. (...) That had the opposite effect on me. So I dropped it and ended up choosing the wrong path.</p> <p>My parents were not into sport. That's often the way. I now have a young son and he's always talking about football.</p> <p><i>But your parents supported you?</i></p> <p>My parents certainly supported me.</p>

<p>00:04:35 - 00:04:39</p> <p>00:05:56 - 00:06:33</p> <p>00:05:05 - 00:05:17</p>	<p>I didn't play badly and at a certain point I was given the chance to play in a national team, for Waregem, Ghent and Deinze I think. But, for me, going out came first and my Dad was very angry about that. He thought it was such a shame that I chose to ignore such a great opportunity and screw things up. In hindsight that would maybe have been a much better decision.</p> <p><i>Would you choose differently if you had to decide again?</i></p> <p>Yes I would, but you can't put the clock back.</p> <p>When I stopped playing football I didn't do any sport for a while, then when I was older I started cycling. Mountain biking in particular.</p>
<p>VO</p> <p>&lt;sfx mountainbike - vanaf 00:35&gt;</p>	<p><b>So Toon was a footballer and a mountain biker, on the outside. Not a racing cyclist, because the adrenaline of the mountain biking gave him a bigger kick.</b></p>
<p>TOM T1</p> <p>00:05:32</p>	<p>I loved the adrenaline. We would go off to the Ardennes with a group of friends and spend the weekend cycling. And there was also fitness, most of all an awful lot of fitness.</p>
<p>VO</p> <p>&lt;sfx fitness-room.wav&gt;</p>	<p><b>Ah yes, good old fitness. I hear that a lot in my conversations with inmates. And there's an explanation for that. When you are locked up in prison you lose a lot of control. The only things prisoners can still control are</b></p>

	<p><b>their minds and bodies. And everything else? You just have to accept it, in Salim's and Toon's opinion.</b></p>
<p>SAM T2 00:05:49 - 00:06:07</p> <p>00:06:21 - 00:06:27</p>	<p>There's the system and that's the way it is. Of course, that's frustrating, but after so many years I also know it's hard to change something that has been that way for so long.</p> <p>I think it's a psychological game on both sides.</p>
<p>TOM 00:16:20 - 00:16:37</p> <p>&lt;FX echo op 'Maar hoe'&gt; + muziek erna?</p> <p>00:32:57 - 00:33:23</p> <p>00:16:38 - 00:17:00</p>	<p>I call prison a form of modern torture. You put someone in a small room for 22 hours. You need to be mentally very strong. And if you're strong you'll get through. But how?</p> <p>You have two choices in prison: either you let yourself go with drugs and medication, or you do sport. I have seen many people go to pieces in jail. Coming in as a normal person and then your wife leaves you. I have been through that too. I was really low for a while, but I picked myself up.</p> <p><i>This kind of initiative will not solve everything.</i></p> <p>It won't solve everything but you do look forward to it.</p> <p>Tonight it's from six until eight. I washed my clothes this morning already to make sure everything's ready. I'm looking to it anyway. (...) A bit of freedom.</p>
<p>VO</p>	<p><b>Salim sees his work and sport in the prison as a way to let off steam and leave his worries behind. He wants a healthy mind in a healthy body. And he's doing well.</b></p>
<p>SAM T2</p>	<p>The cycling is going well. (...) I'm trying to do as many</p>

<p>00:07:54 - 00:09:24</p> <p>+ &lt;sfx fietsgeluid.wav&gt;</p>	<p>kilometres as possible. Especially when there's a route that appeals to me, like climbing, because as far as I'm concerned it doesn't always need to be flat. We signed up for a race a while ago. (...)</p> <p><i>I'd like to congratulate you on your result in that one. I saw you were eighteenth out of the 39 participants.</i></p> <p>Yes, but there were only eighteen male participants (laughs).</p>
<p>&lt;sfx backspin.wav&gt;</p> <p><b>VO</b></p>	<p><b>Whoops. Nice one, De Ridder. Fortunately Salim is still pleased with his performance.</b></p>
<p>00:10:15 - 00:11:30</p>	<p>When I saw the route beforehand, I think it was in the Yorkshire Hills, I thought it was going to be rather difficult to achieve in 90 minutes. Anyway, it still went surprisingly well. To start with I positioned myself behind two other cyclists, until I felt I could no longer keep it up. Then I decided to hang back, but I still managed to arrive on time. So I reckon it was a good result.</p> <p><i>I bet that made you feel good!</i></p> <p>It really does make you feel good. Of course, when I saw that I was the 18<sup>th</sup> man, I would rather have been 17<sup>th</sup>. On the other hand there were men just one minute in front of me. <del>Dat is ook niet enorm veel, ongeveer op zo'n 44 kilometer dacht ik. En dan nog op een vrij deftig heuvelachtig parcours.</del> So yes, in fact I'm pleased with the result.</p>
<p><b>VO</b></p>	<p><b>Toon used to do sport to please his father. Until he lost all motivation.</b></p>
<p><b>TOM</b></p>	<p>Why was that? Because my Dad pushed me into playing</p>

<p>00:22:59 - 00:24:20</p> <p>&lt;SFX doorslam.wav&gt;</p> <p>00:24:24 - 00:25:02</p>	<p>football. The last three or four years of going to football were real hell for me. I was experimenting with drugs. I shut the door. It was a really bad time.</p> <p><i>And with such talent. What a shame.</i></p> <p>I still remember a headline in the paper: "Promising footballer caught with certain substances." Later I loaned money for my house from a man who used to know me and he said: "Such talent. What a waste". It affects you when you hear that. I realise that now, but I didn't at the time. Drugs cause all kinds of misery.</p>
<p>muziek</p>	
<p>VO</p>	<p><b>In the meantime, Toon is 20 years older, and he mainly does sport to please himself. It's a big difference.</b></p>
<p>TOM</p> <p>00:25:30 - 00:25:51</p> <p>00:26:10 - 00:26:21</p> <p>&lt;sfx hometrainer.wav&gt;</p>	<p>Now I get satisfaction out of it. In the past I was pushed. It gives you the opposite feeling and you really get put off. Now it gives me real satisfaction.</p> <p><i>An escape too?</i></p> <p>Yes, certainly here, but outside as well. If you've have a tough day at work or whatever.</p> <p>There's a bike in our section and I spend a lot of time on it. Half an hour away from everything that's going on. It's probably the same if you have a busy family life. You escape.</p>
<p>VO</p>	<p><b>Breaking away from the busy world. An escape. I can certainly understand Toon. I also use or abuse my hobbies to get away from home. And return with my batteries recharged.</b></p>

