

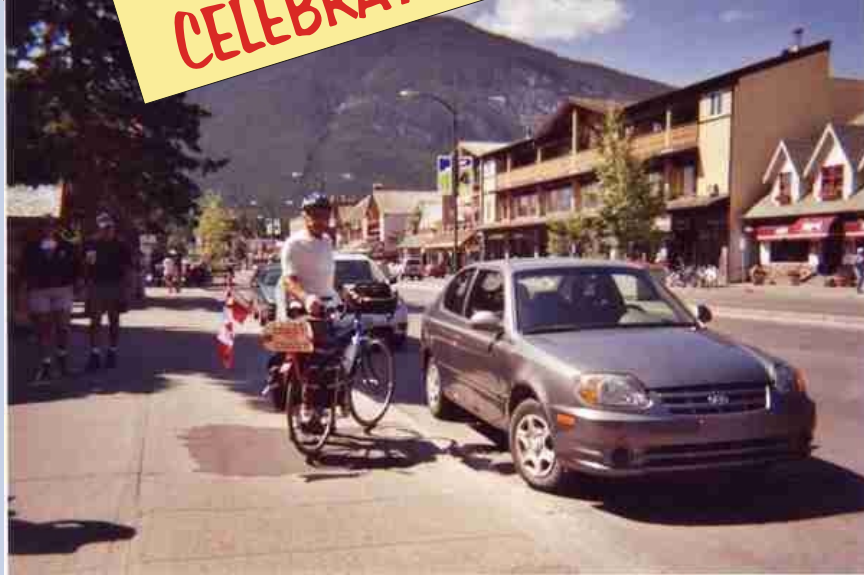
Canadian Kilometer Achiever Program (CKAP)



36th Annual Report - Year 2011



CELEBRATING ALBERT MARTZ (#941) 300,000 KMS



Cycle for Fitness and Health



www.ckap.ca

CKAP AGM will be on the 2nd May 2012 at that time the board will discuss the formula for the Hewes trophy with the idea of making it work better on getting bicycle club members to join CKAP and people cycling. New members to CKAP have been very low for the last 2 years and without new members and the awards they purchase CKAP will run out of funds and either cease to operate or will have to charge a small annual fee. I hope this does not happen and I would like place an order of CKAP jerseys to help advertize

Another matter to be discussed is the increase in cost for both awards and postage which can only result in an increase to members for the cost of their hard earned awards. One of the reasons for the increase of awards is the sudden death of Gaye Bullis of Earle Bullis Ltd. which has been doing all our awards and engraving for the last 17 years at a very low cost to CKAP. I for one will miss Gaye and his great work which he did for CKAP. I have found a replacement who said he will try and match Gaye prices but is still charging more.

CKAP is registered with ParticipACTION but it's too early to know if we can help each other and will update latter when more info is learned.

Celia has done a remarkable job as a webmaster by having a database installed to run the web page. This feature allows me to change member's information and add yearly km faster than the time it would take for me to send an email to Celia. The web pages "Members" and "Totals" defaults to listing members by highest km first, by clicking on CKAP # you can view members by their CKAP numbers. The Members page also defaults to the current year (2011) by changing the start year you can view any number of year's right back to 1975 when the first logs were sent, by adding your CKAP number under "CKAP #" or last name and clicking on CKAP # you will bring up your information and photo if you supplied one. You can now send in as many photos as you please and by clicking on the photo with your information on the Members page it will change to small thumbnail photos of all photos you sent and by clicking on one of the thumbnails it will become a large photo, continue clicking on the same photo and you will cycle through all your photos. Clicking on your CKAP number beside your photo will show you all the years total and average for each year you belonged to CKAP, to return back just click on your CKAP # on any given year. The Totals page shows all members by highest km and gives each member's overall average from their first log. By adding start year and finish year you can view the current year or any years you may choose to view. Celia plans to have all the information on the site data based a very technical and time consuming job, all this while she works full time and plays the flute and piccolo in the Divertimento Orchestra and the Ottawa Chamber Orchestra and learning to play the oboe which she loves. Thanks Celia, now that we have all that data collected your making my job much easier and I only have praise for your efforts on behalf of CKAP. This is still an ongoing process and should be done soon.

Lets all save a tree, please print page 2 of the cycling log only if your going to use it, on the back of the cycling log, it will save postage, and space in the CKAP filing cabinet as each member has their own hard copy file. Members who send their logs in as attachment to an email need not send a printed copy by mail as I will check then print it as soon as received. Members should include their comment for "From the Peloton" in the body of the email and I will print that email on the back of your log. Page 2 is only needed for members who are sending entries for the Tour du Canada - CKAP award or using pen and ink for their comments. Please include all information in the address part of the CKAP cycling log, even if there is no change. This will tell me that there is no change. Please include all cycling clubs that you belonged to in the relevant year to avoid getting an email or phone call from James. If your club membership status changed for the year please note this and if you do not belong to a cycling club add NIL. If you all take a few moment to complete your log and send it in on time you will be giving James extra weeks to cycle, Thanks!

