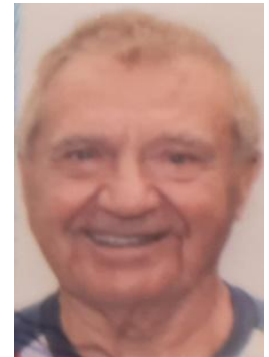


PER OLOV SUNDH

My name is Per Olov Sundh. I was born in Sweden in 1935 and worked for a number of years at the UN headquarters in New York as an Interregional Advisor in Government Financial Management. One of the becoming countries that asked me for advice during that time was Curaçao with the full support of the Dutch government.



I arrived in Curaçao in July 1991 as Chief Technical Adviser and worked as the project leader of the Modernization of Financial Management (MFM) Project for the Curaçao Island Government. The project introduced a modern, computerized management / double accounting package, a modern payment system, internal controls - and techniques for auditing of computerized systems

All my life I practiced a lot of sports, my favorites were tennis, downhill and cross-country skiing, swimming, biking and long-distance running.

As soon as I arrived in Curaçao I started running with a group of eight to nine Swedes from Ericsson who at that time were working for the telecom operator Setel. During one of these runs I met Erwin Lopez Ramirez, we both lived in Julianadorp and started training together. We trained twice a week in and around Julianadorp.

I ran all the races on the RRCK race calendar and participated in a lot of marathons, seven times the New York City starting from 1986, one time the Jacksonville (Florida) marathon and one time the Washington marathon.

My PRs at 50 years are 5 kilometers in 0:19, 10 kilometers in 0:40 and a Marathon in 3:31.50.

In 1995 I managed to establish two records in the category 60+; on the Curaçao marathon in a time of 1:47:36 and the Refineria di Kòrsou run in 1:01:05.

I really enjoyed participating in long distance cross-country skiing events in Sweden. The Vasaloppet (Swedish for 'the Vasa-race') in northwestern Sweden is the oldest cross-country ski race in the world, as well as the one with the highest number of participants. It is exactly 90 kilometers long. The race was inspired by a notable journey King Gustav Vasa made from Mora to Sälen when he was fleeing from Christian II's soldiers during the winter of 1520–1521. According to legend, he fled on skis. The modern competition goes in the opposite direction from Sälen to Mora and started in 1922 and has been a part of the Worldloppet events since 1979.

To train for the Vasa's 90km and also for other 60km races in Sweden I used to train skiing all year. Like I did in Curacao I used road-skies on wheels during the part of the year that the snow was lacking. For example, in July, with a temperature of around 25 degrees Celsius, I skied 10 kilometers to the sea in swim trousers, enjoyed some swimming, and then 10 kilometers back home.

I made a lot of good friends during my active RRCK time. Edwin Lopez Ramirez is no longer with us, but we participated together in quite a few races, here and on other islands in the Caribbean.

Martin Eekhof also became a very good friend and we trained and raced together. Since he also is a former Dutch cross-country skiing champion we twice went together to Sweden and made two so-called Open Vasaloppets, where you during a week every March can make the beautiful 90Ks without the

pressure of beating your personal record time,
etc.

Passing in the rather cold sun through the cold,
white snow-landscape, gliding on fast well-
prepared snow tracks, and on light skis
(correctly waxed) is a fantastic experience, if
you are well trained!

As a huge contrast, now-a-days I try to keep fit
mostly by riding several laps on my mountain-
bike twice a week in Julianadorp. But of course,
we all have to keep in shape. And most of all
not to forget to Have Fun!