

## CANADIAN VOLKSSPORT FEDERATION VANCOUVER 'VENTURERS VOLKSSPORT CLUB 2024 PERMANENT TRAILS REGISTRATION FORM AND WAIVER



Before starting any of the walks listed below, please ensure that the waiver is signed and emailed to <a href="mailto:vancouverventurers@gmail.com">vancouverventurers@gmail.com</a>

## **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
PRINT NAIVIE		CITT, 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: <a href="mailto:vancouverventurers@gmail.com">vancouverventurers@gmail.com</a>.

PT#	PT NAME	DISTANCES (Circle as applicable)	DATE(S) COMPLETED Or # of times completed	FEE \$1.00 / walk or coupon #		
179	BURNABY – Central Park					
	Central Park	5K, 10K				
	2. Central Park Plus Two Parks	10K				
	3. Deer Lake Park	10K				
	4. Everett Crowley Park	10K				
63	DELTA - Ladner					
	Historic Town Walk	5K, 10K				
	2. Pioneers and Essential Workers Walk	5K, 6K, 10K				
	3. Parks Walk	6K, 7K, 10K, 13K				
21	DELTA - Tsawwassen					
	Beach Grove Rambles	6K, 10K				
	2. Central Walk	5K, 10K				
	Heron Rookery Walk	5K, 10K				
	4. Tsawwassen FN - Farm & Industry Walk	6K, 10K				
328	NORTH VANCOUVER – Lonsdale Quay					
	Edgemont Village	10K				
	2. Mosquito Creek	6K, 10K, 11K				
	3. Spirit Trail East – Lynn Creek	6K, 10K				
	4. Spirit Trail West – Mahon Park	10K				
	5. Spirit Trail West – McKay Creek	6K, 10K		·		

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A	PT#	PT NAME	DISTANCES (Circle as applicable)	DATE(S) COMPLETED Or # of times completed	FEE \$1.00 / walk or coupon #		
2. Three Parks	46	RICHMOND – Central Richmond					
81   RICHMOND - Steveston		Minoru Park & Middle Arm Dyke	6K, 10K				
RICHMOND - Steveston   1. Britannia Shipyards   2. Railway Greenway & Dykes   10K   3. South Dyke   5K, 10K   4. West Dyke   5K, 10K   1. Burkeville   10K   2. Rural Park   5K, 10K   3. West Dyke & RiCHMOND - Terra Nova/Sea Island   1. Burkeville   10K   2. Rural Park   5K, 10K   3. West Dyke & Railway Greenway   11K   4. YVR South Terminal & Dykes   11K   79   VANCOUVER - Downtown   1. Chinatown   1. Chin		2. Three Parks	6K, 10K				
1. Britannia Shipyards   5K/10K   2. Railway Greenway & Dykes   5K, 10K   3. South Dyke   5K, 10K   4. West Dyke   5K, 10K   7K, 10K		3. Shell Road Trail	6K, 10K				
2. Railway Greenway & Dykes	81	RICHMOND - Steveston					
3. South Dyke		Britannia Shipyards	5K/10K				
4. West Dyke		2. Railway Greenway & Dykes	10K				
155   RICHMOND - Terra Nova/Sea Island   1. Burkeville   10K   2. Rural Park   5K, 10K   3. West Dyke & Railway Greenway   11K   4. YVR South Terminal & Dykes   11K   79   VANCOUVER - Downtown   1. Chinatown   10K   2. Lost Lagoon – Blue Heron Colony   10K   3. Science World   7K, 10K   4. Victory Square – Yaletown (after May 20)   6K, 8K, 10K   5. West End   5K, 6K, 11K   6. Christmas Lights (after 1st week in Dec)   5K, 10K, 11K   7. Arbutus Ridge   5K, 10K   7. Arbutus Ridge   7. Arbutu		3. South Dyke	5K, 10K				
1. Burkeville		4. West Dyke	5K, 10K				
2. Rural Park   3. West Dyke & Railway Greenway   11K   4. YVR South Terminal & Dykes   11K   79   VANCOUVER - Downtown   1. Chinatown   10K   2. Lost Lagoon - Blue Heron Colony   10K   3. Science World   7K, 10K   4. Victory Square - Yaletown (after May 20)   6K, 8K, 10K   5. West End   5K, 6K, 11K   6. Christmas Lights (after 1st week in Dec)   5K, 10K, 11K   7K, 10K	155	RICHMOND - Terra Nova/Sea Island					
3.   West Dyke & Railway Greenway		1. Burkeville	10K				
4. YVR South Terminal & Dykes		2. Rural Park	5K, 10K				
4. YVR South Terminal & Dykes		3. West Dyke & Railway Greenway	,				