In this day of high cost with everything costing more each year, James would like to point out that if you agree to receive your CKAP annual report by web page address in PDF printable format, sent to you by personal email you will be saving postage costs for CKAP. If you don't have internet mail is your only option. Internet users can view, print or burn a CD in colour, and if there's a typo that went undetected when proof reading the report, the mistake can be corrected after the web page report has been sent which is in PDF format. Members will be informed that it has been corrected. Only mistakes, if any, will be corrected as the report is a point in time and if you're late, you're late. James will update your files and the web page but the report will remain as sent. Late member may effect the placing of their club in the Hewes Club Challenge, but they will not loose their hard earned km.

A list of current CKAP inventory includes the following:

51 **CKAP T-shirts** heavy duty 100 % cotton in all sizes at \$10.00 ea, \$12.00 for XXL size, a real bargain plus \$3.00 for postage & handling .
 524 light reflective heavy-duty, all weather, peel and stick **CKAP decals** at \$3.00 ea
Short sleeve, heavy duty full zipper, 1 only size **L** open like windbreaker jacket \$75.00 ea.
Short sleeve 15 inch hidden zipper, Sizes; **S** = 1 - **M** = NIL - **L** = NIL - **XL** = 5 - **XXL** = 4 - **3XXL** = NIL \$80.00 ea.
Long sleeve heavy duty full length zipper, Sizes = **S** = NIL - **M** = 2 - **L** = 2- **XL** = 4 - **XXL** = NIL - **XXXL** =1 Cost = \$85.00 ea.

2011 Donations by CKAP Members to the CKAP General Fund - CKAP Board of Directors Thanks You

See page 18 for a listing of member's donations to fund "Sir" James third computer as CKAP coordinator - Thank much appreciated

Frank "Woody" Graham - 274	Bestulic Family - 985 1069 1070 1111	Cecil Bechamp - 1171
Jerry Ford - 321	Deborah O'Leary - 1067	Tim Rainey - 1194
Albert Martz - 941	Pauline Goldwin 1095 McKinley 1096	Sophie 1195 Peter 1196 Kathryn Young 1404
Lucy Perri - 968	Henry M. Berkenbos - 1133	Wolfgang 1224 Isabell Freudenberg 1225
Dorothy 737 David Earnshaw 738	Jim 1118 Jamie Smith 1228	Beth Hamon - 1322

Credit for the Front Page goes to CKAP Artistic Director Charles R. Hand - CKAP 774

LAURIE LESLIE

CANADIAN OLYMPIC GOAL TROPHY

YEAR	NAME	TOTAL Km	
1975	SHIRLEY SZILVASY	4,139 Km	Record
1976	SHIRLEY SZILVASY	9,505 Km	Record
1977	SHIRLEY SZILVASY	6,544 Km	
1978	MARY-ANN PODGORSKI	9,897 Km	Record
1979	JEAN ROSS	6,237 Km	
1980	LAURIE LESLIE	3,746 Km	
1981	DEBORAH ABRAMOVITCH	5,563 Km	
1982	PATRICIA KAMMERER	8,279 Km	
1983	LAURIE LESLIE	7,311 Km	
1984	JANET PETERSON	10,067 Km	Record
1985	DEBORAH NEWHOOK	12,031 Km	Record
1986	LAURIE LESLIE	8,336 Km	
1987	LAURIE LESLIE	8,302 Km	
1988	LAURIE LESLIE	8,591 Km	
1989	DOROTHY EARNSHAW	7,173 Km	
1990	MONIKA CURTIS	8,156 Km	
1991	MONIKA CURTIS	15,449 Km	Record
1992	BISA MITROVSKI	9,473 Km	
1993	SYLVIA WALKER	11,351 Km	
1994	SYLVIA WALKER	15,043 Km	
1995	SYLVIA WALKER	12,930 Km	
1996	VALERIE COPELAND	17,022 Km	Record
1997	VALERIE COPELAND	25,332 Km	Record
1998	VALERIE COPELAND	32,223 Km	Record
1999	VALERIE COPELAND	35,027 Km	All Time
2000	VALERIE COPELAND	24,634 Km	
2001	VALERIE COPELAND	30,162 Km	
2002	VALERIE COPELAND	31,419 Km	
2003	VALERIE COPELAND	20,977 Km	
2004	VALERIE COPELAND	22,046 Km	
2005	VALERIE COPELAND	16,030 Km	
2006	VALERIE COPELAND	8,910 Km	
2007	KAREN SMITH	9,276 Km	
2008	PAULINE MCKINLEY	10,458 Km	
2009	CELIA MCINNIS	15,024 Km	
2010	CELIA MCINNIS	22,060 Km	