	<p><b>However, sometimes that escape is simply not enough. Then there's the proverbial last straw. That was also the case for Dieter this time. I would love to have spoken to that friendly young man with a gentle voice again. However, shortly before the interview Dieter sent a message that it wouldn't work. That he had received bad news, taken a mental knock. He was too emotional to come and talk to me. Heather comes and tells me what's going on.</b></p>
<p>HEATHER T1 00:00:54 - 00:01:17</p> <p>00:02:02 - 00:02:23</p> <p>&lt;muziek?&gt;</p>	<p>He's someone with lots of issues. He has already told me several times that he can sometimes have such mental difficulties that he finds it very helpful to shut himself away from everything and everyone. I think that is probably what has happened this time.</p> <p>He's a great guy to work with. Sometimes he freezes up or puts up a wall. Then no one can reach him. For him it's the only way to block the aggression or that kind of thing. It's a sort of self-protection.</p>
<p>VO</p>	<p><b>Have you ever tried to quit a habit? Like biting your nails? Eating chocolate? Or checking your social media too often? It's not easy, is it? The same applies to bad habits, like aggression. Or in Toon's case: drink and drugs.</b></p>

<p>TOM</p> <p>00:34:45 - 00:35:44</p>	<p>I can live an extreme life, like with drink and drugs. And then I can suddenly do the opposite, it's really strange.</p> <p><i>Are you afraid of switching back in the other direction?</i></p> <p>It is possible.</p> <p><del>Je bent je er wel bewust van.</del></p> <p><del>Tuurlijk.</del> But actually I have lost everything. I can't have a lot more disappointment in my life. Now you look forward to the day when you can submit your request for holiday.<del>Ik heb nu terug een nieuwe vriendin. Ik moet zorgen dat hetgeen ik heb kan houden. Het afgelopen jaar met die corona is echt een ramp geweest. Ik mag nog blij zijn dat ze komt, maar het is niet meer hetzelfde.</del> If I were to lose that, then I don't know what. It could be easy to switch, but it's up to you. You must be strong not to do it. It can easily happen in a moment of weakness.</p>
<p>VO</p>	<p><b>Dieter shuts himself away in order to avoid returning to his old, bad habits. I can only respect that. And it helps too. In fact, a few days later I do get the chance to talk to him. Not live, unfortunately, but using the online platform for video visits. Het geluid is ... tja, niet optimaal. Maar in deze podcast draait het gelukkig om de inhoud.</b></p>
<p>DIMI</p> <p>00:01:56 -</p> <p>00:08:09 - 00:08:57</p>	<p>I wasn't there on Monday, I had received some bad news and was feeling upset.</p> <p>I've been struggling with some personal issues, and that has</p>

	<p>sometimes affected my cycling. Either I didn't cycle or I did less.</p> <p><i>Would you say that your mental state affects your sporting performance?</i></p> <p>Yes, it does a bit.</p>
VO	<p><b>Dieter is honest about why he couldn't be there on Monday. A private matter which I will also understandably keep to myself. But I understand him. And inmates, including Dieter, are not used to such understanding.</b></p>
<p>DIMI</p> <p>00:26 :50 - 00:27:08</p> <p>&lt;sfx dichtslaande gevangenisdeur - vorige EPS&gt;</p> <p>00:27:23 - 00:27:44</p>	<p>Mostly you hear people in the outside world saying: "That's a criminal, leave him. You shouldn't help, they have committed all sorts of crimes and there's no hope they'll ever change. Just leave them to their punishment." Sometimes people even say we have too much luxury in here ...</p> <p>Look, we've all done something wrong, we know that. We must not deny it. But people should also learn to look at the person behind the story and how something like that could happen. How it came to that, what went wrong with that person, people sometimes forget that. I think that's a shame.</p> <p>We also have a conscience, and feelings, we are also only</p>

<p>00:34:55 - 00:35:11</p>	<p>human. And we have made a mistake in the past and are being punished for it, but it's not because we make one mistake that we can't change. That we are no longer people.</p>
<p>muziek</p>	
<p>VO</p>	<p><b>Sport as a form of reintegration into society. As a form of aggression control. As a way to let off steam for mental concerns and frustrations.</b></p> <p><b>Or to avoid being alone.</b></p>
<p>TOM</p> <p>00:21:15 - 00:21:53</p>	<p>We sit together in a group. Sometimes I also have those kind of days when I say: "I'm not going out ". There are three of us who are always training. One encourages the others to go as well. It was nice weather yesterday and we went training. Today we just sat in the sun. But here you need someone – when you have a down day – who says: "The sun's shining. Let's do this and that ".</p> <p><i>Do you all play that role from time to time when it's necessary?</i></p> <p>Yes. What else is there to motivate you? There's not a lot here to motivate you.</p>
<p>VO</p>	<p><b>Motivation to do sport: I could probably devote an entire episode of this podcast to that. After all, that's something everyone has in common, whether they live inside or outside the prison walls. And sometimes that motivation can come from unexpected places.</b></p>
<p>210607_DECA2_JohnMcAvoy</p> <p>01:00 - 01:07</p>	<p>I'd be more than up for it, if it's that. And anything that I can do to help support it, and spread the message: I'm there.</p>

VO	<p><b>This is John McAvoy, a famous British Iron Man triathlete. However, John was also once an armed robber, who spent a lot of his life behind bars. Before giving his life a new and better direction, thanks to sport and determination. You can hear his story in the next episode. But John was also keen to do something for the cyclists. So he asked his 30,000 Instagram followers to join him and the Breakaway racers and do a race. He defined the route and Dieter joined in the ride.</b></p>
DIMI 00:04:50 - 00:05:40	<p>At a certain point I also teamed up with that triathlete from England and that was actually the highlight of the cycling so far. I thought it was lovely how Heather and the others got involved and also the support I received from that triathlete. He also appealed to some colleagues to ride with me, there was lots of positive feedback, even when I had some cramp in my legs. Then he started motivating me, that was really wonderful.</p> <p>It boosted my mental strength, my physical strength... It was also at that moment that I was able to escape all the misery and stress I had had in the prison, everything. At that moment I was only focused on that and what was going on around me, and that's it. Very liberating.</p>
00:06:35 - 00:06:49	<p>That mental and physical strength that you gain from such motivation. In fact it's something so small, yet it does so much.</p>

