

Date	km	Event Stamp	Date	km	Event Stamp

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; award levels shown assume that every event is 10 km or more. Shorter distances will affect the Award level achieved. 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
EXERCISE
PROGRAM**



An official program of
 The Canadian Volkssport Federation

Name

Address

City & Province

Postal Code

Email

Total Distance Walked

Event Stamp	km	Date	Event Stamp	km	Date

If you need more space, please print another sheet.