

# Personal Walking Challenge (PWC)

A program designed for individuals (non-members) who are too busy, have too much to do during the weekend or have too little time for group walking and socializing. It is aimed at people who want to exercise by walking and thus accumulate kilometers as well as credit and awards on their own time, place and pace. **NOTE: This free program also applies, with the appropriate adjustments, to members who want to resume walking after major surgery or serious medical difficulties or setbacks, as their recovery will be a long and slow process or to military/civil servant club members who are deployed abroad in a country where no IVV events are available and want to keep on walking as well as recording it.**

**Please note that anyone starting an exercise program should previously consult their physician.**

1. This program is offered free of charge by the Canadian Volkssport Federation (CVF) to all Canadians.
2. Every person interested by this program may register by filling the Registration form and signing a Waiver of Liability, which can be downloaded from the CVF Website. This document should be returned to the Canadian Volkssport Federation at 251 Bank St Unit 604, Ottawa, ON, K2P 1X3.
3. Record sheets can also be downloaded, back to back, from the CVF Website, as required. Each record sheet contains 50 entries.
4. There is no time limit to complete this program.
5. Awards would be provided, upon request, at 100-200-300-400 and 500 km levels. After having achieved the 500 km level, awards would only be provided, upon request, at every subsequent 200 km level.
6. Completed record sheets with request for an award are sent to the CVF Office, verified and returned with notation that the appropriate award has been sent to the participant.
7. This program is on the honour system. Only a date will be required to certify that the said kilometers, time or steps were done on that day.
8. Participants would not be covered under the CVF umbrella insurance policy as the CVF has no involvement whatsoever in the selection process as to time, place and pace of the activity. They will be walking at their own risk.
9. All material and information on this program are accessible only through the CVF Website for a faster, better and wider distribution.
10. Upon becoming a member of a CVF club or exceptionally an Individual Member of the CVF, the total amount of kilometers registered under the PWC would be, upon request, credited to the IVV Distance Book of the said new member as an incentive for joining and becoming a member of the said club or of the CVF.
11. Sample of the Registration and Waiver of Liability Form as well as the Record Sheet are attached as annexes for downloading purposes.

(Rev. April 2017)