VO	<b>Dieter feels supported and understood by John McAvoy. And that means he performed much better on the bike than usual. He expressed his gratitude in a touching letter.</b>
	<b>This was the second episode of The Breakaway. Thanks for listening.</b> <b>The next time you can find out what Dieter wrote in his letter to John McAvoy. I'll also be talking to other people whose lives have been changed by sport. Such as Ismail Abdoul, European boxing champion and ex-prisoner.</b>
Ismail 00:16:35 - 00:16:49	Today I can look my sons in the eye and say Dad did bad things but is not a bad person inside. Everyone can make mistakes, but the most important thing is getting back on the right track.
VO	<b>The Breakaway was made for Decathlon. I thank the cyclists, Heather, John and Ismail for being so open, and the Rode Antraciet and the prison of Oudenaarde for their support. Interviews, editing and final editing by myself, Debby De Ridder, sound by Mathias Van Gasse and sound editing by Chiaran Verheyden. Did you find this podcast interesting? Then subscribe using your favourite podcast app, and write a review.</b>

## **EPISODE 3**

<b>VO SOCIAL</b>	<b>In the third episode I talk to people for whom sport was a turning point in their lives. And I train with the team of cyclists. At least, that was the idea ...</b> <b>Breakaway, a podcast by Decathlon, the prison of Oudenaarde and the Rode Antraciet.</b>
210628_Decathlon_Breakaway_ EPS3_Brief_Fre 00:04 - 00:12	Dear John, I wanted to share something from my experiences before, during and after our Zwift training together last Thursday.
sfx BA_cyclistpedalling	
sfx BA_bike-gear-changes	
muziek: <a href="http://links.universalproductionmusic.com/paql6t">http://links.universalproductionmusic.com/paql6t</a>	
210628_Decathlon_Breakaway_ EPS3_Brief_Fre 00:20 - 00:41	I've watched your video, and was impressed by your past and the complete switch that you've made. I very much recognise your total dedication to sport. Our past is also similar in some ways, for example, in terms of aggression. And I have also experienced that sport can help me.
muziek: <a href="http://links.universalproductionmusic.com/paql6t">http://links.universalproductionmusic.com/paql6t</a>	
210628_Decathlon_Breakaway_	The ride itself was really fun and motivating.

<p>EPS3_Brief_Fre 01:41 - 02:11</p>	<p>All those positive reactions at the start! It was fantastic, it gave me extra motivation, it gave me mental strength. I was able to clear my head. That's something I had not yet been able to do in prison.</p>
<p>muziek: <a href="http://links.universalproduction.com/paql6t">http://links.universalproduction.com/paql6t</a></p>	
<p>210628_Decathlon_Breakaway_ EPS3_Brief_Fre 02:23 - 02:44  04:28 - 04:43</p>	<p>This ride also demonstrated to me that people from outside the prison, the other participants, do not condemn me based on what I have done wrong. That was really amazing, and it helped me back on to the right track.</p> <p>So, to finish, I thank you so much. For your inspiration, efforts and support.</p> <p>Looking forward to the next time!</p> <p>Signed, Dieter</p>
<p>muziek: <a href="http://links.universalproduction.com/paql6t">http://links.universalproduction.com/paql6t</a></p>	
<p>VO</p>	<p><b>Sport is freedom. Sport is escape.</b></p> <p><b>Running from yourself.</b></p> <p><b>Cycling away from your past.</b></p> <p><b>But can do that if you are always stuck between four walls, behind bars?</b></p>

<p>1_T3_Z005003.A1 (Tom) 02:15 - 02:20</p>	<p>I have always learned not to run away from your problems.</p>
<p>VO</p>	<p><b>I am Debby De Ridder, and in this podcast I follow a number of anonymous convicts from the prison of Oudenaarde. Together they are the first eCycling team for prisoners and they are training in the virtual world of Zwift for the race of a lifetime.</b></p> <p><b>After all, in mid-September they will race as Team Breakaway against Team Justice, a team of judges, magistrates, jailers, police and justice workers.</b></p>
<p>1_T3_Z005003.A1 (Sam) 15:00 - 15:06</p>	<p>In fact, I really want to do well. I'm not going to hide that.</p>
<p>VO</p>	<p><b>This third episode began with Dieter's letter to the popular triathlete and ex-convict John McAvoy. In the last episode you heard how John and many of his Instagram followers challenged Dieter to a race on Zwift. He expressed his gratitude in the touching letter you heard just now.</b></p>
<p>Muziek</p>	
<p>VO</p>	<p><b>The road the inmates went down over the last few weeks got me thinking. For them, sport means escaping the demons in their head. But there are other people too for whom sport is a lifeline. In this episode I talk to cyclists in the Breakaway, as well as a paralympic top athlete</b></p>

	<b>and an ex-prisoner.</b>
Ismail 00:16:42 - 00:16:49	We can all make mistakes, but the most important thing is to get back on the right track.
Muziek	
VO	<b>Can sport save your life? It did in the case of Ismail Abdoul. This talented boxer from Ghent fought his first competition in 1996 and, at the age of 22, became the Belgian Champion in 1998 in his specific weight class. One year later he claimed the title of Benelux champion. Alongside his career as a boxer he worked as a night porter, which is when his problems began. In 2007 Abdoul was sentenced to four and a half years in jail due to blackmail and fraud. Since his release he has returned to sport and is boxing at European top level again. Ismail tells me his story on a rainy summer's day.</b>
Ismail 00:01:43 - 00:02:36  SFX_Spelende_kinderen	To put it bluntly, I was a little shit. School did not interest me, nothing interested me. I was a difficult child at home, but my life really improved once I discovered boxing at the age of 13. I had just started smoking and hanging around with boys who were experimenting with drugs. But fortunately I didn't touch the stuff because I had just discovered boxing. I went to watch boxing one Monday. On the Tuesday, I lit my last cigarette and said to my friends: this is the last cigarette I'm going to light, because from tomorrow I'm going to start boxing. Everyone started laughing. But it really was the last cigarette I ever lit. Ever

