



GO FOR 30!! (or more)



In celebration of CVF/FCV's 30th Anniversary Individual Volkssport Challenge with a Canadian Theme

Name of Individual(s): _____

Email Address: _____

Name of Club(s): _____

During 2017, you are challenged to earn 30 points from the following list of activities. All dates should be unique.

#	Activities	Date(s)	Max	Pts
1	Sing "O Canada" before a Volkswalk on July 1 weekend		1	
2	Do 1 Volkswalk a month (put dates below): Jan ___; Feb ___; Mar ___; Apr ___; May ___; June ___; July ___; Aug ___; Sep ___; Oct ___; Nov ___; Dec ___	—	12	
3	Do a Volkswalk or PT which passes your provincial capital building		1	
4	Do a Volkswalk or PT which passes another provincial/territorial capital building (put dates below): BC _____; AB _____; SK _____; MB _____; ON _____; QC _____; NB _____; NS _____; PE _____; NL _____; Ottawa _____; YT _____; NT _____; NU _____	—	13	
5	Do a non-capital-city Volkswalk or PT in another province (put dates below): BC _____; AB _____; SK _____; MB _____; ON _____; QC _____; NB _____; NS _____; PE _____	—	8	
6	Do a non-PT Volkswalk sponsored by another club		1	
7	Do 1 or 2 Volkswalks that pass current or old CPR/CNR stations Name of Station: _____ Name of Station: _____	_____	2	
8	Do a Volkswalk that passes through a cemetery where a famous Canadian is buried Name of Cemetery: _____ Name of Canadian: _____		1	
9	Do a Volkswalk/Volkshike in a National Park Name of NP: _____		1	
10	Do up to 3 Volkswalks or PTs that pass National Historic Sites Name of NHS: _____ Name of NHS: _____ Name of NHS: _____	_____	3	
11	Note your provincial bird seen during a Volkswalk		1	

12	Note your provincial flower seen during a Volkswalk		1	
13	Note 1 or 2 unusual birds seen during Volkswalks	_____	2	
14	Note 1 or 2 unusual animals seen during Volkswalks	_____	2	
15	Participate in a charity event (with/without Volkssport credit)		1	
16	Host 1 or 2 Walk Boxes for club or provincial association: Name of PT: _____ Name of PT: _____	2017 2017	2	
17	Host or co-host 1 or 2 Volkswalks for club	_____	2	
18	Recruit 1 or 2 new members for your club	_____	2	
19	At a Volkssport event wear club colour from head to foot		1	
20	Do a Volksbike event		1	
21	Do a Volksski event (or snowshoe or skate)		1	
22	Do a Volksswim event		1	
	Total Points	—	60	

To receive a special certificate, please submit your form, together with \$5.00, by January 31, 2018 to:

Canadian Volkssport Federation
Suite 604 – 251 Bank St,
Ottawa, ON K2P 1X3