



SONS OF NORWAY

Sports Medals

Created by
Michaela Decker from
Nordlyset Lodge in Racine

SYKKELMERKE (CYCLING)

SYKKELMERKE

The Sykkelmerke (SICK-el-merk-eh) Cycling Medal Program rewards Sons of Norway members for their achievements in biking with bronze, silver, gold and enamel medals. Here's how the program works:

INSTRUCTIONS

1. Find your age group and medal level, starting with bronze and moving on in order to the silver, gold and enamel. Every time you complete a medal, you will start over with zero points towards the next one.
2. Each time you go cycling, log the date and distance (in miles) on this record card.
3. Have someone initial your record card showing your efforts.
4. When your Record Card is complete, submit it to your lodge Sports Director and they will order your medals, which are provided at NO cost by Sons of Norway Headquarters.

DO NOT SEND RECORD CARDS TO SONS OF NORWAY HEADQUARTERS

All strenuous sports activities should not be attempted without consulting your doctor first.

"Participation in the Sports Medal Program may involve the risk of injury. The Participant (or their legal representative) agrees that he / she understands and voluntarily accepts this risk and agrees that Sons of Norway will not be liable for any injury, including and without limitation, personal, bodily, or mental injury, economic loss, etc."

HOW OFTEN CAN YOU EARN A PIN?

You can earn more than one pin each year, but they must be earned in consecutive order. You must first earn the bronze pin, next the silver, then the gold, and finally the enamel.

YOU MUST START AT ZERO EVERY TIME YOU BEGIN EARNING POINTS FOR YOUR NEXT PIN.

MEMBERS MUST COMPLETE THE REQUIREMENTS FOR EACH PIN WITHIN 365 DAYS.



**SONS OF
NORWAY**

www.sonsofnorway.com

NAME: _____

ADDRESS : _____

DISTRICT/LODGE: _____

MEMBER #: _____

BIRTH DATE: _____

I have completed the requirements for the (circle one):

BRONZE SILVER GOLD ENAMEL PIN

and wish to be considered for an award for _____
(year)

Signature of Participant

Signature of Lodge Sports Director

Date of completion: _____

List of previous pins earned: _____

SYKKELMERKE

CYCLING
SPORTS MEDAL PROGRAM



FORM # 810R

SYKKELMERKE RECORD CARD

REQUIREMENTS FOR SYKKELMERKE

Age	Bronze	Silver	Gold	Enamel
0-14	100	200	300	400
15-39	150	300	450	600
40-54	125	250	375	500
55-69	100	200	300	350
70+	60	80	100	120

Units are in miles

<i>Date</i>	<i>Location</i>	<i>Distance</i>	<i>Initials</i>
<i>Subtotal</i>			

<i>Date</i>	<i>Location</i>	<i>Distance</i>	<i>Initials</i>
<i>Subtotal</i>			

[illegible][illegible]

SVØMMEMERKE (SWIMMING)

SVØMMEMERKE

The Svømmemerke (Svum-eh-merk-eh) Swimming Medal Program awards Sons of Norway members for living an active lifestyle. For their swimming efforts members can earn bronze, silver, gold and enamel medals. Here's how the program works:

INSTRUCTIONS

1. Find your age group and medal level. You will start with the bronze and move on in order to the silver, gold and enamel. Every time you complete a medal, you will start over at zero.
2. Use this card to keep track of the distance in miles you swim.
3. Have someone initial your record card showing your efforts.
4. When your record card is complete, submit it to your lodge sports director and they will order your medal. Sports medals are provided at no cost to members.

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**SONS OF
NORWAY**

www.sonsofnorway.com

NAME: _____

ADDRESS : _____

DISTRICT/LODGE: _____

MEMBER #: _____

BIRTH DATE: _____

I have completed the requirements for the (circle one):

BRONZE SILVER GOLD ENAMEL PIN

and wish to be considered for an award for _____
(year)

Signature of Participant

Signature of Lodge Sports Director

Date of completion: _____

List of previous pins earned: _____

SVØMMEMERKE

SWIMMING
SPORTS MEDAL PROGRAM



FORM # 815R

SVOMMEMERKE RECORD CARD

REQUIREMENTS FOR SVØMMEMERKE

Age	Bronze	Silver	Gold	Enamel
0-7	15	30	45	60
8-14	40	75	110	150
15-39	60	115	170	230
40-54	50	95	145	190
55-69	40	80	120	160
70+	30	60	90	120

Units are in miles

25 yard pool: 66 lengths (33 laps) = 1 mile

25 meter pool: 64 lengths (32 laps) = 1 mile

50 meter pool: 32 lengths (16 laps) = 1 mile

***A mile refers to 5280 feet**

Date	Location	Distance	Initials
Subtotal			

<i>Date</i>	<i>Location</i>	<i>Distance</i>	<i>Initials</i>
<i>Subtotal</i>			

Date	Location	Distance	Initials
Subtotal			

[illegible]