	<p>since that Wednesday when I started training I have always trained to a top level and never touched drugs, alcohol and cigarettes again.</p>
VO	<p><b>Yet even his cherished sport was unable to keep him on the right track ...</b></p>
<p>Ismail 03:29 - 03:42</p>	<p>Sadly I have already been in prison four times. In 2000, 2003 and 2005. Then I served my sentence from 2007 until 2009. I also got six days for breaching bail. In total I have been locked up five times.</p>
VO	<p><b>Five times in prison. Five times the same small space and the bars that force you to think about what you have done. And for Ismail he did most of his thinking while doing sport.</b></p>
<p>Ismail 03:42 - 03:59 SFX_Running</p> <p>04:52 - 04:59</p> <p>04:18 - 04:47</p>	<p>My only motivation was my faith and my sport. Regardless of rain, snow, how I was feeling, I ran for one hour a day on the walk, despite it being so small.</p> <p>Training my abs, doing push ups, doing exercise after exercise to build strength, and running. It was a kind of meditation.</p> <p>I had to do sport, it was a kind of drug for me. I needed to do it for me. I didn't want to get out of shape. I had a mission, to serve my sentence in prison with no problems, without misery, in the hope of getting out with good behaviour. I managed in two years. Normally I had a five-</p>



	the right track.
muziek	
VO SFX: tour-de-france horn	<b>Diederick Schelfhout has been racing since the age of eight. A different sport was simply not an option, since he comes from a real racing family. Including the latest Belgian Tour winner, Lucien Van Impe, and Kevin Van Impe his family. In 2008, Diederick was about to become a professional racer. It was going to be his year, the year in which his dream would come true. But then ...</b>
Diederick 03:10 - 03:43  SFX_carcrash SFX_explosion SFX_ambulance	Yes, sadly I suffered a tragic motorbike accident in early 2008, in which – to put it rather too briefly – someone crossed the road without looking, coming from a motorway junction. They crossed the road, I drove into the side of them and was catapulted away. Upon which the tank of my engine exploded and I slid under a parked car. And the tank of that car exploded as well.
04:11 - 04:47	The conclusion: they had to use the extinguisher on me 14 times, because I kept igniting over and over. The oxygen caused my motorbike suit to set on fire, and I ended up with severe burns. I suffered eighty-five per cent burns ranging from the first to the fourth degree, of which sixty-five percent are third and fourth degree. So it's amazing I survived. And I also had a number of very severe broken bones.
VO	<b>For 11 weeks, Diederick fought for his life. When he</b>

<p>SFX_heartmachine</p>	<p><b>emerged from a coma, his dream of becoming a professional racer was over.</b></p>
<p>Diederick 05:25 - 05:58</p>	<p>I was forced to learn everything from scratch again: talking, walking, the normal things in life. But at a certain point – while recovering in the UZA in Ghent – I heard the specialist, at the time professor Verdonck, say: "Look Diederik I'm going to be honest with you, you'll never manage the kind of cycling you want to achieve, cycling on a woman's bike will be very difficult."</p>
<p>Muziek</p>	
<p>Diederick 06:14 - 06:45</p> <p>07:24 - 07:35 SFX_fietsbel.wav</p>	<p>I came home and said to my former girlfriend: "Right, I'm taking your bike and I'm going cycling. If I fall, then I fall, then you might have to call an ambulance, but even so I am still going out on the bike today." I went to get that bike and they were the hardest fifty metres of my entire career. I wobbled like a five or six-year-old learning to cycle, but it ended up being the first step in my new career.</p> <p>And for me, one of the biggest achievements was to cycle along the corridors of UZ a few weeks later – right up to the doctor's office – and to say: "look at me, I'm back."</p>
<p>VO</p>	<p><b>And what success he is having. Slowly but surely Diederick regained his physical strength and fitness. Sport was his way to let off steam. His freedom. His future.</b></p>



	<p><b>system simply cosmetic? It is mid-summer when I visit Oudenaarde again. On Saturday morning between 9 and 11 the inmates train in a group, and as a real exception I'm allowed to stay while they train. But, as we already saw in the last episodes in this podcast, prison plans can turn out quite differently to how you expect ...</b></p>
<p>Muziek</p>	
<p><b>VO</b></p> <p><b>&lt;SFX trappen_oplopen.wav&gt;</b></p> <p><b>=&gt; EPS2 05:49</b></p>	<p><b>Together with sound man Mathias I prepare for the cyclists' arrival in the small room that accommodates the 6 bikes and computers. The 2 windows - with bars – are open, for some fresh air. Then I hear the cyclists coming up the stairs to the gym. And I hear 5 voices, not 3. One of the cyclists shows up, although he's not on the training list. He is sent back to his cell. That causes quite a commotion, because another prisoner, who doesn't want to participate with the podcast, takes it badly. He accuses the prison of being unfair.</b></p> <p><b>He says he has been in prison for years, and the place must help him to reintegrate. But if people are lying, there's no way he can ever get better.</b></p>
<p><b>1_T2_Z005002.A4_DEBBY</b></p> <p>00:00 - 00:13</p>	<p>&lt;STEFAN&gt; I've been here for years and then, while trying to reintegrate us in society, they do this with us ... How can that be? If they lie and cheat even here ... Come on. How can you ever hope we will improve ...</p> <p>&lt;DEBBY&gt; Maar hij wist dat toch ...</p> <p>&lt;NEIL&gt; Improve, I only go backwards in here.</p> <p>&lt;HEATHER&gt; Go downstairs, you are getting each other</p>

	<p>excited. ... We'll see each other on Monday.</p> <p>&lt;NEIL&gt; Me? I only go backwards in here.</p>
<p><b>VO</b></p>	<p><b>And that's not all, because it seems there's another misunderstanding. The prisoner who is not on the training list is suddenly keen to take part in the podcast. Because, according to him, Dieter said it would be possible. Not so, says Dieter. He gets so upset that no one believes him that his happens:</b></p>
<p><b>1_T3_Z005003.A6</b> 03:39 - 04:44</p>	<p>&lt;DIMI&gt; I don't want all this nonsense. These months are already so difficult for me, I don't want this nonsense as well.</p>
<p><b>VO</b></p>	<p><b>Dieter gets off his bike and I run after him, into the fitness area. I ask him why this is happening now. Then I discover that today is the actual anniversary of his crime.</b></p>
<p><b>1_T3_Z005003.A4_DEBBY</b> 07:01 - 07:49 &lt;DIMI&gt;</p>	<p>It happened 12 years ago. And all the misery on top. I'm just doing my best. I'm giving up my own free time for this, you know. I am a person, because I've been in here for so long and always locked up, I need my peace too. I am giving up my own fucking free time ... for this project. And then I get all that nonsense thrown at me.</p>
<p><b>VO</b></p>	<p><b>Dieter leaves. I'll see him again shortly, in the corridor, on my way out. He'll be dragging chairs, in an angry attempt to shake off the frustration armed with a mop and bucket. He'll tell me yet again how he doesn't want all the hassle with other prisoners. And I'll tell him I understand. And that the next time he should simply join in the cycling. And he'll give me a cautious smile. No</b></p>

