

Söndag—Fint väder och vi har träningsvilodag.
Det blev Garageröj och VallaAv på Vasaskidorna!





Gott Väder att Valla i!
Brukar vara kallare!
Nu är skidorna klara både för
Midsommar och nästa
Snösäsong!!



Kastas?????

Påbörjad I sJakt.
Vill Du göra den klar?
Till salu för hugad!



Belöning!!!



Mail med fil från Gode
Vännen Hannes.
Bild från König i feb
2011



Hej Carina !

Gratulerar för din tredje 8-lopps vecka i rad. Jag tittade på filmen också.

Nu blev artikeln över dig ännu bättre, jag bifogar den sista versionen.

Jag beslöt ge dina tider för loppet I 2011, eftersom de är bättre än I 2010. Ernst har väl nu 8 stämplat I sin pas?

I slutet skrev jag dina bästa tider och att du har akt 20 Öppet Spar och 18 Vasalopp.

Mottot av Edward Stanley är utmärkt och jag tror jag skall citera den I kapiteln över träning. I flera kapitel citerar jag en aforism (som jag skapade själv eller hittade någonstans, till ex. för Dolomitenlauf citerar jag deras motto « Jeder ein Sieger über **sich selbst**”).**Har du kanske den ursprungliga engelska versionen?**

Min bok är nu 98% färdig. Jag försöker få den publicerad I år och söker nu en utgivare.

Hälsningar från södra Frankrike
Hannes

Carina Hammarstrand

Carina Hammarstrand (SWE) participated in eight Vasaloppet week races within ten days in 2009, 2010 and 2011. I had met her at the 2006 Kangaroo hoppet and noticed that she was an assiduous XC skier. But after seeing her stupendous Vasaloppet week I felt the need to further investigate the matter and corresponded with her. These were her results in 2011:

Friday	Kortvasan 30 km	2:13	
Saturday	Tjejvasan 30 km	2:11	
Sunday	Öppet Spår 90 km	7:06	
Monday	Öppet Spår 90 km	7:08	
Tuesday	Halvvasan 45 km	3:27	
Wednesday and Thursday	Relax!		
Friday	Skejtvasan 45 km	3:13	First skate and then last part of relay, 19 km
Friday	Relay (team) 90km	7:40	
Sunday	Vasaloppet 90 km	7:23	

This is Carina's story in her own words:

« In the middle of the eighties I started to do some running races. There was a jogging-wave in Sweden then. I liked the idea of doing races with a lot of people. And it was a good thing for me to have a competition as a goal for my training.

In the year 1990 I started with the Swedish Classic: En Svensk Klassiker (see chapter Training) which means that you in a year do four races: Vasaloppet on skis, Vättern Rundan by bike, swim Vansbro simningen and run Lidingöloppet. When you have them all in one year you can call yourself: En Svensk Klassiker and you will have a numbered Diploma, just like in Worldloppet.

I was on skis for the first time in my life in January 1991, training for Vasaloppet Öppet Spår. I made the race in 7.16. After that it has been at least one 90 km race every year. And since 2000 it has been at least four of the Vasaloppet week races every year. It went crescendo: in 2009, 2010 and 2011 I made eight races. Unfortunately there are no more races; Wednesday and Saturday are empty days. To be really true, I do also a VIP race called Blueberry Race on Saturday. It is a race for special invited guests and it goes from Eldris to Mora, the last 9 km of Vasaloppet. It is my kick of the year to ski many races during the Vasaloppet week! Better than New Year and Christmas!

When a good friend of mine (Claes Lindberg, master 2564) celebrated his 50th birthday he started to plan for being a Worldloppet master. I read about it and thought that it was something for me too! I bought my first passport in 2002, skied my first race outside Sweden in 2004 in König Ludwig Lauf and then I was sold for it! Claes and I started to talk about which overseas race we want to do. We thought that Australia and Kangaroo hoppet would be a good one. 2006 was the year in Australia. Not much snow, but a wonderful trip!

In 2010 I did my tenth race. It was Engadin ski marathon. A wonderful day and a good race! My master number is 3006! And I´m very proud of it!! My husband has eight stamps in his first passport and I started a new one in Canada in 2008, so we will go on!

I was born in 1962. I am married with Ernst Aberger since 2008-08-08 at 08.08. We meet on a trip to Vasaloppet China in 2005. We live in the southern part of Sweden but travel a lot for our work. I have a company www.physiochraft.se, my profession is physiotherapist and I work a lot with people that need help to be more physically activated» .

Carina has skied 18 Vasaloppets and 20 Öppet Spår. Her best times: Kortvasan 1:56 in 2005, Öppet Spår 6:33 in 2006, Skejtvasan 2:56 in 2009 and Vasaloppet 7:23 in 2011.