

## IVV RECORD BOOKS



### Event Certification Record Books

Event credit is given for each book completed and certified in an IVV Event Record Book. The Green Event Certification Record book is used to record 10 events (1-10), 20 Events (11-30, 31-50). When the Green book is used for 10 events the second page is marked through. This ensures that only 10 events are recorded in your first book. For the 30 and 50 event levels the whole of the book is used. When you have completed 50 events you will graduate to the Purple Event Record Book. The purple books have 25 lines and they are used to record events numbered 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 10,000 kms. Doing 10 km distances it will take all the spaces to equal 500 km. If you do only 5 km trails you will need an 'additional record' page. All lines need not be filled. Additional distances will be carried over to your next book.

### Volksbike Kilometre Record Books

The Brown Bike Kilometre book is for recording distance credits for cycling events only. The book can hold up to 5 000 km. IVV Achievement Awards for cycling are given at 1,000km, 2,500 km, 5,000 km, 7,500 km and in 5000 km levels thereafter.

## FREE STAMP BOOK DISTANCE CERTIFICATION

NAME: \_\_\_\_\_

STREET ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_

PROVINCE: \_\_\_\_\_ POSTAL CODE: \_\_\_\_\_

### CANADIAN VOLKSSPORT FEDERATION

Suite 604 – 251 Bank Street  
OTTAWA, ON  
K2P 1X3

*Member of the International Federation of Popular Sports  
(internationaler Volkssportverbände e. V.)*

This page may be used and redeemed  
only in Canada

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PROVINCE: \_\_\_\_\_ POSTAL CODE: \_\_\_\_\_

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## 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 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 kilometers walked, bikes or skied in sanctioned Volkssporting events. Swim events are recorded only in the event book.

Upon completion of a Volkssporting event, participants receive certification stamps in official IVV record books. These stamps are specially coded for each event and are referred to as 'IVV Certification Stamps.'

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

| KM | IVV Certification Stamp |
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*The above IVV Certification Stamps may be transferred to a blue Distance Certification Record book.*

If you wish to participate in the IVV Achievement Awards and obtain the pin, patch and personalized certificate for completing 500 kms you may purchase an IVV Distance Certification Book at a volkssport event or from your club. To transfer the distance stamps on this free card into your Distance Certification Book simply fasten this card to the book. When you have completed a total of 500 kms, mail this book to the CVF at the address on the front 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 in which each level will be recorded.

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| Events | IVV Certification Stamp |
|--------|-------------------------|
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*The above IVV Certification Stamps may be transferred to a green Event Certification Record book.*

If you wish to participate in the IVV Achievement Awards and obtain the pin, patch and personalized certificate for completing 10 events you may purchase an IVV Event Certification Book at a volkssport event or from your club. To transfer the event stamps on this free card into your Event Certification Book simply fasten this card to the book. When you have completed at total of 10 events, mail this book to the CVF at the address on the front 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 in which each level will be recorded.