	<p><b>doubt to be continued ...</b></p> <p><b>But, meanwhile, back to the cycling room. Salim, who until then was apparently doing his own thing on the bike, suddenly speaks up:</b></p>
<p><b>1_T3_Z005003.A5_SAM</b> 07:46 - 07:55 &lt;SAM&gt;</p> <p>10:02 - 10:22 &lt;SAM&gt;</p>	<p>I'm not getting involved, but at the same time I don't just let things be said. After all, 'I'm having a hard time', everyone is having a hard time, we're in jail, so stop all the nonsense ok? What kind of nonsense is that, 'I'm having a hard time ... If you're not having a hard time, then something's not right is it? That's what I think. That's right, don't you think? But anyway, let's put an end to this discussion, and get started on our training.</p>
<p><b>VO</b></p>	<p><b>Salim and Toon are the only two cyclists left over today. Dieter has gone, and the fourth cyclist, who didn't want to participate in the podcast, has gone back to his cell. I ask Salim and Toon whether I should include the turmoil in the podcast. Their answer is serious:</b></p>
<p>1_T3_Z005003.A1_TRANSCRIPT IE_MIX.m4a 00:39 - 00:57</p>	<p>You can, it's reality after all. Not a fantasy series.</p> <p>I mean it, it is real.</p> <p>It's a reality thing</p> <p>You should include it. You're in a difficult environment together with difficult people having a hard time. That's not easy for anyone, not for participants and not for the</p>

<p>01:20 - 01:35</p>	<p>organisation.</p> <p>Watch out, if something like that keeps festering it can blow out of proportion. But I think it's good that it's been resolved in this way. Verbally. There may be some victims, but that's ok.</p>
<p>VO</p>	<p><b>We decide to forget the incident, and concentrate on today's training. I ask Toon how he prepares for a training session. What does a racer in The Breakaway eat for breakfast?</b></p>
<p>1_T3_Z005003.A1_TRANSCRIPT IE_MIX.m4a 04:39 - 04:58</p>	<p>Personally I don't eat anything different to normal because I do the same every day. I always do sport every morning anyway.</p> <p>So what do you eat?</p> <p>It varies. Porridge, yoghurt with muesli, sometimes a banana milkshake.</p>
<p>VO</p>	<p><b>Banana milkshake? Porridge? I am shocked by my own ignorance. As an outsider you really have no idea what goes on behind the prison walls. The fact there can be privileges. But only if you have the money ...</b></p>
<p>1_T3_Z005003.A1_TRANSCRIPT IE_MIX.m4a 04:59 - 05:26</p>	<p>I'm going to ask some very strange questions, but I just can't imagine it. Do you make that in your cell, or are you allowed out?</p>

<p>05:35 - 05:52</p>	<p>Yes, everything in the cell.</p> <p>Really?</p> <p>Yes.</p> <p>So you can heat something up.</p> <p>Of course. There's a microwave and a hob. Everything's in the cell. You have to buy it yourself, but it's possible.</p> <p>The same with me. I got up at seven. I started with a coffee, then I made porridge, just cold oats with some milk. I left it to swell then I ate it. Then I shaved and by then it was almost time to start.</p>
<p>Muziek</p>	
<p>VO</p>	<p><b>In just over a month these cyclists will join a virtual race against Team Justice: a racing team, with cycling fanatics from the other side of the bars. The cyclists already know which race awaits them on the day:</b></p>
<p>1_T3_Z005003.A1_TRANSCRIPT IE_MIX.m4a 09:11 - 09:13 <b>SFX: tour-de-france horn</b> 09:17 - 09:21</p>	<p>The tour of the Champs-Élysées.</p> <p>There are five circuits in the Tour de France I believe, but we'll do just three.</p>

<p>09:31 - 10:03</p>	<p>It's a completely different route to the one they first mentioned. They were talking about the Mont Ventoux but it won't be that.</p> <p>Would that be because of...</p> <p>The participants outside I suppose. But yes, that's logical. We have time to train and they obviously don't.</p> <p>But it's a sprint of 23 kilometres.</p> <p>A small climb, right?</p> <p>Yes, a sprint, it's a fast ride.</p>
<p><b>VO</b></p>	<p><b>Today Salim and Toon are not cycling together. They are each following a Zwift route they have chosen themselves.</b></p>
<p>1_T3_Z005003.A1_TRANSCRIPT IE_MIX.m4a 08:31 - 08:59</p>	<p>There's little point in cycling together because everyone has a different pace. I think I'm allowed to say that I've had more practice than Tom.</p> <p>That's right.</p> <p>He weighs more too. I'm better on the hills. There's little point in riding the same course or at least doing it together.</p> <p>Yes, it's true there's a big difference between us.</p>



	<p><b>becomes less positive. We talk about the importance of sport in the prison. About how important it is to keep busy.</b></p>
	<p>That’s something I notice too and it’s typical of prison. I always tend to think that I’m 23 or 24 years old.</p> <p>I know it’s not true, just so you know. The way you experience how time passes is different here. Then if you don’t make good use of your time, to develop or do whatever, the impact is double.</p> <p>Every week, every month, every season, except the weather of course, they are all copies of what came before in terms of how we spend them. Your job may vary a little. Your visitors will come on different days, that is if you have visitors, which isn’t always the case. I find it hard to put a time on things.</p> <p>Whether it’s three months, six months or two years since I saw something. The weeks all seem the same so I have few reference points.</p>
<p>Muziek</p>	
	<p><b>And in saying this Salim reminds me just before the end that life between the prison walls is no pony camp. Not even if you have a microwave oven and can eat porridge every morning.</b></p>
	<p><b>This was the third episode of The Breakaway. Thank you for listening.</b></p> <p><b>In the fourth and final episode of this podcast I follow the racers in The Breakaway during their ultimate race</b></p>

	<b>against Team Justice. I discuss what this special cycling project has meant to all those involved. And we find out whether Dieter is there for the final race...</b>
<b>1_T3_Z005003.A6</b> 04:34 - 04:44	Take that microphone away from me. I'm done. I've had enough.
VO	<b>The Breakaway was made for Decathlon. I thank the cyclists, Ismail and Diederick for being so open, and the Rode Antraciet and the prison of Oudenaarde for their support. Interviews, editing and final editing by myself, Debby De Ridder, sound by Mathias Van Gasse and sound editing by Chiaran Verheyden. Did you find this podcast interesting? Then subscribe using your favourite podcast app, and write a review.</b>