VANCOUVER - Downtown							
1. Chinatown	79		I		I		
2. Lost Lagoon - Blue Heron Colony   10K   3. Science World   4. Victory Square - Yaletown (after May 20)   6K, 8K, 10K   5. West End   6. Christmas Lights (after 1st week in Dec)   5K, 6K, 11K   6. Christmas Lights (after 1st week in Dec)   5K, 10K, 11K   7K, 10K			10K				
3. Science World 4. Victory Square – Yaletown (after May 20) 6K, 8K, 10K 5. West End 5K, 6K, 11K 6. Christmas Lights (after 1 <sup>st</sup> week in Dec) 5K, 10K, 11K  86 VANCOUVER – Kerrisdale 1. Arbutus Ridge 2. Arbutus Greenway (South) 5K, 10K 3. Marpole – Fraser River Park 5K, 10K VANCOUVER - Kitsilano/West Point Grey 1. Burrard Bridge – Granville Island 6K, 10K 2. Point Grey – Vanier Park 6K, 10K 3. Jericho Beach Park 6K, 10K 4. Locarno Beach 5. Spanish Banks – Pacific Spirit Reg. Park 10K 6. Spanish Banks – Pacific Spirit Reg. Park 10K 6. Spanish Banks – North 6K, 10K 7. Arbutus Greenway – North 6K, 10K 7. Arbutus Greenway – North 6K, 10K 8. Quene Elizabeth Park 5K, 10K 8. Quene Elizabeth Park 5K, 10K 9. Kensington – Mountain View 5K, 10K 6. Kensington – Queen Elizabeth Park 10K 6. Kensington – Deen Elizabeth Park 10K 6. Respert Lake 5K 7. DK 7. Seawall – Hollow Tree 10K 7. Seawall – East – Rose Garden 5K 8. Seawall – West 10K, 11K 8. Seawall – West 10K, 11K 8. Seawall – East – Rose Garden 5K 10K, 10K 9. Seawall – East – Rose Garden 5K 10K, 10K 10K, 11K 10K 10K 10K 10K 10K 10K 10K 10K 10K							
4. Victory Square - Yaletown (after May 20)   6K, 8K, 10K   5. West End   5K, 6K, 11K   6. Christmas Lights (after 1st week in Dec)   5K, 10K, 11K   86   VANCOUVER - Kerrisdale   1. Arbutus Ridge   5K, 10K   3. Marpole - Fraser River Park   5K, 10K   3. Marpole - Fraser River Park   5K, 10K   4. Doint Grey - Vanier Park   6K, 10K   4. Locarno Beach Park   6K, 10K   5. Spanish Banks - Pacific Spirit Reg. Park   10K   5. Spanish Banks - Uni. Endowment Lands   6K, 10K   6. Spanish Banks - Uni. Endowment Lands   6K, 10K   7. Arbutus Greenway - North   7. Arbutus			_				
S. West End			*				
6. Christmas Lights (after 1st week in Dec)   5K, 10K, 11K							
Section							
1. Arbutus Ridge	86	ů i	ON, TON, THE	<u> </u>			
2. Arbutus Greenway (South)   5K, 10K   3. Marpole - Fraser River Park   5K, 10K			5K 10K				
3. Marpole - Fraser River Park		· ·					
162   VANCOUVER - Kitsilano/West Point Grey   1. Burrard Bridge - Granville Island   6K, 10K   2. Point Grey - Vanier Park   6K, 10K   3. Jericho Beach Park   6K, 10K   4. Locarno Beach   10K   5. Spanish Banks - Pacific Spirit Reg. Park   10K   6. Spanish Banks - Uni. Endowment Lands   6K, 10K   VANCOUVER - Shaughnessy   1. Arbutus Greenway - North   6K, 10K   2. Olympic Village - Cambie Bridge   6K, 10K   3. Queen Elizabeth Park   5K, 10K   4. Quilchena Park   6K, 10K   5. Kensington - Mountain View   5K, 10K   6. Kensington - Queen Elizabeth Park   10K   5 K			*				
1. Burrard Bridge – Granville Island         6K, 10K           2. Point Grey – Vanier Park         6K, 10K           3. Jericho Beach Park         6K, 10K           4. Locarno Beach         10K           5. Spanish Banks – Pacific Spirit Reg. Park         10K           6. Spanish Banks – Uni. Endowment Lands         6K, 10K           164         VANCOUVER - Shaughnessy           1. Arbutus Greenway – North         6K, 10K           2. Olympic Village – Cambie Bridge         6K, 10K           3. Queen Elizabeth Park         5K, 10K           4. Quilchena Park         6K, 10K           5. Kensington – Mountain View         5K, 10K           6. Kensington – Queen Elizabeth Park         10K           7. Aquarium – Hollow Tree         10K           2. Beaver Lake         5K           3. Best of Stanley Park Trails         10K           4. Ferguson Point         10K           5. Lake & Lagoon         10K           6. Prospect Point – Lions Gate Bridge         8K, 10K           7. Seawall – East         10K, 11K           8. Seawall – West         10K, 11K           9. Seawall – East – Rose Garden         5K           10. Trails – Connie's Walk         10K, 11K           WEST VANCOUVER - Ambleside	162		JK, TOK				
