

RACING TO THE FUTURE



SONS OF NORWAY

District 5 Convention
Indianapolis, Indiana
6/19/24 - 6/22/24

AND...We're off!

A member sports challenge was approved by the D5 Board at our recent fall board meeting and in advance of the June convention in Indianapolis.

*The Board encourages our members to exercise via the mode they prefer. Hike, bike, walk, snowshoe, ski, or swim your way to Indianapolis! Keeping ourselves healthy and strong is the goal. Fight off the winter doldrums and create a new you in 2024!

*The challenge will run from October 19, 2023, to May 19, 2024. Local sports directors can plan specific outings for their lodge, or individuals can chart their own course. Choose a warm time of the day and simply GO FOR IT!

*Another perk, members can also earn Sons of Norway sports medals in the process.

If your lodge is planning a friluftsliv event, include the challenge as part of your day!

*Keep track of your miles and submit them to your lodge's sports director or give them to your lodge president for recognition.

Participants could be recognized at your Syttende Mai banquet or May lodge meeting.

We will also acknowledge members at the 2024 District 5 Convention. Their names will be posted to the D5 webpage, and they will receive a participant award from their local lodge. A template will be provided.

The route:

All participants will begin by leaving their residence and heading to our northernmost lodge geographically, Dovre Lodge, in Chetek, WI.

They will redirect themselves to our southernmost lodge, Vikings of the Smokies Lodge, in Knoxville, TN.

Lastly, participants will head for the finish line in Indy!

Cheryl Wille-Schlesser

District 5 President and Interim Sports Director

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