

Sons of Norway ^{13th Annual} Barneløpet

(Children's Nordic Fun Ski Event) Ages 3-13

**FREE
EVENT**

**Sunday
January 26, 2020
1:00 PM**

**Riverside Park
St. Cloud, MN**

**Day of Registration
begins at 11:30 AM**

FREE Ski Equipment provided
for Children, if needed!
(Limited skis available)



Photo by SkiPost

- Hot Chocolate & Cookies
- Krumkake
- Vaffler (Waffles)

Visit with the
Real Vikings!

Every finisher
gets an Olympic-style
keepsake medal

*** Pre-Registration Preferred ***

With picture/scanned copy of signed Registration Form emailed to:
stcloud@mysl.org

For more info,
contact Nick at 763-232-4921 or
stcloud@mysl.org or visit

<http://mysl.org/club/central-mn-youth-ski-club> or
<https://www.facebook.com/events/2425100984439367/>

Acknowledgement of and assumption of Risk and Release

I, _____, know that participating in the Barneløpet event could be an action sport carrying significant risk of serious personal injury, death, or property damage, or severe or even fatal injuries to my child, or others.

I agree that as parent, I am responsible for my child's safety while participating in this recreational activity. I specially acknowledge that the following persons or entities including the Sons of Norway, the promoters, the sponsors, the organizers, the promoter clubs, the officials and any agent, representative, officer, director, employee, member or affiliate of any person or entity named above are not responsible for my child's safety. I specially 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 all persons and entities involved in this event whether or not 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 the death and/or personal injury or property damage resulting in any way from my child participating in this event. I agree to supervise my child or arrange for supervision of my child during this sporting event, and that they abide by the rules and regulations of the Sons of Norway Barneløpet and any other rules or regulations imposed by the organizers of the event. This Acknowledgement of and Assumption of Risk and Release shall be binding upon by heirs and assigns.

Photography Release

I hereby grant absolute right and permission to the Sons of Norway Headquarters and Sons of Norway lodges to use photographic portraits of my children for Barneløpet illustration, promotion, or advertising purposes.

Parent/Guardian Signature _____ Date _____

Skier's Name _____
Age/Distance: 3-5 yrs./200 M 6-8 yrs./1 K
 9-11 yrs./2.1 K 12-13 yrs./4.5 K

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Age/Distance: 3-5 yrs./200 M 6-8 yrs./1 K
 9-11 yrs./2.1 K 12-13 yrs./4.5 K

Parent/Guardian Name _____
Address _____
City, St, Zip _____
Email _____

Send your registration form to:
Sons of Norway Barneløpet,
Box 632, St. Cloud, MN 56302

How did you learn about this event?



Printing donated by Digital Printing Plus

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www.billgorcica.com

Sponsors:

Sons of Norway Lodges:
St. Cloud (Trollheim), Anoka (Vennekretsen), Minneapolis (Syttende Mai),
Central MN Youth Ski Club, Creative Catering, Great Harvest Bread Co.,
East Side VFW #4847, District One Sons of Norway, Theisen Dental,
Bernick's Pepsi, Revolution Cycle & Ski, Nemeth Orthodontics, and
Nordic Ski Club of Central MN.



Signup now for the Central Minnesota Youth Ski Club!

The Central Minnesota Youth Ski Club will meet every Sunday from 1:45 p.m. to 4 p.m. at Riverside Park starting Sunday, January 5, 2020 until March 1, 2020. The Riverside Park warming shelter's address is 1725 Kilian Blvd., Saint Cloud, MN 56304. To join the Central Minnesota Youth Ski Club, please register your child online at <https://mysl.org/registration>. For more specific information on the club, please visit <http://mysl.org/club/central-mn-youth-ski-club>. Encourage your friends to sign up their children as well!

We will be setting aside Sunday, January 26, 2020 for the 13th Annual Sons of Norway Barnelopet, a fun free Nordic ski event for ages 3 to 13. Cross country ski equipment for children at this event will be provided free of charge by the Minnesota Youth Ski League as needed (there is a limited supply, so arrive early). The races begin at 1:00 p.m. with prizes to all participants! Day of registration available at 11:30 a.m., but we encourage you to mail in the registration form on the reverse side of this page ASAP to give the organizers an idea of how many participants to expect. We hope to get twice as many kids as last year, so bring a friend with you and have them try out cross country skiing as well!

Additional upcoming youth and family orientated cross country ski events are listed at <http://mysl.org/club/central-mn-youth-ski-club>

Let it snow!

Nicholas Snavelly
Central Minnesota Youth Ski Club Coordinator
<http://mysl.org/club/central-mn-youth-ski-club>
<https://www.facebook.com/CentralMinnesotaYouthSkiClub>
stcloud@mysl.org (email)
763-232-4921 (cell phone)



Ski 4 fun.
Ski 4 sport.
Ski 4 life!

Join Central MN SkiSparks this winter!

*Register early for best rates.
Space and equipment are limited.*

- Build community and learn to cross-country ski.
- Programming for kids 4-14.
- The whole family can ski along, make friends, and enjoy this life-long sport.
- Our trained coaches and research-based curriculum focus on FUN!
- Clubs meet for 8 weeks starting Jan 5 Sun 1:45–4 PM, at Riverside Park.
- Memberships \$40 thru Dec 13 - \$45 after.
- Equipment rentals available while supplies last.

For more information, to find a location near you, and to register:

mysl.org join now!



my XCD
Minnesota Youth Ski League