## EPISODE 4

<b>VO SOCIAL</b>	<b>In this very last episode, I follow the racing cyclists from The Breakaway during their ultimate race against Team Justice. And you learn whether this unique cycling project will soon be continued in other Belgian prisons. The Breakaway, a podcast by Decathlon, the prison in Oudenaarde and the Rode Antraciet.</b>
Facebook_Live_race.m4a 01:19 - 01:32	Yes, it's a virtual race on rollers. The minister of justice and 5 companions against 6 convicts also riding on the Zwift platform at home - in what we hope is their temporary residence. How fantastic!
sfx BA_cyclistpedalling	
sfx BA_bike-gear-changes	
vvq_1_09-16-2021_085340.wa 13:32 - 13:42  14:54 - 15:01	Let's be honest, before corona broke out, the digital world was a long way off for courts, lawyers, not to mention for prisons.  The digital world creates opportunities for many people, and actually the same should apply to people in prison.
muziek	
SPORTT02_SALIM 15:19 - 15:26	And it's an event we've all been working towards and looking forward to. It was really rather unique.

muziek	
VO	<p><b>Sport is freedom. Sport is escape.</b></p> <p><b>Running from yourself.</b></p> <p><b>Cycling away from your past.</b></p> <p><b>But can you do that if you are always stuck between four walls, behind bars?</b></p>
SPORTT01_DIETER 17:54 - 18:10	<p>The future? I hope to be back outside as soon as possible. That I can continue my sporting activity out there... then I can clear my head.</p>
VO	<p><b>I am Debby De Ridder, and in this podcast, I followed a number of anonymous convicts from the prison in Oudenaarde. Together they were the first eCycling team for prisoners and they trained for 6 months in the virtual world of Zwift for the race of a lifetime.</b></p>
SPORTT04_HEATHER 00:51 - 00:57	<p>The guys' mindset was good and that was really satisfying, as there have been some ups and downs along the way.</p>
VO	<p><b>In this fourth episode you hear the apotheosis of The Breakaway. Did Team Breakaway manage to win the race against Team Justice? Or did it just remain a mental escape, and was Team Justice victorious? And does the federal minister of justice believe that sports projects for detainees are worthwhile, or are they just for show?</b></p>

<p>Muziek</p>	
<p><b>VO</b></p> <p>SFX_WANDELEN.wav + SFX_VOGELS.mp3</p> <p>+ SFX_DEUR.mp3 - 02:09 - 02:11 (dichtslaande deur)</p>	<p>It was a beautiful Tuesday evening, 14 September 2021. Yet I paid little attention to the bird song and the glistening waters of the river Scheldt as I approached the gates of the prison in Oudenaarde. I was genuinely nervous. After all, as you heard in the last episode, it remains very unpredictable making a podcast with prisoners. Would everyone show up for the virtual points race covering 23 km along the Champs Elysées? After all - and you've not heard this before - since my last visit <i>yet another 2</i> cyclists were replaced in Breakaway. During a 'room search', forbidden items were found in the cells of Toon and another cyclist. Both prisoners were transferred to another prison. Yes, things can change that quickly ... (dichtslaande deur)</p>
<p>Muziek</p>	
<p><b>VO</b></p> <p>210914_0182 00:13 - 00:15</p>	<p>I was still getting myself mentally prepared to give a live report of the race on Facebook when, at quarter past six, the cyclists in Team Breakaway began drifting into the empty sports hall.</p> <p>Hey Debby, how's it going? Long time no see!</p> <p>"Phew", I think immediately, "there are six of them." Toon and the other cyclist were replaced at the last minute by 2 other sporty detainees. And Dieter is there</p>

<p><b>210914_0182</b> 00:16 - 00:19</p>	<p><b>too.</b></p> <p>Glad to see you here!</p> <p>Yes, haha. Uh, oh ...</p> <p><b>Dieter, who got off his bike during the training in the last episode. Dieter, for whom the stress in the group became so great that he took a step back.</b></p>
<p><b>1_T3_Z005003.A6</b> 04:34 - 04:44</p>	<p>Take that microphone away from me. I quit. That's it. It's been enough for me.</p>
<p>VO</p>	<p><b>But he picked himself up again. And turned up at the start today – in a good mood and all dressed in a black and white striped Team Breakaway outfit. Phew.</b></p> <p><b>Without hesitation, all six cyclists jump on their bikes to warm up and discuss tactics.</b></p>
<p><b>210914_182</b> 01:24 - 01:56</p>	<p>&lt;vervormen!&gt; What are we going to do?</p> <p>No idea!</p> <p>&lt;vervormen!&gt; We each pick one and stick right behind them, don't you reckon?</p> <p>I wouldn't try to stick behind that Hoffmann, or you'll explode.</p> <p>&lt;vervormen!&gt; That Spilleers must be possible, Van Damme ...</p> <p>We'll try and beat Spilleers, but Hoffmann, I wouldn't ride behind that one ...</p> <p>&lt;vervormen!&gt; We each stay close to one of them and</p>

	<p>whenever there's a sprint, we go for it.</p> <p>That Hoffman cycles at 10 watts.</p> <p>&lt;vervormen!&gt; Yes, Hoffmann, but I reckon we can get Van Damme and Spilleers and Gillis, surely, if we sit on their backs ...</p>
<p><b>VO</b></p>	<p><b>Team Justice is no easy ride. The prisoners already realised that a few days before the race, during the practice race. Suddenly their opponents were human and had a wattage.</b></p>
<p><b>210914_182</b> 30:07 - 30:36</p>	<p>On Tuesday we saw that Team Justice has added a good one.</p> <p>In fact, there are several good ones I've noticed. And one is in a category that we won't even ... hmmm. If I try to follow that one, then ...</p> <p>And which one is that?</p> <p>Hoffmann.</p>
	<p><b>Prison worker Gunther Hoffmann cycles tens of kilometres each day from Waasland to his workplace in the prison in Beveren. Defence lawyer Thomas Gillis has already completed 3 Iron Man triathlons, and ex-prison director Eveline Vandamme is also a seasoned triathlete. Stijn Spilleers is a prison officer in the prison in Oudenaarde and commutes 50 kilometres every day. By bike.</b></p> <p><b>Ignace Devos is more of a Sunday rider, and Vincent Van</b></p>