SKIMERKE (SKIING)

SKIMERKE

The Skimerke (SHE-merk-eh) Skiing Medals Program rewards Sons of Norway members for their achievements in cross-country skiing with bronze, silver, gold and enamel medals. Here's how the program works:

INSTRUCTIONS

1. Find your age group and medal level, starting with bronze and moving on in order to the silver, gold and enamel. Every time you complete a medal, you will start over with zero points towards the next one.
2. Each time you go skiing, log the date and distance (in kilometers) on this record card.
3. Have someone initial your record card showing your efforts.
4. When your Record Card is complete, submit it to your lodge Sports Director and they will order your medals, which are provided at NO cost by Sons of Norway Headquarters.

DO NOT SEND RECORD CARDS TO SONS OF NORWAY HEADQUARTERS

All strenuous sports activities should not be attempted without consulting your doctor first.

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YOU MUST START AT ZERO EVERY TIME YOU BEGIN EARNING POINTS FOR YOUR NEXT PIN.

MEMBERS MUST COMPLETE THE REQUIREMENTS FOR EACH PIN WITHIN 365 DAYS.



**SONS OF
NORWAY**

www.sonsofnorway.com

NAME: _____

ADDRESS : _____

DISTRICT/LODGE: _____

MEMBER #: _____

BIRTH DATE: _____

I have completed the requirements for the (circle one):

BRONZE SILVER GOLD ENAMEL PIN

and wish to be considered for an award for _____
(year)

Signature of Participant

Signature of Lodge Sports Director

Date of completion: _____

List of previous pins earned: _____

SKIMERKE

SKIING

SPORTS MEDAL PROGRAM



FORM # 804R

SKIMERKE RECORD CARD

REQUIREMENTS FOR SKIMERKE

Age	Bronze	Silver	Gold	Enamel
0-8	15	25	50	100
8-10	25	50	100	200
11-13	50	100	200	300
14-40	100	200	300	500
40-55	85	170	250	425
56-70	50	100	200	300
70+	25	75	100	150

Units are in kilometers

Date	Location	Distance	Initials
Subtotal			

<i>Date</i>	<i>Location</i>	<i>Distance</i>	<i>Initials</i>
<i>Subtotal</i>			

<i>Date</i>	<i>Location</i>	<i>Distance</i>	<i>Initials</i>
<i>Subtotal</i>			

<i>Date</i>	<i>Location</i>	<i>Distance</i>	<i>Initials</i>
<i>Total of all points</i>			

GANGMERKE (WALKING)

GANGMERKE

The Gangmerke (GAHNG-merk-eh) Walking Medal Program rewards Sons of Norway members for living an active lifestyle. Simply by getting out and walking, members can earn bronze, silver, gold and enamel medals. Here's how the program works:

INSTRUCTIONS

1. Find your age group and medal level, starting with bronze and moving on in order to the silver, gold and enamel. Every time you complete a medal, you will start over with zero points towards the next one.
2. Each time you take a walk, log the date and distance (in miles) on this record card.
3. Have someone initial your record card showing your efforts.
4. When your Record Card is complete, submit it to your lodge Sports Director and they will order your medals, which are provided at NO cost by Sons of Norway Headquarters.

DO NOT SEND RECORD CARDS TO SONS OF NORWAY HEADQUARTERS

All strenuous sports activities should not be attempted without consulting your doctor first.

"Participation in the Sports Medal Program may involve the risk of injury. The Participant (or their legal representative) agrees that he / she understands and voluntarily accepts this risk and agrees that Sons of Norway will not be liable for any injury, including and without limitation, personal, bodily, or mental injury, economic loss, etc."

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YOU MUST START AT ZERO EVERY TIME YOU BEGIN EARNING POINTS FOR YOUR NEXT PIN.

MEMBERS MUST COMPLETE THE REQUIREMENTS FOR EACH PIN WITHIN 365 DAYS.



