



**Profile:** Klaus Hestkjær

**Position:** Masters Speedskater

**Member:** Masters SRV Team member

**Started:** 1<sup>st</sup> December 2011

**City:** Copenhagen

**Club:** VRK / Rolling Vikings

**D.O.B.** 21. August - 1975

**Email:** [Klaus@Sk8skool.dk](mailto:Klaus@Sk8skool.dk)

### **I skate because...**

Skating is fast and advanced, and you can get so much speed with just 2 sets of wheels below your feet and no chain and bike.

I like the way that skating mixes muscles with technique. I love to skate both indoor and outdoor, both gives me something. At this point of my skating career I don't have any preferred competitions, all is exciting, and pushes me to the edge!

### **I joined Sk8SKOOOL because...**

I want to be a better inline skater. I would like to learn to use my body better, learn just some of the techniques behind good skating. I realized if I should get better I need personal coaching to get focus on my training. To tell me what I can do to get better and push me further.