2. Point Grey – Vanier Park         6K, 10K           3. Jericho Beach Park         6K, 10K           4. Locarno Beach         10K           5. Spanish Banks – Pacific Spirit Reg. Park         10K           6. Spanish Banks – Uni. Endowment Lands         6K, 10K           VANCOUVER - Shaughnessy           1. Arbutus Greenway – North         6K, 10K           2. Olympic Village – Cambie Bridge         6K, 10K           3. Queen Elizabeth Park         5K, 10K           4. Quilchena Park         6K, 10K           5. Kensington – Mountain View         5K, 10K           6. Kensington – Queen Elizabeth Park         10K           VANCOUVER - Stanley Park           1. Aquarium – Hollow Tree         10K           2. Beaver Lake         5K           3. Best of Stanley Park Trails         10K           4. Ferguson Point         10K           5. Lake & Lagoon         10K           6. Prospect Point – Lions Gate Bridge         8K, 10K           7. Seawall – East         10K, 11K           8. Seawall – West         10K, 11K           9. Seawall – East – Rose Garden         5K           10. Trails – Connie's Walk         10K, 11K           WEST VANCOUVER - Ambleside	102		6K 10K				
3. Jericho Beach Park		- v	*				
4. Locarno Beach       10K         5. Spanish Banks – Pacific Spirit Reg. Park       10K         6. Spanish Banks – Uni. Endowment Lands       6K, 10K         VANCOUVER - Shaughnessy         1. Arbutus Greenway – North       6K, 10K         2. Olympic Village – Cambie Bridge       6K, 10K         3. Queen Elizabeth Park       5K, 10K         4. Quilchena Park       6K, 10K         5. Kensington – Mountain View       5K, 10K         6. Kensington – Queen Elizabeth Park       10K         VANCOUVER - Stanley Park         1. Aquarium – Hollow Tree       10K         2. Beaver Lake       5K         3. Best of Stanley Park Trails       10K         4. Ferguson Point       10K         5. Lake & Lagoon       10K         6. Prospect Point – Lions Gate Bridge       8K, 10K         7. Seawall – East       10K, 11K         8. Seawall – West       10K, 11K         9. Seawall – East – Rose Garden       5K         10. Trails – Connie's Walk       10K, 11K         WEST VANCOUVER - Ambleside         1. Architecture & Historical Walk       6K, 10K         2. Capilano River       10K, 13K			·				
5. Spanish Banks – Pacific Spirit Reg. Park         10K           6. Spanish Banks – Uni. Endowment Lands         6K, 10K           VANCOUVER - Shaughnessy           1. Arbutus Greenway – North         6K, 10K           2. Olympic Village – Cambie Bridge         6K, 10K           3. Queen Elizabeth Park         5K, 10K           4. Quilchena Park         6K, 10K           5. Kensington – Mountain View         5K, 10K           6. Kensington – Queen Elizabeth Park         10K           VANCOUVER - Stanley Park           1. Aquarium – Hollow Tree         10K           2. Beaver Lake         5K           3. Best of Stanley Park Trails         10K           4. Ferguson Point         10K           5. Lake & Lagoon         10K           6. Prospect Point – Lions Gate Bridge         8K, 10K           7. Seawall – East         10K, 11K           9. Seawall – West         10K, 11K           9. Seawall – East – Rose Garden         5K           10. Trails – Connie's Walk         10K, 11K           WEST VANCOUVER - Ambleside         1. Architecture & Historical Walk         6K, 10K           2. Capilano River         10K, 13K							
