



## NEIGHBOURHOOD WALKING - TRACKING SHEET

The purpose of this tracking sheet is to allow walkers to walk their neighbourhood and record their kms against a Permanent Trail. (This may be used during COVID or when walkers are unable to walk a full route.)

Every 5 kms or 10 kms walked equals one "distance stamp", select a PT # to get the electronic stamp/labels and submit \$1 for each walk of that PT between Jan 1-June 30 and again in the second half of the year (July 1-Dec 31). You may fill out more than one sheet prior to submitting. In order to obtain the event stamp you must walk one of the actual PT routes. To do this, download the route and map from the club website at:

<http://ottawa-voyageurs.wikidot.com/contactless> .

Once completed, please scan and submit this form(s) to Karen Venema at [mkarenvenema@gmail.com](mailto:mkarenvenema@gmail.com) to pay, to receive the stamps/labels and for tracking PT usage.

Alternately hand the sheet(s) and payment to Karen at a walk or mail your sheet and payment to:

**Ottawa Voyageurs Walking Club**  
1261 Portland Ave.  
Ottawa, ON K1V 6E8

Example of how to fill out the tracking sheet:

<b>Date</b>	<b>Distance in Kms</b>	<b>Select a PT to record your Kms to: #018, #050, #152, #195, #213, #268, #277, #281</b>	<b>Km Sub Total</b>	<b>\$s</b>
Feb 2 <sup>nd</sup>	2 km	PT #213 (in my neighbourhood)		
Feb 4 <sup>th</sup>	3 km	PT #213 (any other description you'd like)		
Feb 6	2.5 km	PT #213		
Feb 8	2.5 km	PT #213	(2+3+2.5+2.5) = 10	\$1
Feb 10 <sup>TH</sup>	10 km	PT #018 <b>walked actual route for the event stamp</b>	10	\$2
Feb 11 <sup>th</sup>	5 km	PT #018		
Feb 13 <sup>TH</sup>	5 km	PT #018	(5+5)=10	\$1
Feb 14 <sup>TH</sup>	5 km	PT #018		
Feb 16 <sup>TH</sup>	5 km	PT #018	(5+5)=10	\$1
July 1st	10 km	PT #018	10	\$1
July 3rd	5 km	PT #018		
July 20 <sup>TH</sup>	5 km	PT #018	10	\$1
Aug 16 <sup>TH</sup>	5 km	PT #018		
Sept 17 <sup>th</sup>	5 km	PT #018	10	\$1
<b>TOTAL KMS WALKED and \$s owed</b>			<b>70</b>	<b>\$8.00</b>

For the example sheet above you would receive 1 x 10 km stamps for PT #213 and 5 x 10 km stamps for PT #018 when tracking sheets and payment (\$8.00) have been submitted. The payment must be received prior to the electronic stamps/labels being sent.



## NEIGHBOURHOOD WALKING - TRACKING SHEET

*The annual waiver must have been signed and submitted with this sheet.*

*For convenience a waiver form is attached.*

Name: \_\_\_\_\_ Email: \_\_\_\_\_

Date	Distance in Kms	Select a PT to record your Kms to: #018, #050, #152, #195, #213, #268, #277, #281	Km Sub Total	\$s
<b>TOTAL KMS WALKED and \$s owed</b>				

Every 5 kms or 10 kms walked equals one “distance,” select a PT # to get the electronic stamp/label and submit \$1 for PT between Jan 1-June 30 and again in the second half of the year (July 1-Dec 31). In order to get the event stamp you must walk one of the actual PT routes. To do this, download the route and map from the club website at <http://ottawa-voyageurs.wikidot.com/contactless> .

Once completed, please scan and submit this form to Karen Venema at [mkarenvenema@gmail.com](mailto:mkarenvenema@gmail.com) ; to pay, receive the electronic stamps/labels and for tracking PT usage.

Alternately hand the sheet, waiver and payment to Karen at a walk or mail the sheet, waiver and payment to:  
**Ottawa Voyageurs Walking Club**  
 6491 Boul Jeanne D'Arc Blvd, PO Box 62041  
 ORLEANS, ON K1C 7H8

## Annual Waiver of Liability

2022

## Désistement Annuel de Responsabilité

I have read this Waiver, which covers my participation in all Volkssports Events ("Events") taking place from (January 1, 2022 to December 31, 2022) and that are organized by the Ottawa Voyageurs Walking 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.

J'ai lu ce désistement, qui couvre ma participation à tous les événements Volkssport ("événements") qui se déroulent du (1er janvier 2022 au 31 décembre 2022) et qui sont organisés par le Club de Marche des Voyageurs d'Ottawa sous la Fédération Canadienne Volkssport ("FCV"). En contrepartie de ma signature de ce désistement et pour étant ainsi autorisé à prendre part à ces événements, j'accepte de dégager de toute responsabilité et d'indemniser la FCV, ses membres, dirigeants, administrateurs, leurs agents et bénévoles du club (collectivement «Volkssport») de et contre toutes réclamations de ma part et de toutes les réclamations présentées en mon nom. Cela comprend, mais sans s'y limiter, les actions en dommages-intérêts, coûts et dépenses en cas de blessure à ma personne ou de décès, ou de perte ou de dommage à ma propriété découlant de ou causé par ma participation à cet événement, même si cette blessure à ma personne ou mon décès, ou la perte ou l'endommagement de ma propriété, a été causé par la négligence du «Volkssport» ou y a contribué. Je comprends et j'accepte que ce désistement m'engage, moi, mes héritiers, exécuteurs testamentaires et ayants droit.

---

Signature

Print Name

---

Date

Phone Number

---

Email

---