

Things to Remember:



- As per YMCA regulations, no walking or snowshoeing 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, 888-573-9622, or check your local rental establishment
- Ski trail access provided free
- Bring sunglasses and sunblock for the children
- Carpooling is encouraged
- Walk-ins welcome – come early!
- Make reservations early if you plan to stay overnight in Grand County

Hosted by Sons of Norway District Six

www.sofn.com & www.sofn-district6.com

Fjelldalen Lodge – Denver	6-162
Fjellheim Lodge – Colorado Springs	6-107
Stein Fjell Lodge – Loveland	6-114
Trollheim Lodge – Lakewood	6-110
Vesterheim Lodge – Boulder	6-118
Storfjell Lodge – Grand Lake	6-169

Sponsored by



2019 Schedule

Legett Hall, Snow Mtn Ranch

Same day walk-ins	9:00 a.m.
Check in begins:	9:30 a.m.
Ski Lessons:	10:00 – 11:00 a.m.
Barneløpet Event	11:15 a.m.
Post-Event Reception	12:30 - 2:00 p.m.
Close at	3:00 p.m.

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.

All skiers receive a beautiful gold medal!



Post-Event Reception

Skiers and their families are invited to a free after-ski Barneløpet reception. The host lodges will serve a light lunch and beverage.



And they are off!

Information and Questions

For Lodging

Snow Mountain Ranch
YMCA 888-613-9622

Granby Chamber of Commerce
970-887-2311

Grand Lake Chamber of Commerce
970-627-3372

Colorado Zone Director for Sons of Norway

Bev Moe
720-746-9755
bevm259@comcast.net

Barneløpet Coordinator
Jon-Eirik Holm-Johansen
970-413-0433

tvchiro@gmail.com

Barneløpet Registration
Lois Hodne
P.O. Box 394
Tabernash, CO 80478
303-795-6695
hiloie@aol.com



Registration

We encourage early online pre-registration at www.barneløpet.com

Alternatively, you may use the form below for up to 3 skiers.

1. _____ Age _____ Distance _____

2. _____ Age _____ Distance _____

3. _____ Age _____ Distance _____

Email _____

Phone (____) _____

Parent's Name _____

Address _____

City _____

State _____ Zip Code _____

Need to rent equipment from Nordic Center?

____ Yes _____ No

Distance option: 1.0 km, 2.5km, or 5 km _____

Please mail form to: Lois Hodne
P.O.Box 394, Tabernash, CO 80478



Acknowledgment of & 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 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 HEREBY 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 _____

**“Tusen takk til alle
for deltagelse!”**

Barneløpet

Children's Cross Country Ski Event

YMCA

Snow Mountain Ranch,
Winter Park

Saturday

February 23rd, 2019



A Cross Country Ski Event for Youth. Fun for the Whole Family.

The Colorado Lodges of Sons of Norway's District Six 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.”

Coordinator:

Jon-Eirik (970) 413-0433
tvchiro@gmail.com