Rules for use

1. This special EXTRA DISTANCE sheet is mainly designed and made available free of charge to walkers who do sanctioned events of less than 10 km [usually 5 km, where available] on a regular basis.

2. This special EXTRA DISTANCE sheet may **only** be used in conjunction with a regular IVV Distance Certification Record Book for which the walker has paid. Please do not use the Special Insert Cards to register distances less than 10 km if you do such walks on a regular basis.

3. Walkers will FIRST COMPLETE the regular IVV Distance Certification Record Book before using this Extra Distance sheet in order to reach their current achievement level.

4. Not all sanctioned events will have the option to do a distance less than 10 km. The walker may enter any distances on this sheet from any walking events that have been sanctioned as such. If in doubt, please contact the person responsible at the club level or consult the CVF web site at *www.walks.ca*.

5. Please submit this special EXTRA DISTANCE sheet and the IVV Distance Record Book at the same time and for the accumulated distance as registered in the regular IVV Distance Certification booklet for which you have paid. Extra copies of this sheet may be found on the CVF web site at *www.walks.ca*. For further information, please contact the CVF office at 613-234-7333 or cvffcv@rogers.com

International Record of Popular Sports

EXTRA DISTANCE SHEET

TO BE USED BY WALKERS ONLY in conjunction with a regular IVV Distance Certification Record Book and to COMPLETE their current achievement level.

Last Name: _____

First name: _____

Address: _____

_____

Email: _____

Canadian Volkssport Federation
Member of the IVV

Distance	Stamp

Distance	Stamp

Distance	Stamp

Distance	Stamp

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