



# Vasaloppsrodden

Welcome to one of this year's big challenges! From Sälen to Mora on a rowing machine.....90 glorious km

Date and time    Sunday 5 March 08:00 -12:00

When the starting pistol for the Vasaloppet is fired in Sälen on Sunday 5 March at 08.00 we will also start rowing in the footsteps of our fathers who first made this journey in 1520.

We will follow the 100,000 participants of Vasaloppet on the big screen in the boat hall and when the winner of the Vasaloppet crosses the finish line, so do we!

The race lasts about 4 hours, the time depends on how fast the Vasaloppet is skied.

During the session we will provide blueberry soup and buns as well as coffee/tea to keep your energy levels topped up, if you wish to bring something else you are welcome to do so.

1) You can participate individually and row solo from start to finish

2) Or why not put together a team with a maximum of four people who will row relay throughout the Vasaloppet. You choose when you need blueberry soup and to change rowers, you can row as much or as little as the body can take. Feel free to register under a fancy team name..... SRF (Seriously Rugged Foreigners) will probably be snapped up quickly.

Do you want to join? Register yourself or your team no later than Sunday, February 26 to [johan.elfman@gmail.com](mailto:johan.elfman@gmail.com)

If you have questions, please send them to the same e-mail address as above and we will be happy to answer them.

Hope to see you at the boathouse for this historic race, either as a spectator or as a rower.