	<b>Quickenborne is more of a runner than a cyclist besides being minister of Justice and the North Sea. Six different profiles, but every one of them determined to win.</b>
muziek	
<b>VO</b>	<b>Then I suddenly hear on the Facebook Live stream that it's seven o'clock, the race is about to begin. The starting shot is sounded on Zwift, and Team Breakway immediately gets off to a head start. You hear Sporza cycling commentator Renaat Schotte, who has joined us for the occasion to give live comments on this virtual race on Facebook.</b>
<b>Facebook_Live_race</b> 20:01 - 20:44	Yes, 2.5 seconds, that doesn't seem like much, but even so. Of course, the start is really important. They immediately face a battle with the cobbles on the Champs Elysées, and they are really annoying ones, I've been there many times. Anyway, I imagine the conditions are somewhat different when it's virtual. At least I hope so for the prisoners, and for those participating at home, because it's currently 23 degrees in Paris and a storm is brewing, but I suppose they'll be spared all of that.
VO + Op de achtergrond 210914_0183_Racegeluiden	<b>The race is now full speed ahead, and it's soon clear that neither team is keen to give up.</b>
<b>Facebook_Live_race</b> 24:33 - 24:55 (laten uitdoven)	Thomas Gillis is in the group ahead, along with Gunther Hoffmann. The men from Team Justice are taking control,

<p>+</p> <p>SFX Heartbeat</p>	<p>there's no doubt about that. The law won't give way to the prisoners. It's going to be an exciting battle. But here's John Doe 5 speeding up, John Doe 5 speeding towards the first mid sprint, and Doe 3 chasing behind ...<b>(laten uitdoven en SFX heartbeat nog even laten verdergaan)</b></p>
<p>VO</p>	<p><b>And events at the first mid sprint are decisive for the rest of the race. You can hear Renaat Schotte, and now also the commentator Witten Anthonise from eRacing TV.</b></p>
<p><b>Facebook_Live_race</b></p> <p>25:25 - 27:16</p> <p>SFX fietsgeluiden + gehijg?</p>	<p>Yes, indeed, the tension is truly rising! Team Justice initiates the sprint, but John Doe is not giving up. It's an exhausting sprint, even at this stage, after only 4 km. Hoffmann is leading the way and Gillis is right behind. Will the two of them succeed? Will this be the first knock for Team Breakaway? It looks like it. Hoffmann keeps going, pedalling on. Giving it everything he's got, already up to 8.1 watt per kilogram bodyweight, he's pulling well ahead. He's going to take the first sprint here, 8 points for Team Justice. And what happens then, Renaat?</p> <p>Yes, what he does is crazy, isn't it? Yes, then Gillis comes in second, if there's confirmation on that, yes, he must have arrived second. So that's Gillis in second place, that's immediately 5 points on top. They are right up to 13 points, and then the remaining points are for Doe 3, Doe 5, I make that 5 points. And the last point is for Spilleers. The first sprint, the conclusion is actually quite clear: right now, it's looking good for Team Justice and they're building a strong</p>

	gap. 14 - 5, if you talk in boxing terms, then this is a great scoring round for them.
<b>VO</b>	<b>The punches are flying, and Team Breakaway are taking the brunt. But they're not giving up. They are pushing hard on those pedals, ignoring the pain and the cramp and getting rid of all their pent-up frustration. But ...</b>
<b>Facebook_Live_race</b> 55:01 - 55:38 (laten uitdoven)	<p>This is the last straight road, Witten. 300 metres to go and Gunther Hoffmann has made it. On those cobbles on the Champs Elysées. No-one to speed up the sprint, he's there by himself.</p> <p>He doesn't need it, does he? He really doesn't need it; he's sprinting against himself. After all, this is a matter of honour, of prestige. Look at the face he's making, I think he'll have broken a personal record. He's sitting up and yes, victory is his. He knows it, see the smile on his face, he can relax now, it's all over ...</p>
Muziek	
<b>VO</b>  + SFX Heartbeat???	<b>After Hoffmann, Thomas Gillis is second to cross the line, and Stijn Spilleers completes the virtual podium. But where on earth is Team Breakaway? SFX heartbeat nog even laten verdergaan en laten uitdoven???</b>
<b>Facebook_Live_race</b> 57:50 - 59:41	We are looking live at the pictures from the prison in Oudenaarde. Their pain cave, their moment. Yes, and their characteristic shirts, with the black and white stripes. One still

<p>+</p> <p>210914_0183_Racegeluiden als achtergrond</p>	<p>in the arrow position, the other sitting upright, with his shirt open. In any case, it's John Doe 3 who will claim fourth place today. He has finished too and what a challenge that these men took on. What a journey it was to get them prepared and energised. And then race from the same place, in prison, in front of an audience outside. Their escape, their breakaway. These men fought hard.</p> <p>There's also a kind of battle within the battle isn't there? Because the fourth place was naturally just claimed by John Doe 3, but then we see a sprint for position 2 between JD5 and JD2. Because there's JD2 appearing out of the blue, a final sprint on the Champs Elysées. Who's going to give in? He's gaining ground and then JD2 overtakes JD5, into fifth position. Caught up at the last minute, so there we have it, the John Does number 3 is actually the virtual winner.</p>
<p>VO</p>	<p><b>John Doe 3 ends fourth in the race, and Salim - John Doe 2 - and Dieter - John Doe 5 – come fifth and sixth respectively. Team Justice won on points and took the podium, but</b></p>
<p><b>Facebook Live race</b> 01:10:29 - 01:10:33</p>	<p>... Team The Breakaway, I don't think we've seen the last of them yet.</p>
<p>Muziek</p>	
<p>VO</p>	<p><b>One day after the race, the sweat on the floor of the cycling room has dried up, along with the proverbial tears of those that lost. Yesterday the cyclists in Team</b></p>

	<b>Breakaway were too exhausted to give an immediate interview, but today their energy has been restored.</b>
SPORTT01_DIETER 00:03 - 00:09	I slept really well. Goodness, yes, like a log. It was a tough day yesterday.
01:00 - 01:24	In fact, I was very badly prepared, I'll put it like that. I worked until noon in the morning. Then I had normal visiting from 12.30 until 1.30 and private visiting from 2.45 until 5 and I still needed to come and cycle.
00:33 - 00:37	I used up my very last reserves.
SPORTT02_SALIM 00:39 - 00:47	Actually, I'm ok, yes, I'm ok. I have no emotional or physical side effects.
00:54 - 01:00	We slept well yesterday. And I ate well afterwards. I baked pancakes beforehand. I reckoned they would come in handy.
<b>VO</b>	<b>Both Salim and Dieter were keen to win, they told me in previous discussions.</b>
1_T3_Z005003.A1 (Sam) 15:00 - 15:06 (25:36!)	I do like to do well. I won't lie about that.
DECA1304-T02_1.m4a 23:58 - 24:18	I don't have much to prove. By winning, it just gives a good feeling. Then at least I've done well at something ...
<b>VO</b>	<b>Even so, despite being strong, Team Justice was better.</b>
SPORTT02_SALIM	Yes, I won't hide that either. I would like to have ended in a

