

# SONS OF NORWAY



**Leif to Leif**

**5k Fun Run / Walk**

**Saturday March 21, 2020**

**9:00am**

*From the heart of Ballard to the waters of Shilshole Bay*

**5k Fun Run / Walk \$20 adult / \$5 child**

Check-in begins at 8:00 am

A Norwegian flag will be handed to you at the finish line

Enjoy a free heart waffle with jam after the run / walk

Top three runners will be awarded ribbons

Part of the proceeds will be donated to the Ballard NW Senior Center

## REGISTRATION

PRINTED NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

PHONE NUMBER: \_\_\_\_\_

AGE: \_\_\_\_\_

PLEASE INCLUDE THE SIGNED AND DATED RELEASE, INDEMNITY  
AND HOLD HARMLESS FORM. MAIL WITH CHECK TO:

LEIF ERIKSON LODGE, 2245 NW 57TH ST, SEATTLE, WA 98107

LEIF TO LEIF FUN RUN/WALK RELEASE, INDEMNITY AND HOLD HARMLESS  
AGREEMENT

I hereby state that I wish to participate in the Leif Erikson Lodge 2-001, Sons of Norway, Leif to Leif Fun Run/ Walk. I recognize this activity may involve certain dangers, including, but not limited to, the hazards of walking, running, and traveling in hilly and rough terrain, accidents or illness, the forces of nature, and the actions of participants and other persons. I further understand and agree that without some program providing protection of its as- sets and its leaders, Leif Erikson Lodge 2-001, Sons of Norway, would not be able to offer this event. In consideration of and as part payment for the right to participate in Leif Erikson Lodge 2-001, Sons of Norway, Leif to Leif Fun Run/Walk, I hereby forever waive and release the Leif Erikson Lodge 2-001, Sons of Norway, the Port of Seattle and the City of Seattle, their respective officers, board of directors, employees, agents, representatives, successors, or assigns of any kind from any and all liability, claims, and causes of action arising out of or in any way connected with my participation in Leif Erikson Lodge 2-001, Sons of Norway, Leif to Leif Fun Run/Walk. I personally assume all risks in connection with Leif Erikson Lodge 2-001, Sons of Norway, Leif to Leif Fun Run/Walk and further agree to indemnify and hold harmless the Leif Erikson Lodge 2-001, Sons of Norway, the Port of Seattle and the City of Seattle, their respective officers, board of directors, employees, agents, representatives, successors, or assigns of any kind from any and all liability, claims, and causes of action arising from my or my child's/children's participation in Leif Erikson Lodge 2-001, Sons of Norway, Leif to Leif Fun Run/Walk. The terms of this agreement shall serve as a release, indemnity, and hold harmless agreement for myself, my heirs, personal representative, and all members of my family, including any minors accompanying me.

A parent or legal guardian must sign for all persons under eighteen (18) years of age.

I also understand and agree that any sponsor may subsequently use, for publicity or promotional purposes, my name or pictures of me participating in Leif Erikson Lodge 2-001, Sons of Norway, Leif to Leif Fun Run/Walk with- out liability or obligation to me.

I HAVE FULLY INFORMED MYSELF OF THE CONTENTS OF THIS RELEASE,  
INDEMNITY AND HOLD HARMLESS AGREEMENT BY READING IT BEFORE I  
HAVE SIGNED IT.

Signature\_\_\_\_\_ Date\_\_\_\_\_