

# SYKKELMERKE

The Sykkelmerke (SICK-el-merk-eh) cycling and wheelchair medals 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 biking, 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.

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 previous pins earned: \_\_\_\_\_  
\_\_\_\_\_

# SYKKELMERKE

## BIKE MEDALS PROGRAM



SONS OF  
NORWAY

www.sonsofnorway.com

Form # 810R

## REQUIREMENTS FOR SYKKELMERKE

AGE	BRONZE	SILVER	GOLD	ENAMEL
0-14	100 MI	200 MI	300 MI	400 MI
15-39	150 MI	300 MI	450 MI	600 MI
40-54	125 MI	250 MI	375 MI	500 MI
55-69	100 MI	200 MI	300 MI	350 MI
70+	60 MI	80 MI	100 MI	120 MI

SUBTOTAL				

DATE	LOCATION	DISTANCE	WITNESS' INITIALS
SUBTOTAL			

DATE	LOCATION	DISTANCE	WITNESS' INITIALS
SUBTOTAL			

DATE	LOCATION	DISTANCE	WITNESS' INITIALS
TOTAL OF ALL POINTS			