<p>25:56 - 26:03</p> <p>26:07 - 26:11</p> <p>26:15 - 26:34</p> <p>SPORTT01_DIETER</p> <p>12:32 - 12:53</p> <p>+SFX_FIETSSTOP.mp3 (fiets start stil en snel en vertraagt naar het einde van de laatste zin toe en wordt dan luider)</p>	<p>higher position. But if you don't, you don't. And as I said, I'm fine with that.</p> <p>I think it's a shame, but on the other hand, if they are better, they are better.</p> <p>A worthy opponent. Definitely. The power they generated throughout the race; I wouldn't even manage that with another 6 months of training. So those guys are in good shape and earned their place, they deserved to win.</p> <p>For me it's no longer about who won. For me it's simply about the whole thing in fact. How it was organised and the effort that went into it. And I'm not devastated by the fact we lost. We had a worthy opponent and that was the most important thing for me.</p>
<p>VO</p>	<p><b>I find it truly moving. 6 months of training, in conditions that were often far from ideal. There was corona, don't forget. There were cyclists who dropped out due to injury, and others that dropped out due to their own stupid fault. Yet Dieter and Salim can still easily admit that the best team won. That they gave it their all, but that the opponent was just that little bit stronger.</b></p>



<p>+ SFX_DEUR.mp3 - 00:27 - 00:30 (tralieshek dat dichtschiift)</p>	<p><b>doors locked behind them, but the slamming of metal was drowned out by the clapping of fellow prisoners. It was an emotional moment, the idea that the project also meant so much to prisoners who were not actually cycling. And for Dieter too.</b></p>
<p>16:53 - 16:56  16:58 - 17:22</p>	<p>There was an applause. I thought that was wonderful. It was unexpected.</p> <p>In fact, it was a very pleasant welcome. It made me feel quite emotional. Although I didn't want to show it. But I thought it was really great.</p> <p>I thought: Wow, they actually do care!</p> <p>Yes, they do, because when we left to come here, they called "Good luck!" and "Go for it!" and actually it was a really great ambiance.</p>
<p><b>VO</b></p>	<p><b>Salim keeps his feet on the ground as usual. He wonders whether a project like The Breakaway can do something for prisoners who don't actually take part.</b></p>
<p>SPORTT02_SALIM 18:54 - 19:27</p>	<p>But no, you must realise that you only reach a small percentage of the prisoners with this. I mean, you have six bikes. It's not like everyone here can use them. It is really only six people who can use the equipment.</p>

VO	<p><b>Does Salim have a point? Are projects like this simply symbolic in our legal system? Or do they mean much more than that? After the race I give a quick call to minister Van Quickenborne, who claimed to be suffering no side effects from his sporting performance the day before.</b></p> <p><b>I asked for his opinion on the project.</b></p>
<p>vvq_1_09-16-2021_085340.wav 10:28 - 11:37</p> <p>geluid van de race op de achtergrond, beetje echo?</p>	<p>For me it's more than just a gadget or a gimmick. It's part of what I really want to focus on and that is meaningful imprisonment. We did it with six prisoners this time but imagine organising the competition from three or four prisons, for example. I think there are all kinds of opportunities there. And let's be honest, I think it can benefit the image of the law. Our image is not always that positive. People think of old prisons, ancient court buildings, papers, faxes. That changes immediately when you start using things like Zwift.</p>
<p>VO</p> <p>+ SFX MODEM</p>	<p><b>Yes, Zwift is the e-sports platform which allowed the prisoners to go online. Unprecedented in Belgian prisons. Despite the fact that the internet has been part of our daily lives for the last 20 years or so. Isn't it time to get prisoners reintegrated in that way too, Mr minister?</b></p>
<p>vvq_1_09-16-2021_085340.wav 13:32 - 15:02</p>	<p>Let's be honest, before corona the digital world was a long way from law courts, lawyers, not to mention prisons. With</p>

	<p>corona we saw that we had no choice but to organise video sessions or video meetings with the family. And that meant that internet ended up in prison rather strangely. But in the long term we are keen to organise an online platform for all prisoners that they can use from their cell or elsewhere, allowing them, for example, to do training or prepare for work once they are released, do courses and those kinds of things. So, we plan to invest in those things. We have set aside a reasonable sum from the Justice department and the aim is for all our prisoners to make use of it, with the appropriate safety measures of course. The digital world creates opportunities for many people and should actually do the same for prisoners.</p>
<p>Muziek</p>	
<p>VO</p>	<p><b>Putting more focus on meaningful imprisonment and making sport an integral part of it. I hope the minister keeps his word. The Breakway did not make the prison sentence any less tough on Salim and Dieter. But it did give them a reason to get up in the morning.</b></p>
<p>SPORTT02_SALIM 29:44 - 31:07</p>	<p>I do think that it was a kind of release valve for the six cyclists involved. Keeping control of themselves in order to keep it up. And, in doing so, getting rid of negative energy in a positive way and without harming themselves or others, simply by cycling it off.</p> <p>Did it improve your life here?</p>

<p>SPORTT01_DIETER 14:45</p>	<p>Of course. On a platform like that you join other people and many of them from lots of different countries. That's enriching, I really find that enriching.</p> <p>For me it's another way to clear my head. Instead of fitness the whole time. That's always the same, same, same. Variety is the most important learning for me in fact. And I think I will also continue to cycle once I get outside. For me it has been quite a discovery.</p>
<p><b>VO</b></p>	<p><b>My time behind bars has come to an end. Salim must return to his cell, and Dieter has to finish some jobs in the maintenance department at the prison.</b></p> <p><b>I tell them what the project meant to me. That I had never been in a prison before, let alone spoken to a prisoner. And that my picture of "a criminal" had been turned upside down. No, not everyone deserves a second, third or fourth chance. But everyone deserves a listening ear and respect. After all, despite everything, we are all just <i>people</i>.</b></p>



VO

**This was the fourth and final episode of The Breakaway. Thanks for listening and for all the wonderful reactions to this podcast.**

**The Breakaway was made for Decathlon. I thank all cyclists who were involved in this unique project over the last 6 months: Dieter, Salim, Danny, Toon and the other John Does. Thank you for allowing me into your unusual world. Thanks to Heather, Pieter, the Rode Antraciet and the prison in Oudenaarde for your help and efforts. Thank you, Mr minister, for your open attitude, and Renaat and Witten for your support during the race. Interviews, editing and final editing by myself, Debby De Ridder, sound by Steven Van der Perre and sound editing by Chiaran Verheyden. Did you find The Breakaway exciting? Please write a review, as this helps other people to find their way to this podcast.**