

Keith's Biography (for educational audience)

In the summer of 1979, Keith Nord arrived at the Minnesota Vikings training camp as a walk-on. Although less than 5% of all walk-ons ever play in the NFL, Keith made the team and went on to become a Vikings captain in 1983.

Keith played with the Vikings for seven years and was known for his savvy and determined, hard-hitting play. Keith earned five game balls – the highest compliment a player can receive from his teammates.

- Minnesota Viking Team Captain
- 1979 honors graduate of St. Cloud State University, School of Business
- SCSU Football Team Captain, Team MVP, All Conference, Glen Galligan Award Winner
- March of Dimes Citizen Athlete of the Year
- Muscular Dystrophy Citizen Athlete of the Year
- Nominated for NFL Man of the Year
- 1985 Ed Block Memorial Courage Award Winner