**SONS OF
NORWAY**

www.sonsofnorway.com

NAME: _____

ADDRESS : _____

DISTRICT/LODGE: _____

MEMBER #: _____

BIRTH DATE: _____

I have completed the requirements for the (circle one):

BRONZE SILVER GOLD ENAMEL PIN

and wish to be considered for an award for _____
(year)

Signature of Participant

Signature of Lodge Sports Director

Date of completion: _____

List of previous pins earned: _____

GANGMERKE

WALKING
SPORTS MEDAL PROGRAM



FORM #813R

GANGMERKE RECORD CARD

REQUIREMENTS FOR GANGMERKE

Age	Bronze	Silver	Gold	Enamel
0-14	100	195	290	390
15-39	150	300	450	600
40-54	125	255	380	510
55-69	105	210	315	420
70+	100	180	270	360

Units are in miles

Date	Location	Distance	Initials
Subtotal			

<i>Date</i>	<i>Location</i>	<i>Distance</i>	<i>Initials</i>
Subtotal			

Date	Location	Distance	Initials
Subtotal			

[illegible]

IDRETTSMERKE (SPORTS & FITNESS)

IDRETTSMERKE

The Idrettsmerke (EE-dretts-merk-eh) Sports & Fitness Medal Program rewards Sons of Norway members for living an active lifestyle. While participating in a wide range of fun, athletic activities, members earn points towards bronze, silver, gold and enamel medals. Here's how the program works:

INSTRUCTIONS

1. Find your age group and medal level, starting with bronze and moving on in order to the silver, gold and enamel. Every time you complete a medal, you will start over with zero points towards the next one.
2. You will earn points based on the amount of time you spend doing any of the activities listed. Each point reward is based on 10-minute segments of activity, and calculated according to how strenuous the activity is. For example, if you play a game of soccer for 30 minutes, you will earn 45 points. If you play for 20 minutes the next day, you will earn an additional 30 points, for a total of 75.
3. Get your record card initialed showing your efforts.
4. When your Record Card is complete, submit it to your lodge Sports Director and they will order your medals, which are provided at NO cost by Sons of Norway Headquarters.

DO NOT SEND RECORD CARDS TO SONS OF NORWAY HEADQUARTERS

All strenuous sports activities should not be attempted without consulting your doctor first.

"Participation in the Sports Medal Program may involve the risk of injury. The Participant (or their legal representative) agrees that he / she understands and voluntarily accepts this risk and agrees that Sons of Norway will not be liable for any injury, including and without limitation, personal, bodily, or mental injury, economic loss, etc."

HOW OFTEN CAN YOU EARN A PIN?

You can earn more than one pin each year, but they must be earned in consecutive order. You must first earn the bronze pin, next the silver, then the gold, and finally the enamel.

YOU MUST START AT ZERO EVERY TIME YOU BEGIN EARNING POINTS FOR YOUR NEXT PIN. MEMBERS MUST COMPLETE THE REQUIREMENTS FOR EACH PIN WITHIN 365 DAYS.



www.sonsofnorway.com

NAME: _____

ADDRESS : _____

DISTRICT/LODGE: _____

MEMBER #: _____

BIRTH DATE: _____

I have completed the requirements for the (circle one):

BRONZE SILVER GOLD ENAMEL PIN

and wish to be considered for an award for _____
(year)

Signature of Participant

Signature of Lodge Sports Director

Date of completion: _____

List of previous pins earned: _____

IDRETTSMERKE

SPORTS & FITNESS
SPORTS MEDAL PROGRAM



FORM # 811R

IDRETTSMERKE RECORD CARD

ACTIVITY POINTS

Activity	Points	Duration
Aerobics (Land)	10	10
Aerobics (Water)	12	10
Backpacking/Hiking	6	10
Badminton	5	10
Baseball	8	10
Basketball	15	10
Bowling	5	10
Broombal	12	10
Curling	5	10
Dancing	6	10
Football	12	10
Golf	5	10
Handball	8	10
Jogging	10	10
Kayaking	12	10
Rollerblading	8	10
Jumping Rope	12	10
Rowing	12	10
Soccer	15	10
Tennis	12	10
Volleyball	8	10
Walking	4	10
Weightlifting	15	10
Wrestling	15	10

REQUIREMENTS FOR IDRETTSMERKE

Age	Bronze	Silver	Gold	Enamel
0-7	600	700	800	900
8-10	700	800	900	1000
11-13	900	1200	1560	1980
14-40	1200	1500	2700	3600
41-55	1275	1800	2400	3300
56-70	1050	1500	1890	2400
71+	900	1200	1560	1980

Units are in points (see left)

Date	Activity	Duration	Points	Initials
Subtotal				

Date	Activity	Duration	Points	Initials
Subtotal				

<i>Date</i>	<i>Activity</i>	<i>Duration</i>	<i>Points</i>	<i>Initials</i>
<i>Total</i>				

