



**CANADIAN VOLKSSPORT FEDERATION  
VANCOUVER 'VENTURERS VOLKSSPORT CLUB  
2022 PERMANENT TRAILS  
REGISTRATION FORM AND WAIVER**



**Before starting any of the walks listed below, please ensure that the waiver is signed and emailed to [vancouverventurers@gmail.com](mailto:vancouverventurers@gmail.com)**

**WAIVER OF LIABILITY**

I have read this Waiver, which covers my participation in all Volkssport Events (Events") listed on this registration form and that are organized by Vancouver 'Venturers Volkssport Club under the Canadian Volkssport Federation ("CVF"). In consideration of my signing this Waiver and thus being permitted to take part in these Events, I agree to save harmless and keep indemnified CVF, its members, officers, directors, their agents and club volunteers (collectively "Volkssport") from and against all claims by me and all claims brought on my behalf. This includes, but is not limited to, actions for damages, costs and expenses in respect to injury to my person or death, or loss or damage to my property arising out of or caused by my participation in these Events, even if that injury to my person or death, or loss or damage to my property, has been contributed to or caused by the negligence of "Volkssport". I understand and agree that this Waiver is binding on me, my heirs, executors, and assigns.

\_\_\_\_\_  
**SIGNATURE**

\_\_\_\_\_  
**DATE**

\_\_\_\_\_  
**PRINT NAME**

\_\_\_\_\_  
**CITY, PROVINCE**

\_\_\_\_\_  
**EMAIL**

\_\_\_\_\_  
**PHONE #**

\_\_\_\_\_  
**CLUB**

For information on fee payment, obtaining of labels or if you would prefer to receive electronic labels on insert cards (indicate how many), please email: [vancouverventurers@gmail.com](mailto:vancouverventurers@gmail.com).

PT #	PT NAME	DISTANCES (Circle as applicable)	DATE(S) COMPLETED Or # of times completed	FEE \$1.00 / walk or coupon #
179	<b>BURNABY – Central Park</b>			
	1. Central Park	5K, 10K		
	2. Plus Two Parks	10K		
	3. Deer Lake Park	10K		
	4. Everett Crowley Park	10K		
63	<b>DELTA - Ladner</b>			
	1. Historic Town Walk	5K, 10K		
	2. Pioneer Walk	6K, 10K		
	3. Parks Walk	6K, 7K, 10K, 13K		
	4. Essential Workers' Walk	5K, 10K		
328	<b>NORTH VANCOUVER – Lonsdale Quay</b>			
	1. Spirit Trail East – Lynn Creek	5K, 10K		
	2. Spirit Trail West – McKay Creek	6K, 10K		
	3. Mosquito Creek	6K, 10K, 11K		
	4. Spirit Trail West - Mahon Park	10K		
46	<b>RICHMOND – Central Richmond</b>			
	1. Minoru Park & Middle Arm Dyke	6K, 10K		
	2. Three Parks	6K, 10K		
	3. Shell Road Trail	6K, 10K		

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81	<b>RICHMOND - Steveston</b>			
	1. South Dyke	5K, 10K		
	2. West Dyke	5K, 10K		
	3. Railway Greenway & Dykes	10K		
155	<b>RICHMOND - Terra Nova/Sea Island</b>			
	1. Rural Park	5K, 10K		
	2. YVR South Terminal & Dykes	11K		
	3. West Dyke & Railway Greenway	11K		
	4. Burkeville	10K		
21	<b>SOUTH DELTA - Tsawwassen</b>			
	1. Central Walk	5K, 10K		
	2. Heron Rookery Walk	5K, 10K		
79	<b>VANCOUVER - Downtown</b>			
	1. West End	5K, 6K, 11K		
	2. Chinatown	10K		
	3. Lost Lagoon – Blue Heron Colony	10K		
	4. Science World	7K, 10K		
	5. Christmas Lights (after 1 <sup>st</sup> week of Dec)	5K, 10K, 11K		
	6. Victory Square (November 11)	10K		
162	<b>VANCOUVER - Kitsilano/West Point Grey</b>			
	1. Point Grey – Vanier Park	6K, 10K		
	2. Burrard Bridge – Granville Island	5K, 10K		
	3. Locarno Beach	10K		
	4. Jericho Beach Park	6K, 10K		
	5. Spanish Banks – Uni. Endowment Lands	6K, 10K		
164	<b>VANCOUVER - Shaughnessy</b>			
	1. Queen Elizabeth Park	5K, 10K		
	2. Quilchena Park	6K, 10K		
	3. Arbutus Greenway - North	6K, 10K		
	4. Olympic Village – Cambie Bridge	6K, 10K		
	5. Kensington – Queen Elizabeth Park	10K		
	6. Kensington – Mountain View	5K, 10K		
53	<b>VANCOUVER - Stanley Park</b>			
	1. Seawall – East	10K, 11K		
	2. Seawall – West	10K, 11K		
	3. Trails – Connie’s Walk	10K, 11K		
	4. Prospect Point – Lions Gate Bridge	8K, 10K		
	5. Lake & Lagoon	10K		
	6. Siwash Rock Viewpoint	10K		
	7. Aquarium – Hollow Tree	10K		
	8. Ferguson Point	10K		
	9. Seawall – East – Rose Garden	6K		
252	<b>WEST VANCOUVER - Ambleside</b>			
	1. Dundarave	5K, 10K		
	2. Capilano River	10K, 13K		
	3. Lions Gate Bridge – Prospect Point	10K		