

Sons of Norway 7th Annual Baneløpet

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

**FREE
EVENT**

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

Visit with the
Real Vikings!

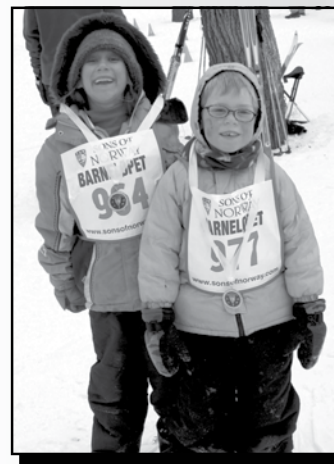
Every finisher
gets an Olympic-style
keepsake medal

**Sunday
January 26, 2014
1:00 PM**

**Riverside Park
St. Cloud, MN**

**Registration
begins at 11:30 AM
(Pre-Registration Preferred)**

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



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 www.nordicskiclubcentralmn.org

Acknowledgement of and assumption of Risk and Release

I, _____, know that participating in the Baneløpet 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 Baneløpet 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 Baneløpet 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 Baneløpet,
Box 632, St. Cloud, MN 56302**

How did you learn about this event?

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Sons of Norway Lodges:

St. Cloud (Trollheim), Anoka (Vennekretsen), Moundsview (Fjell Syn),
Central MN Youth Ski Club, Sons of Norway Foundation,
Liberty Savings Bank, East Side VFW #4847, District One Sons of Norway,
Bernick's Pepsi, Northern Star Therapy, Revolution Cycle & Ski, BLEND,
Nordic Ski Club of Central MN, St. Cloud Lions Club, Nemeth Orthodontics,
Great Harvest Bread Co., Good Earth Food Co-op, Braunreiter Dental, PLLC



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, 2014 until March 2, 2014. The Riverside Park warming shelter is located on the SE side of St. Cloud, across the river from St. Cloud State University at 1725 Kilian Blvd., Saint Cloud, 56304 Please register your child online at <http://mysl.org/registration-guide> to join the Central Minnesota Youth Ski Club with more specific information on our club at <http://mysl.org/club/central-mn-youth-ski-club> and encourage your friend's children to sign up as well!

As in the past, we will be setting aside one Sunday for the Sons of Norway Barnelopet (children's fun Nordic ski event for ages 3 to 13) on Sunday, January 26, 2014. Cross country ski equipment for children at this event will be provided by the Minnesota Youth Ski League, if needed (limited supply, so come early). Race starts at 1:00 p.m. with prizes to all participants! On-site registration available at 11:30 a.m., but please mail in the registration form on the other side of this page ASAP to give the organizers an idea of how many participants to expect. The Sons of Norway Barnelopet is a free event. We are hoping to get twice as many kids as last year, so bring out a friend to try out cross country skiing!

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 Snavely

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