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164   VANCOUVER - Shaughnessy   1. Arbutus Greenway - North   6K, 10K   2. Olympic Village - Cambie Bridge   6K, 10K   3. Queen Elizabeth Park   5K, 10K   4. Quilchena Park   6K, 10K   5. Kensington - Mountain View   5K, 10K   6. Kensington - Queen Elizabeth Park   10K   VANCOUVER - Stanley Park   1. Aquarium - Hollow Tree   10K   2. Beaver Lake   5K   3. Best of Stanley Park Trails   10K   4. Ferguson Point   10K   5. Lake & Lagoon   10K   6. Prospect Point - Lions Gate Bridge   8K, 10K   7. Seawall - East   10K, 11K   8. Seawall - West   10K, 11K   9. Seawall - East - Rose Garden   5K   10K, 11K   9. Seawall - East - Rose Garden   5K   10K, 11K   1		·					
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53       VANCOUVER - Stanley Park         1. Aquarium - Hollow Tree       10K         2. Beaver Lake       5K         3. Best of Stanley Park Trails       10K         4. Ferguson Point       10K         5. Lake & Lagoon       10K         6. Prospect Point - Lions Gate Bridge       8K, 10K         7. Seawall - East       10K, 11K         8. Seawall - West       10K, 11K         9. Seawall - East - Rose Garden       5K         10. Trails - Connie's Walk       10K, 11K         252       WEST VANCOUVER - Ambleside         1. Architecture & Historical Walk       6K, 10K         2. Capilano River       10K, 13K			*				
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3. Best of Stanley Park Trails       10K         4. Ferguson Point       10K         5. Lake & Lagoon       10K         6. Prospect Point – Lions Gate Bridge       8K, 10K         7. Seawall – East       10K, 11K         8. Seawall – West       10K, 11K         9. Seawall – East – Rose Garden       5K         10. Trails – Connie's Walk       10K, 11K         252 WEST VANCOUVER - Ambleside         1. Architecture & Historical Walk       6K, 10K         2. Capilano River       10K, 13K							
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8. Seawall – West       10K, 11K         9. Seawall – East – Rose Garden       5K         10. Trails – Connie's Walk       10K, 11K         WEST VANCOUVER - Ambleside         1. Architecture & Historical Walk       6K, 10K         2. Capilano River       10K, 13K		6. Prospect Point – Lions Gate Bridge					
9. Seawall – East – Rose Garden       5K         10. Trails – Connie's Walk       10K, 11K         252       WEST VANCOUVER - Ambleside         1. Architecture & Historical Walk       6K, 10K         2. Capilano River       10K, 13K			*				
10. Trails – Connie's Walk 10K, 11K  252 WEST VANCOUVER - Ambleside  1. Architecture & Historical Walk 6K, 10K  2. Capilano River 10K, 13K		8. Seawall – West	10K, 11K				
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252 WEST VANCOUVER - Ambleside  1. Architecture & Historical Walk 2. Capilano River  6K, 10K 10K, 13K			10K, 11K				
1. Architecture & Historical Walk6K, 10K2. Capilano River10K, 13K	252						
2. Capilano River 10K, 13K			6K. 10K				
I I 3. Dungaraye I Sk. Tuk I		3. Dundarave	5K, 10K				
4. Lions Gate Bridge – Prospect Point 10K			*				

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