

<b>Date</b>	<b>km</b>	<b>Event Stamp</b>	<b>Date</b>	<b>km</b>	<b>Event Stamp</b>

**RULES**

1. Only events sanctioned by the CVF and completed between October 15, each year and the following March 31, inclusive, may be counted.
2. Walks, ski and skating event distances may be counted. Cycling distances are not eligible.
3. Awards are determined by the total distance covered. Please refer to complete program description.
4. The registration card expires on March 31 each year. To receive your Certificate, please mail completed booklet with a \$5.00 fee, before April 15, to:

Canadian Volkssport Federation  
 Suite 604 – 251 Bank Street  
 Ottawa ON K2P 1X3



**WINTER  
 WALKING  
 PROGRAM**



An official program of  
 The Canadian Volkssport Federation

\_\_\_\_\_ Name

\_\_\_\_\_ Address

\_\_\_\_\_ City & Province

\_\_\_\_\_ Postal Code

\_\_\_\_\_ Email

\_\_\_\_\_ Total Distance Walked

