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.

## 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.

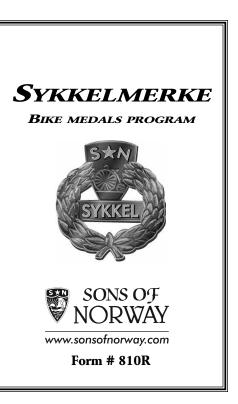
You must start at zero every time you begin earning points for your next pin. Members must complete the requirements for each pin within 365 days.

Name:
Address :
District/Lodge:
Member #:
Birth Date:
I have completed the requirements for the <i>(circle one)</i> :
BRONZE SILVER GOLD ENAMEL pin and
wish to be considered for an award for(year)
Signature of Participant
6:

Signature of Lodge Sports Director

Date of completetion:

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



SONS OF NORWAY

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<b>R</b> EQUIREMENTS FOR SYKKELMERKE					DATE	LOCATION	DISTANCE	WITNESS' INITIALS		DATE	LOCATION	DISTANCE	WITNESS' INITIALS	ESS' DATE		ГЕ	LOCATION	DISTANCE	WITNESS' INITIALS
			JIKKE	LMERKE															
AGE	BRONZE	SILVER	GOLD	ENAMEL															
0–14	100 mi	200 мі	300 мі	400 мі					F										
15-39	150 мі	300 мі	450 мі	600 мі					ŀ					-					
40-54	125 мі	250 мі	375 мі	500 мі					H										
55-69	100 мі	200 мі	300 mi	350 мі					-										
70+	60 мі	80 MI	100 мі	120 мі					L										
			•						L										
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SUBTOT.	AL				Subtotal					Subtotal					Total of all points				