

# SPORTS MEDAL PROGRAM

Sons of Norway's Sports Medal Program is a way for members and their lodges to stay active and share their enthusiasm for the Norwegian tradition of friluftsliv (outdoor life/outdoor recreation). No matter your age or ability, the Sports Medal Program offers a fitness program for all Sons of Norway members.

The Sports Medal Program has five different pins, each with four different levels of achievement: Bronze, Silver, Gold and Enamel.

- Gangmerke (walking)
- Skimerke (skiing)
- Sykkelmerke (biking)
- Idrettsmerke (sports/fitness)
- Svømmemerke (swimming)

Members must work through the Sports Medal Program in a sequence, beginning with the bronze pin, completing the requirements for each level within 365 days. [Note: If the member completes the requirements in a shorter period, she/he can immediately begin working on the requirements for the next level in the sequence.] When one level has been completed, the member may want to continue working towards the next level. In order to earn the next level, the member must begin again at zero (for example: if a member has earned a bronze sykkelmerke by biking 125 miles, they must start over at zero and bike at least 250 miles to earn the silver sykkelmerke)



## Sports Medal Program...at a glance

- A Sons of Norway member benefit
- A great way to stay fit
- Earn pins as each goal level is completed
- For more information and to download record cards go to [www.sonsofnorway.com](http://www.sonsofnorway.com)

## Sports Directors

Sports Medal pins and record cards can be ordered from:

### Sons of Norway

Attn: Sports Medal Program

1455 West Lake Street

Minneapolis, MN 55408

(800) 945-8851

[sportsmedals@sofn.com](mailto:sportsmedals@sofn.com)



**SONS of  
NORWAY**

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[www.sonsofnorway.com](http://www.sonsofnorway.com)

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**SONS of  
NORWAY**



## Earning Your Sports Medal

**First:** Decide which pin you would like to earn. Download the record card for the pin you would like to earn from our website ([www.sonsofnorway.com](http://www.sonsofnorway.com)) or contact the Sports Medal of Program Coordinator at (800) 945-8851.

**Second:** Find your age on the record card and set your year's goals. Record your activity on the record cards and have someone initial your recorded efforts.

**Third:** When your record card is complete, submit it to your lodge's Sports Director. They will order your pins, free of charge, from Sons of Norway Headquarters. The pins will be presented to you at a lodge meeting.



### Idrettsmerke - General Fitness (Ee-dretts-merk-eh)

The idrettsmerke is the Sports Medal Program's general sports and fitness pin that rewards a variety of activities. Any activity can count towards an idrettsmerke, so if you do not see your activity of choice on the card, contact your Sports Director to create a program that accommodates to your activity.



### Skimerke - Skiing (Shee-merk-eh)

The skimerke is the Sports Medal Program's cross-country skiing pin. Cross-country skiing, a sport introduced to North America by Nordic immigrants, is a way to enjoy the outdoors during the cold winter months. Log your distance in order to earn the skimerke.



**Note:** The Sports Medal Program can be adjusted to accommodate any sport or activity. If you do not see your desired sport/activity listed, consult with your lodge's Sports Director to find a program that will best fit your needs.

*We advise you to get permission from your physician before beginning any exercise program.*

### Svømmemerke - Swimming (Svum-uh-merk-eh)

The svømmemerke is the Sports Medal Program's swimming pin. Front Crawl, freestyle, back stroke and breaststroke can all propel you through the water and towards a bronze, silver, gold or enamel pin.



### Sykkelmerke - Biking (Sick-el-merk-eh)

The sykkelmerke is the Sports Medal Program's bicycling pin. If you cycle indoors or outdoors for recreation, transportation or competition, use that effort over the year to earn a pin.



### Gangmerke - Walking (Gahng-merk-eh)

The gangmerke is the Sports Medal Program's walking pin. On average it takes 2000 steps to walk a mile – log every mile you walk because each step brings you closer to earning a pin.

