



Have questions about the IVV's Volkssport Achievement Awards program? To understand and get the most out of this simple and rewarding program, keep this sheet handy.



## The IVV Volkssport Achievement Awards Program

- ...is an incentive program to keep you on a path to better fitness and wellbeing. It provides rewards for participation in self-paced non-competitive IVV events. The non-profit 501(C)(3) American Volkssport Association and its member clubs sponsor the IVV program in the USA.
- It's easy. Buy IVV books; register at each IVV event; log participation; redeem completed books for these awards.
- It's affordable. The inexpensive price covers the cost of the awards you receive. Event sponsors charge a nominal registration fee to cover administrative costs.
- It's simple. The information that follows guides you step by step through the program and provides comprehensive explanations and helpful tips.
- It's rewarding. You earn attractive pins, patches, and certificates at easy-to-reach milestones—10, 30, 50, 75, 100, etc. total events; 500, 1000, etc. total kilometers—pictures of first awards are shown above. (See also the *IVV Awards Program at a Glance* on the other side.)

## Getting Your First IVV Books

- Buy a New Walker Packet—with the first event participation and distance books, 3 free IVV credit coupons, and special offers, all for the low price of a single IVV book. These specially marked books are only good for the 10 event and 500 kilometer awards. It's a very economical way to start.



## Preparing IVV Books

- Print name and current address legibly or use an address label on each book. Add a phone number and email address too. This helps get them returned to you too.
- Print your AVA Record of Achievement number in the box (get it when you redeem your first IVV book).

## Caring for IVV Books

- Keep them dry so they don't fall apart and stamps don't fade before they are full (a zip lock bag works well).
- Blot stamps to prevent bleeding through pages.
- Make copies periodically for a record in case of loss.

## Insert Cards

- Use when you don't have your IVV books with you, or if you need extra lines—get them free at all AVA events.
- Treat it like an IVV book for events or distance.
- Stamps count toward completing IVV books (they are not redeemable when separated from an IVV book).



## Stamping IVV Books

### General

- At regular events, a knowledgeable adult with the sponsoring club will apply the IVV certification stamp.
- Check IVV books after they are stamped; get any needed changes made before you leave the finish table.
- Do *not* get the stamp on a piece of paper.
- Do not mail IVV books to a club later to be stamped; use insert cards available at the event (don't cut them up later).
- Do not handwrite over any part of the IVV stamp number that doesn't stamp well. This could invalidate the stamp.
- Mistake? White it out and reuse the line later, or line it out and use the next one. Use an insert card for more lines.
- Stamp only IVV books and IVV, AVA, and other national volkssport federation special program books (e.g., IVV World Cup, AVA 50 States).
- At year-round/seasonal events, apply the IVV certification stamp firmly into each book yourself after completing the event. Follow the instructions below.

### Event Books

- An IVV certification stamp goes on an IVV book once per event per day.
- For events on two or more days, you get a certification stamp each day, even though it is the same stamp number.
- For events held over a number of days, you receive a different stamp each day.



### Distance Books

- Apply the IVV certification stamp for distance each time you complete an event—no limit. If more than once, apply the stamp each time.
- Record the actual distance completed in pen in the space to the left of the stamp (for distances under 10, lead with a zero, e.g., 05)—no fractions; the distance must not be different from what the sponsor stated.
- If you cannot complete the stated distance for any reason, record your actual distance.
- Bicycling event distance goes in either bicycle or general distance books. Unless you do many IVV bicycling events, we recommend you use General distance books.
- Swimming, skating, and other event distances do *not* go into distance books.



### Redeeming IVV Books

- Be sure an event book has the required number of stamps or a distance book at least the required total kilometers.
- Make a copy of each completed IVV book, and applicable insert card(s)—optional; for your protection.
- Mail the completed IVV book, any insert card(s), and AVA Record of Achievement (you get it when redeeming your first IVV book; shown right) to the AVA, Attention Awards and Records.
- You do not need to resend any redeemed book.



- You may send multiple books for yourself and/or books for other family members in the same envelope.
- Be sure to use sufficient postage (1 IVV book plus your AVA Record of Achievement weigh one ounce).
- If you are a Volkssports Associate, include your VAI, VAF, or VAL number to expedite processing.
- Note if you have a new address.
- The AVA will return your book and record with your award (pin, patch, certificate—see first levels on front page).
- If you must contact the AVA after you mail the book, refer to your Record of Achievement number.

### Purchasing Your Next IVV Book

- Buy the next book at an IVV event, or
- Order one from AVA Specialties (shipping and handling apply; call 210-659-2112, 8 am-5 pm Central Time, for credit card orders).
- If you are unable to purchase the appropriate next book (e.g., Green or Blue), buy a book for the next level (e.g., Purple or Orange, respectively), and record only the number of events or kilometers needed for the next award.

### Pets and IVV Books

- The IVV's volkssport achievement awards program is for people; the AVA cannot redeem IVV books for pets.
- Want books for your pet? Commercial vendors offer comparable programs; put no IVV certification stamps in non IVV books please.

### Questions?

- Contact the AVA: 1001 Pat Booker Road Suite 101, Universal City, TX 78148-4147, phone 210-659-2112, or email avahq@ava.org.
- Talk to an IVV event sponsor or a local AVA member club (find them at the AVA's website, www.ava.org).

### IVV Awards Program at a Glance

PARTICIPATION CATEGORY	AWARD LEVELS	BOOK COLOR
Events—all volkssports	10, 30, 50 events	Green
	Increments of 25 events to 600 events	Purple
	Increments of 50 events to 1,500 events	Rose
	Increments of 100 events to 3,000 events and beyond	Gold
Distance*—General Events (Walking, Cross-Country Skiing, Snow Shoeing; optional for bicycling)	Increments of 500km to 8,000km	Blue
	Increments of 1,000km to 22,000km	Orange
	25,000km, then increments of 5,000km to 80,000km and beyond	Yellow
Distance*‡—Bicycling Events only	1,000km, 2,500km, then increments of 2,500km to 10,000km, and then increments of 5,000km	Brown
Distance—Swimming, Boating	None	n/a

\* Distance in excess of the amount needed for an award gets credited toward the next award.

‡ Kilometers may be placed in either category distance record books; do not put kilometers in both types of books. Unless you do many IVV bicycling events, we recommend you use General distance books.