



**The Canadian Volkssport Federation
La Fédération canadienne Volkssport**



Special Walking Programs – 2010-2011

CVF have a number of Special Walking Programs. These have been developed to assist clubs in promoting their walks to local walkers and to walkers from other areas.

Summary of Special Walking Programs

Canada Cup of Walking

Location: National

Cost: \$10.00; IVV credit – registration & certificate only; \$25.00 - registration, certificate & t-shirt. T-shirt available separately for \$15.00, plus shipping.

Awards & recognition: Certificate, mention in Volkssport Canada upon completion. Two levels of achievement – 10 or 13 provinces and territories. IVV credit & Awards.

Special characteristics: One walk of any kind in each of the provinces or territories.

Dates: Open and ongoing; walks back to 2000 may be counted.

Capital Cities Walking Program

Location: National

Cost: \$5.00 for special registration card and patch; IVV credit.

Awards & recognition: Patch upon registration; certificate, pin & mention in Volkssport Canada upon completion. IVV credit & Awards.

Special characteristics: Specially designated walks in each of the provincial and territorial capitals; specially designated stamps only accepted. Two levels of achievement possible – 11 or 14 capital cities, each including national capital.

Dates: Open and ongoing; walks back to 2000 may be counted.

Winter Walking Program

Location: Local, regional, national.

Cost: \$5.00 for special registration card and pin; IVV credit.

Awards & recognition: Pin upon registration; certificate & mention in Volkssport Canada upon completion. Multiple levels of achievement possible. IVV credit & Awards.

Special characteristics: any walk type [except RLDW in Ottawa] sanctioned by the CVF.

Dates: Annual program from October 15 each year and closes March 31 the following year.

Lighthouse Walking Program

Location: Regional, national. [In some areas, local participation alone may be sufficient for first level of achievement.]

Cost: \$5.00 for special registration card and pin; IVV credit.

Awards & recognition: Pin upon registration; certificate & mention in Volkssport Canada upon completion. Three levels of achievement possible. IVV credit & Awards.

Special characteristics: Specially designated walks and stamps only accepted.

Dates: Open and ongoing.

YRE Group Walks

Location: Local; contact local clubs for date, time and locations.

Cost: IVV credit.

Awards & recognition: IVV credit and Awards.

Special characteristics: Program is usually arranged locally to encourage local walkers to do YRE and Seasonal Walks when there are no scheduled events to do.

Dates: Program is ongoing.

Yellow Head Walks Program

Location: Local, regional.

Cost: \$5.00 for special registration card; IVV credit.

Awards & recognition: Certificate & mention in Volkssport Canada upon completion; IVV credit & Awards.

Special characteristics: Program uses specially designated walks in the Western provinces [MB, SK, AB & BC] along the Yellowhead Highway. Specially designated walks and stamps only accepted.

Dates: Program began in 2007 and will end on Dec. 31, 2011.

Covered Bridges Walking Program

Location: Regional, national, international.

Cost: \$5.00 for special registration card and pin; IVV credit.

Awards & recognition: Pin upon registration; certificate & mention in Volkssport Canada upon completion; IVV credit & Awards.

Special characteristics: – a joint walking program offered in conjunction with the American Volkssport Association. Specially designated walks and stamps only accepted.

Dates: Program began in 2007 and will end on Dec. 31, 2011.

Winery, Cheese and Brewery Program

Location: National.

Cost: \$5.00 for special registration card; IVV credit.

Awards & recognition: Pin upon registration, certificate & mention in Volkssport Canada upon completion; IVV credit & Awards.

Special characteristics: – Specially designated walks and stamps only accepted. YRE's, Seasonal events as well as any regular event likewise sanctioned qualified. Participants register their walk under one of the 3 categories on the record card and earn a certificate and pin when completing their first category. Any subsequent categories will earn a certificate.

Dates: Program began in 2008 and will end on Dec. 31, 2012.

Scholar Program

Location: National.

Cost: \$5.00 for special registration card; IVV credit.

Awards & recognition: Pin upon registration, certificate & mention in Volkssport Canada upon completion. Three levels of achievement possible. IVV credit & Awards

Special characteristics: – No special stamp. YRE's and Seasonal events qualified. Participants register their walk under one of the 3 levels on the record card and earn a certificate and pin when completing one level. Certificates will be given for completing any additional levels.

Dates: Program began in 2008 and will end on Dec. 31, 2012.

(NEW PROGRAMS STARTED IN 2009)

Cenotaph Program

Location: National.

Cost: \$5.00 for registration card; IVV credit.

Awards and recognition: Pin upon registration, certificate and mention in Volkssport Canada upon completion of any level. Three levels of achievement possible. IVV credit & Awards.

Special characteristics: No special stamp. YRE's, Seasonal event as well as any event held on November 11. The country is divided into 3 zones for this program. A minimum of 3 walks in any one zone is needed to qualify for an award.

Dates: Opens Jan 1, 2009 and closes Dec. 31, 2013.

Natural Waterfall Program

Location: Regional, national and international.

Cost: \$5.00 for registration card; IVV credit.

Awards and recognition: Pin upon registration, certificate and mention in Volkssport Canada upon completion. IVV credit & Awards.

Special characteristics: No special stamp. YRE's and Seasonal events. Both AVA and CVF walks qualify. Twelve walks are needed to complete the program.

Dates: Opens Jan 1, 2009 and closes Dec. 31, 2013.