

| CKAP #:                                  |        | 2016 Cycling Distance Log, In Kilometres Please |        |                           |        |                              |        |
|--|--------|---|--------|---------------------------|--------|------------------------------|--------|
| Weeks Ending                             | Totals | Weeks Ending                                    | Totals | Weeks Ending              | Totals | Weeks Ending                 | 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 =          |        |
| <b>Monthly Total =</b>                   |        | <b>Monthly Total =</b>                          |        | <b>Monthly Total =</b>    |        | <b>Monthly Total =</b>       |        |
| 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 =                                 |        |                           |        |                              |        |
| <b>Monthly Total =</b>                   |        | <b>Monthly Total =</b>                          |        | <b>Monthly Total =</b>    |        | <b>Monthly Total =</b>       |        |
| 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 =       |        |
| <b>Monthly Total =</b>                   |        | <b>Monthly Total =</b>                          |        | <b>Monthly Total =</b>    |        | <b>Monthly Total =</b>       |        |
| <b>Quarterly Totals =</b>                |        | <b>Quarterly Totals =</b>                       |        | <b>Quarterly Totals =</b> |        | <b>Quarterly Totals =</b>    |        |
| <b>Grand total Km at year end 2015 =</b> |        |   |        | <b>Total KM in 2016 =</b> |        | <b>Grand Total 2016 Km =</b> |        |

|   |                   |   |
|---|-------------------|---|
| <b>If earned, please enclose funds for your awards in the incentive part of CKAP - Certificate included for highest yearly award earned.</b>                      |                   |   |
| CKAP is funded by your one time membership fee and payments 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. <input type="checkbox"/> |                   |   |
| Name:   | Address:          |   |
| Town / City:  | Province / State: | Postal Code:  |
| Country:  | Phone #:          | E-mail:   |
| Bicycle & Handcycling Incentive Program's 25,000 Km <input type="checkbox"/> Special Needs Incentive Program 15,000 Km <input type="checkbox"/>                   |                   |   |
| Choose to receive the CKAP annual report in PDF format from supplied web site <input type="checkbox"/> or black & white hardcopy by mail <input type="checkbox"/> |                   |   |
| List the Cycling Club that you belong to in year 2016 for Hewes Challenge Trophy:   |                   |   |
| <b>List the Canadian Provinces you cycled in and the % of your total km cycled in each Prov. If more than one, list on the back of this log.</b>                  |                   |   |
| <b>Information will only be used by the board of directors - Tour du Canada to determine winner - annual Tour du Canada - CKAP Award</b>                          |                   |   |
| Do you use a bicycle computer to record your km's - yes <input type="checkbox"/> No <input type="checkbox"/> If no, please explain your method:                   |                   |   |
| <b>Please remit your completed log, with any fees payable to CKAP before January 31, 2016 to ensure you meet CKAP deadline.</b>                                   |                   |   |
| <b>To: James D. Wilson CKAP Coordinator - 1249 St. Paul Avenue - Ottawa, ON - K1V 6V8</b>   |                   |   |
| <b>Web page address: &lt;<a href="http://www.ckap.ca">http://www.ckap.ca</a>&gt;</b>  |                   | <b>E-mail address: <a href="mailto:james.wilson@primus.ca">james.wilson@primus.ca</a></b> |

