

Canadian Kilometer Achiever Program (CKAP)

CKAP #		2016 Cycling Distance Log, In Kilometres Please					
Week Of	Totals	Week Of	Totals	Week Of	Totals	Week Of	Totals
Sunday January 03 =		Sunday April 03 =		Sunday July 03 =		Sunday October 02 =	
Sunday January 10 =		Sunday April 10 =		Sunday July 10 =		Sunday October 09 =	
Sunday January 17 =		Sunday April 17 =		Sunday July 17 =		Sunday October 16 =	
Sunday January 24 =		Sunday April 24=		Sunday July 24 =		Sunday October 23 =	
Sunday January 31 =				Sunday July 31 =		Sunday October 30 =	
Monthly Total		Monthly Total		Monthly Total		Monthly Total	
Sunday February 07 =		Sunday May 01 =		Sunday August 07 =		Sunday November 06 =	
Sunday February 14 =		Sunday May 08 =		Sunday August 14 =		Sunday November 13 =	
Sunday February 21 =		Sunday May 15 =		Sunday August 21 =		Sunday November 20 =	
Sunday February 28 =		Sunday May 22 =		Sunday August 28 =		Sunday November 27 =	
		Sunday May 29 =					
Monthly Totals		Monthly Totals		Monthly Totals		Monthly Totals	
Sunday March 06 =		Sunday June 05 =		Sunday September 04 =		Sunday December 04 =	
Sunday March 13 =		Sunday June 12 =		Sunday September 11 =		Sunday December 11 =	
Sunday March 20 =		Sunday June 19 =		Sunday September 18 =		Sunday December 18 =	
Sunday March 27 =		Sunday June 26 =		Sunday September 25 =		Sunday December 25 =	
						Saturday December 31 =	
Monthly Totals		Monthly Totals		Monthly Totals		Monthly Totals	
Quarterly Totals		Quarterly Totals		Quarterly Totals		Quarterly Totals	
		Grand Total 2015 =		Year 2016 =		Grand Total 2016 =	
If earned, please enclosed funds for your awards in the incentive part of CKAP - Certificate included for highest yearly award earned.							
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. []							
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 ()			
Choose to receive the CKAP annual report in PDF format from supplied web site () or black & white hardcopy by mail ()							
List the Cycling Club that you belong to for the Hewes Challenge Trophy:							
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.							
Information will only be used by the board of Directors of Tour du Canada to determine winner of the annual Tour du Canada Award							
Do you use a bicycle computer to record your km's - yes () No () If no please explain your method _____							
Please remit your completed log, with any fees payable to CKAP before January 31, year 2017, to ensure you meet CKAP deadline							
To: James D. Wilson CKAP Coordinator - 1249 St. Paul Avenue - Ottawa, ON - K1V 6V8							
Web page address: http://www.ckap.ca E-mail address: james.wilson@primus.ca							

