

Canadian Kilometer Achiever Program (CKAP)

| CKAP # | | 2014 Cycling Distance Log, In Kilometres Please | | | | | |
|--|---------------|--|---------------|---|---------------|---------------------------|---------------|
| Week Of | Totals | Week Of | Totals | Week Of | Totals | Week Of | Totals |
| Sunday January 05 = | | Sunday April 06 = | | Sunday July 06 = | | Sunday October 05 = | |
| Sunday January 12 = | | Sunday April 13 = | | Sunday July 13 = | | Sunday October 12 = | |
| Sunday January 19 = | | Sunday April 20 = | | Sunday July 20 = | | Sunday October 19 = | |
| Sunday January 26 = | | Sunday April 27 = | | Sunday July 27 = | | Sunday October 26 = | |
| | | | | | | | |
| Monthly Total | | Monthly Total | | Monthly Total | | Monthly Total | |
| Sunday February 02 = | | Sunday May 04 = | | Sunday August 03 = | | Sunday November 02 = | |
| Sunday February 09 = | | Sunday May 11 = | | Sunday August 10 = | | Sunday November 09 = | |
| Sunday February 16 = | | Sunday May 18 = | | Sunday August 17 = | | Sunday November 16 = | |
| Sunday February 23 = | | Sunday May 25 = | | Sunday August 24 = | | Sunday November 23 = | |
| | | | | Sunday August 31 = | | Sunday November 30 = | |
| Monthly Totals | | Monthly Totals | | Monthly Totals | | Monthly Totals | |
| Sunday March 02 = | | Sunday June 01 = | | Sunday September 07 = | | Sunday December 07 = | |
| Sunday March 09 = | | Sunday June 08 = | | Sunday September 14 = | | Sunday December 14 = | |
| Sunday March 16 = | | Sunday June 15 = | | Sunday September 21 = | | Sunday December 21 = | |
| Sunday March 23 = | | Sunday June 22 = | | Sunday September 28 = | | Wednesday Dec. 31 = | |
| Sunday March 30 = | | Sunday June 29 = | | | | | |
| Monthly Totals | | Monthly Totals | | Monthly Totals | | Monthly Totals | |
| Quarterly Totals | | Quarterly Totals | | Quarterly Totals | | Quarterly Totals | |
| | | Grand Total 2013 = | | Year 2014 = | | Grand Total 2014 = | |
| <p>If earned, please enclosed funds for your awards in the incentive part of CKAP - Certificate included for highest yearly award earned.</p> <p>CKAP is funded by your one time membership fee and payment of badges and medals in the Incentive part of CKAP The certificate is only free if you purchase the award you have earned // Would like a 25,000 - 50,000 or 75,000 km plaque @ \$40.00 ea. []</p> | | | | | | | |
| Name: | | | | Address: | | | |
| Town / City : | | Province / State : | | Postal Code / Zip: | | | |
| Country : | | Phone No: | | E-mail address : | | | |
| Bicycle & Handcycling Incentive Programs 25,000 Km () | | | | Special Needs Incentive Program 15,000 Km () | | | |
| <p>Choose to receive the CKAP annual report in PDF format from supplied web site () or black & white hardcopy by mail ()</p> <p>List of Cycling Club that you belong to for the Hewes Challenge Trophy:</p> <p>List the Canadian Provinces you cycled in and the % of your total km cycled in each Prov. If more than one on the back of this log.</p> <p>Information will only be used by the board of Directors of Tour du Canada to determine winner of the annual Tour du Canada Award</p> <p>Do you use a bicycle computer to record your km's - yes () No () If no please explain your method _____</p> <p>Please remit your completed log, with any fees payable to CKAP before January 31, year 2015, to ensure you meet CKAP deadline</p> <p>To: James D. Wilson CKAP Coordinator - 1249 St. Paul Avenue - Ottawa, ON - K1V 6V8</p> <p>Web page address: http://www.ckap.ca E-mail address: james.wilson@primus.ca</p> | | | | | | | |

| INFORMATION REQUIRED TO COMPETE FOR THE "TOUR DU CANADA AWARD" | | |
|---|-------------------------------|---------------------------------|
| List Provinces visited below | Date started & completed tour | percent of annual km 1 to 100 % |
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| | | |
| Cross Canada Cycling Trips | Dates not required | |
| Other than Canadian Cycling | Dates not required | |
| Home Province | Dates not required | |
| Total of all cycling | should equal | 100 percent |
| Rules: | | |
| <p>The Tour du Canada Award is sponsored by Tour du Canada. The award hopes to encourage members to visit and cycle in Provinces other than their home Province. For the purposes of the Tour du Canada award only. Cross Canada cycling trips alone, in groups, supported or non-supported and cycling outside Canada do not count.</p> | | |
| All information provided will be held in the strictest confidence by CKAP | | |
| CKAP and it's associates agree that it will not sell, rent, or otherwise disclose information provided in this log to any third party except that CKAP and it's associates may use the information to determine or present the awards as outlined in the program and to promote CKAP through their various publications. | | |
| CKAP will continue to stock short sleeve 15" zipper & long sleeve full zipper jerseys. | | |
| Please pay for incentive awards when earned as this will enable CKAP to purchase CKAP cycling cap and socks and future new clothing but it requires all members to pay for earned awards. | | |
| Due to the increased cost of medals and postage CKAP has no choice by to raise the price or go bust. | | |
| The raise in price for awards will start with the 2013 cycling log and season. | | |
| Badges with certificate will increase from \$8.00 to \$10.00 each including postage. | | |
| Medals with certificate will increase from \$18.00 to \$20.00 each including postage. | | |
| Plaques with certificate will increase from \$35.00 to \$40.00 each including postage. | | |
| All major awards will remain free which are, The Canadian male & female Olympic Goal, The International Olympic Goal, The Hewes Challenge, The 100,000 km Club and the Tour du Canada-CKAP awards. | | |
| Notes for the CKAP annual report "From the Peloton" keep short, your finest cycling moment Can be included in the body of the email If sending log by attachment to an email | | |
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