ONE WAY TO TRACK POINTS

		PRACTICE	GAME	
		2 hrs =	3 hrs =	
		120	180	
		minutes	minutes	
		12 (10	18 (10	
		min) x 8	min) x 8	
		pts	pts	
Sydney Softball		96 pts	144 pts	
(10 min exercise =8 pts)				
6-Mar	Mon	96		Homestead
7-Mar	Tues	96		Homestead
8-Mar	Wed	96		Homestead
9-Mar	Thurs	96		Homestead
10-Mar	Fri	96		Homestead
13-Mar	Mon	96		Homestead
14-Mar	Tues	96		Homestead
15-Mar	Wed	96		Homestead
16-Mar	Thurs	96		Homestead
17-Mar	Fri	96		Homestead
20-Mar	Mon	96		Homestead
21-Mar	Tues	96		Homestead
22-Mar	Wed	96		Homestead
23-Mar	Thurs	96		Homestead
24-Mar	Fri	96		Homestead
27-Mar	Mon	96		Homestead
28-Mar	Tues	96	144	Homestead v Union Grove
29-Mar	Wed	96		Homestead
30-Mar	Thurs	96		Homestead
31-Mar	Fri	96		Homestead
3-Apr	Mon	96		Homestead
4-Apr	Tues	96		Homestead
5-Apr	Wed	96		Homestead
6-Apr	Thurs	96		Homestead
7-Apr	Fri	96		Homestead
17-Apr	Mon	96		Homestead
18-Apr	Tues	96	144	Homestead v Grafton
19-Apr	Wed	96		Homestead

20-Apr	Thurs	96	144	Homestead v Milwaukee
21-Apr	Fri	96		Homestead
23-Apr	Sun			
				Homestead @ Germantown - Double header (Double Header)
24-Apr	Mon	96	288	
25-Apr	Tues	96	144	Homestead
26-Apr	Wed	96		Homestead
27-Apr	Thurs	96	144	Homestead
28-Apr	Fri	96		Homestead
1-May	Mon	96	144	Homestead @ Whitefish Bay
2-May	Tues	96	144	Homestead @ Cedarburg
3-May	Wed	96		Homestead
4-May	Thurs	96	144	Homestead @ Grafton
5-May	Fri	96		Homestead
6-May	Sat		144	Homestead @ Germantown
8-May	Mon	96	144	Homestead v Germantown
9-May	Tues	96	144	Homestead @ Milwaukee
10-May	Wed	96		Homestead
11-May	Thurs	96	144	Homestead @ Port Washington
12-May	Fri	96		Homestead
13-May	Sat		144	Homestead @ Oconomowoc
15-May	Mon	96	144	Homestead @ Nicolet
16-May	Tues	96	144	Homestead v Whitefish Bay
17-May	Wed	96		Homestead
18-May	Thurs	96	144	Homestead v Cedarburg
19-May	Fri	96	144	Homestead @ Brookfield
22-May	Mon	96		Homestead
23-May	Tues	96		Homestead
24-May	Wed	96	144	Homestead/Playoffs
25-May	Thurs	96		Homestead
26-May	Fri	96	144	Homestead/Playoffs
29-May	Mon	96		Homestead
30-May	Tues	96	144	Homestead/Playoffs
Total Points		5904	3312	
Total Points Earned		9216		

Points needed for pin
1200 point Bronze
1500 point Silver
2700 point Gold
3600 point Enamel
9000 point All 4 pins

BASEBALL

In just one season this person actually earned ALL 4 pins in one season of baseball just by keeping track of practice and games!

GETTING A SPORTS MEDAL IS AS EASY AS 1-2-3!

1- Keep track of all your activities!

2- Fill out a record card and give it to your Lodge's sports director.

3- Your sports director will mail in an order form to International.

It's as simple as that!

SPORTS MEDAL PROGRAM ORDER FORM							
NAME	MEMBERSHIP NUMBER	GANGMERKE (G) IDRETTSMERKE (I) SKIMERKE (S) SVØMMERMERKE (SM) SYKKELMERKE (SY)	BRONZE (B)	SILVER (S)	GOLD (G)	ENAMEL (E)	PLEASE LIST PAST MEDALS EARNED BY PARTICIPANT, IF ANY.
EXAMPLE: JOHN SAMPLE	9876543	G		X			SY-B
1.							
2.							
3.							
4.							
5.							
6.							
7.							
8.							
9.							
10.							

☐ Please send me additional copies of the Sports Medal Order Form ☐ Please send me additional Records Cards:

City: Gangmerke City: Idrettsmerke City: Skimerke City: Svømmermerke City: Sykkelmerke

PLEASE SHIP MEDALS TO:

Name: _____

Address: _____

City: _____ State/Prov: _____ Zip: _____ Country: _____

District: _____ Lodge Number: _____ Date: _____

E-Mail: _____ Phone: _____

Please allow 2 - 4 weeks for FREE delivery
Rush delivery available at additional cost to lodge.

Send Forms to: Sons of Norway, Attn: Sports Medal Program
1455 West Lake Street, Minneapolis, MN 55408

Additional Forms and Record Cards can be downloaded from www.sonsofnorway.com

Sports Medal Order Form 05.12

