

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."

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: _____

GANGMERKE

WALKING
SPORTS MEDAL PROGRAM



FORM #813R

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			

Date	Location	Distance	Initials
Subtotal			

Date	Location	Distance	Initials
Subtotal			

Date	Location	Distance	Initials
Total of all points			