

Registration

You may use 1 form for the whole family!

Skier's Name(s)

1. _____ Age _____ Distance _____

2. _____ Age _____ Distance _____

3. _____ Age _____ Distance _____

Email _____

Phone (____) _____

Parent's Name

Address _____

City _____

State _____ Zip Code _____

1.0 Km 2.5 Km 5.0 Km

Ski-Orienteering: Yes No (Please circle one)

2 km 90 minute course

May we send you more information about

Sons of Norway? Yes No

What lodge do you belong to:

Acknowledgment of and Assumption of Risk and Release

I, _____ (parent), know that skiing is an action sport carrying significant risk of serious personal injury, death or property damage.

I agree that as parent, I am responsible for my child's safety while participating in the recreational skiing event. I understand that the sponsors of this event are not responsible for supervision of my child, or my child's safety. I specifically **RELEASE** and **DISCHARGE**, in advance, the sponsor from any and all liability, whether known or unknown, even though that liability may arise out of negligence or carelessness on the part of the sponsors. I agree to accept all responsibility for the risks, conditions and hazards which may occur whether they now be known or unknown.

I HERBY AGREE TO WAIVE, RELEASE AND DISCHARGE any and all claims for damages for death, personal injury or property damage which my child may have or which may hereafter accrue as a result of my child's participation in this event against their person or entity whether such injury or damage was foreseeable.

I further agree to forever **HOLD HARMLESS** and **INDEMNIFY** all persons and entities, generally or specifically, from any and all liability for death and/or personal injury or property damage resulting in any way from my child participating in this event. This Acknowledgment of and Assumption of Risk and Release shall be binding upon by heirs and assigns.

Photographic Release

I hereby consent to and authorize the use and reproduction, in print or electronic format by Sons of Norway or anyone authorized by Sons of Norway, of any and all photographs which have been taken on this day for any publicity purposes, without compensation. All images—electronic, negatives and positives, together with the prints, are owned by the Sons of Norway.

I hereby acknowledge that I am 18 years of age or older and have read and understood the terms of this release.

Check box if it is ok

Date: _____

Signature of Parent or Guardian: _____



Please send forms to:

DEADLINE TO REGISTER!!! February 18th

Roxanne Storlie

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Phone 970-412-5713, Fax 970-225-6669

Email: Roxanne@RKCdesigns.com

Barneløpet

Children's Cross-Country Ski Race

at

YMCA

Snow Mountain Ranch,
Winter Park

Saturday

February 20, 2010



Sponsored by:

<u>Fiell dalen Lodge</u> - Denver	6-162
<u>Fiellheim Lodge</u> - Colorado Springs	6-107
<u>Stein Fiell Lodge</u> - Loveland	6-114
<u>Trollheim Lodge</u> - Lakewood	6-110
<u>Vesterheim Lodge</u> - Boulder	6-118
<u>Storfiell Lodge</u> - Grand Lake	6-169

coordinator Jon-Eirik (970) 412-0433

Adult Volunteers Needed!
Jon-Eirik (970) 412-0433

"Tusen takk til alle for deltagelse!"

Things to Remember:



- ◇ As per YMCA regulations, no walking on groomed trails.
- ◇ Participants need to provide their own skis or rent at the Nordic Center
- ◇ **Cross-country ski rentals** are available through Snow Mountain Ranch Nordic Center, **970-887-2152 or 303-443-4743 (Denver line)** or check your local rental establishment.
- ◇ Bring sunglasses and sunblock for the children
- ◇ Carpooling is encouraged
- ◇ Early walk-ins Welcome!
- ◇ Make early reservations if you plan to stay overnight in Grand County

Funded by the Sons of Norway District Six

www.sofn.com

www.sofn-district6.com/

2010 Schedule

Check in:	9:00 am
At the Legett Hall	
Ski Lessons:	9:30 am - 11:15 am
Barneløpet Race:	11:30 am
Orienteering:	9:00 am—2:00 pm

A Cross Country Ski Race For Youth, An Event for The Whole Family

The Sons of Norway's District Six, Colorado Lodges are proud to invite you to participate in the children's Barneløpet for young people ages 0 - 16. Barneløpet is a noncompetitive ski event for children. It is modeled after similar ski events in Norway. Literally translated, Barneløpet means "children's race."

Every skier finishes a winner! Sons of Norway's Barneløpet is a **FREE** event open to boys and girls of all skill levels. It's an event where the whole family can get involved. Parents, Grandparents and other spectators can line up at the finish banner to cheer the skiers on with cowbells and flags.



NEW MEDAL DESIGN THIS YEAR!!

Post-Race Reception

After the race, skiers and their families are invited to a Barneløpet reception. The Host Lodges will serve cookies, fruit, juice, and hot chocolate.

Other Events:

Grand Mesa Barneløpet
March 6, 2010

Contact:
Ron Thoreson 970-249-1869
[Vestafjell 6-146](mailto:Vestafjell6-146)

*Also try ski orienteering!
Jointly sponsored by Sons of Norway & Rocky Mountain Orienteering club*

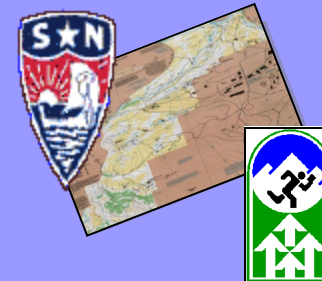
Two Courses:

Novice

(2 km)

Intermediate

(90 minutes)



Join us for a scavenger hunt on skis, with a map. Adults can participate with their children, or on their own. Instruction on orienteering will be available throughout the day, including a 10 minute video.

Pre-registration and a waiver for the Orienteering may also be found on the RMOC website. You can register after January 10th. www.rmoc.org

2010 schedule

Information and Questions

For Lodging

Snow Mountain Ranch
YMCA. 303-443-4743

Granby Chamber of Commerce.
970-887-2311

Grand Lake Chamber of Commerce.
970-627-3372

Colorado Zone Director for
Sons of Norway:
Diane Molter
303-288-6014

Barneløpet Coordinator:

Jon-Erik Holm-Johansen
4458 Sunridge Drive
Loveland, CO
970-412-0433
tvchiro@yahoo.com