

What is "GANGMERKE?"

"Gangmerke" is a walking medals program instituted by Sons of Norway to encourage sports & fitness activities for its' members. Pins are awarded upon completion.

Instructions

- FIRST:** choose the pin that you would like to earn.
- SECOND:** read the Record Form to find out what your goals are for each session and record them.
- THIRD:** have someone initial your recorded efforts.
- FOURTH:** *when your Record Card is complete, submit it to your lodge Sports & Recreation Director.

Reminder

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."*

Who Can Participate?

Members of all ages and abilities are invited to participate in this program. It promises to be a fun, challenging and rewarding experience.

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.

Remember, you must restart at zero every time you begin earning points for a new pin. Members must complete the requirements for each level within 365 days.

*Sports Medal pins are provided at NO cost by Sons of Norway



Form #813: Rev. 06/04

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 previous pins earned: _____

GANGMERKE (walking medals program)



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