



Free Stamp Book  
Distance Certification

Name: \_\_\_\_\_

Street Address: \_\_\_\_\_

City: \_\_\_\_\_

Province: \_\_\_\_\_ Postal Code: \_\_\_\_\_

**CANADIAN VOLKSSPORT FEDERATION**

Suite 604 – 251 Bank Street  
Ottawa Ontario K2P 1X3

*Member of International Federation of Popular Sports  
(Internationaler Volkssportverband e.V.)*



**May be stamped and redeemed ONLY in Canada**



**INDIVIDUAL ACHIEVEMENT AWARDS**

The IVV Achievement Awards Program was introduced to encourage participation in non-competitive sports events organized under the rules and regulations of the International Federation of Popular Sports (IVV). Volkssporting is unique among sports programs. Not only is every participant eligible to receive an event award, but participants may also earn individual achievement awards.

These individual achievement awards are based on the number of events completed and /or the number of kilometres walked, biked or skied in sanctioned volkssporting events. Swim events are recorded only in the event book.

Upon completion of a volkssporting event, participants receive the event stamp in official IVV record books. This stamp is specially coded for each event and is referred to as the "IVV Certification Stamp".

At appropriate levels, participants send their record books to the CVF National Office for processing. In addition to receiving a pin, patch and certificate, recipients of awards have their names listed in the CVF newsletter, VOLKSSPORT CANADA, under the award level they have achieved.

The events awards and your IVV record books provide you with a record of your volkssporting experiences. You will enjoy remembering the fellowship of new friends and old, your visits to historic and scenic areas, and your volkssporting adventures in your own province as well as other provinces and countries.

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**CANADIAN VOLKSSPORT FEDERATION**

P.O. Box 2668, Station D  
Ottawa, Ontario  
K1P 5W7

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Event	IVV Certification Stamps
1	
2	
3	
4	
5	

If you wish to participate in the IVV Achievement Awards Program and obtain the pin, patch and personalized certificate for completing ten events, you may purchase an IVV Event Certification Record Book at a volkssporting event or from your club. To transfer the event stamps on this free card into your permanent Event Certification Record Book, staple this card into the Book (do not paste it in). When you have completed a total of 10 events, mail the book to the CVF (address on cover) and your achievement awards will be sent to you free of charge. You will also be given a permanent registration number and an IVV Record of Achievement Book (Passport) in which each award level will be recorded.

Event	IVV Certification Stamps
1	
2	
3	
4	
5	

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## IVV RECORD BOOKS

### Event Certification Record Books

Event credit is given for each event completed and certified in an IVV Event Certification Record Book. The green Event Certification Record Book is used to record 10 events (1 through 10), 30 events (11 through 30) or 50 events (31 through 50). When the green book is used for 10 events, the second page is marked through. This ensures that only 10 events are entered in your first book. For the 30 and 50 event levels, all 20 lines are used. When the 50 event book has been completed, you will graduate to the purple Event Certification Record Book. The purple book has lines for 25 events and is used for recording event numbers 51 through 600.

### Distance Certification Record Books

The blue Distance Certification Record Book is designed to hold 500 km and is used in increments of 500 km through 8,000 km. If you do only short trails, it will take all the spaces to total 500 km. If you do medium or long trails, it will take only part of the book to make 500 km. All the lines in this book do not need to be used- only those required to bring the total to 500 km. Any distance over 500 km will be carried over to your next Distance Certification Record Book.

### Volksbike Kilometre Record Book

The brown Bike Kilometre Record Book is for recording distance credit for participating in bicycle events only. The book records up to 5,000 km. IVV Achievement Awards for bicycling distance are awarded for the following levels: 1,000 km, 2,500 km, 5,000 km, 7,500 km, 10,000 km and 15,000 km.

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km	IVV Certification Stamps

If you wish to participate in the IVV Achievement Awards Program and obtain the pin, patch and personalized certificate for completing 500 km, you may purchase an IVV Distance Certification Record Book at a volkssporting event or from your club. To transfer the event stamps on this free card into your permanent Distance Certification Record Book, staple this page into the book (do not paste it in). When you have completed a total of 500 km mail the book to the CVF (address on cover) and your achievement awards will be sent to you free of charge. You will also be given a permanent registration number and an IVV Record of Achievement Book (Passport) in which each award level will be recorded.

km	IVV Certification Stamps

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