Celia McInnis – CKAP 1159

Laurie Leslie Olympic Goal Winner

Year 2011 – 21,379Km

Ottawa, Ontario Canada



CKAP Bicycle – Handcycle Incentive Program Awards 1,000 to 25,000 km

1,000 km	Bronze Badge and Certificate = 8.00
2,500 km	Silver Badge and Certificate = 8.00
5,000 km	Gold Badge and Certificate = 8.00
10,000 km	Bronze Medal and Certificate = 18.00
15,000 km	Silver Medal and Certificate = 18.00
25,000 km	Gold Medal and Certificate = 18.00

CKAP has no annual fees and the incentive awards are part of the fee as a member of CKAP, all km are cumulative and award are only earned once on your way to 100,000 km

25,000 Km Plaque

A 25,000 km plaque is available at all levels, 25,000, 50,000, 75,000 etc. for those who wish to purchase one at \$35.00 ea. including certificate. 100,000 km plaques are free.

Laurie Leslie Canadian (W) Olympic Goal Trophy Les Humphreys Canadian (M) Olympic Goal Trophy

An Olympic Goal Trophy is engraved with the male and female Canadian cyclist with the highest annual CKAP kilometers for a calendar year. Winners of the above awards will be informed of their win and it is requested that they supply the CKAP Coordinator with a photo of themselves and their bike to be used on the award pages of the CKAP web site and annual report. When photos are received, then keeper's plaques and certificates will be mailed to the winners.

Woody Graham International Olympic Goal Trophy

The International Olympic Goal Trophy is engraved with the name of the cyclist with the highest annual CKAP km for a calendar year regardless of gender or country. Keeper plaques are presented in the same manner as the above Canadian ones.

Van Epps Handcycle International Olympic Goal Trophy

Handcyclist must choose if they wish to participate in the Bicycle or Special Needs Incentive Programs depending on their ability by indicating their choice on the CKAP registration form and annual cycling log. All Awards will show the actual km level reached in the program you have chosen.

Members of the handcycling program may switch from one incentive program to the other if their ability warrants the change by informing the CKAP coordinator by email or mail.

Trophies and plaques will be purchased when number of members show there is competition between handcyclists.

Bruce Timmermans 100,000 Km Club

A CKAP 100,000 Km Club plaque will be awarded to each CKAP member who has cycled 100,000 CKAP recorded km. A new plaque will be presented each time the same member cycles another 100,000 CKAP recorded km. Like the Olympic Goal Trophy winners, the CKAP 100,000 Km Club winners are requested to supply a photo of themselves and their bike, in order to have their plaque mailed to them.

Hewes Challenge Trophy

This award recognizes the collective participation of cycling. It is awarded to the cycling club, network or group that has the highest annual total of CKAP registered km. Cyclist with membership in more than one club, are included in each clubs total. Please remember to include this information on your yearly cycling log.

Formula to Win

Minimum of three members per group must participate, an average taken, then 2,000 km added to each cyclist up to six and 1,000 km added to each cyclist over six, up to twelve. Reason for this formula is to be fair to all groups, without the Olympic Goal winner, one person winning both awards. This award is intended to get more cycling clubs to encourage members to join CKAP.

Special Needs Incentive Program Open to all types of human powered bicycles, tricycles and wheelchairs

There is a wide range of human powered vehicles and various abilities of Special Needs cyclist. Because of this members of the Special Needs Program may choose to participate in either the 25,000 km Incentive Program as shown on the left, or the 15,000 km Incentive Program shown below. You must indicate your choice on your CKAP registration form and annual cycling log

All certificates and engraved medals will indicate the actual km level you reached in the program that you choose. You may switch from one incentive program to the other if your ability warrants it. This must be by written or email request to your CKAP coordinator and indicated on your annual cycling log.

New awards and programs will be added when membership totals warrant it.

Special Needs Incentive Program 250 to 15,000 km

250 km	Bronze Badge and Certificate = 8.00
1,000 km	Silver Badge and Certificate = 8.00
2,500 km	Gold Badge and Certificate = 8.00
5,000 km	Bronze Medal and Certificate = 18.00
10,000 km	Silver Medal and Certificate = 18.00
15,000 km	Gold Medal and Certificate = 18.00

Rules are few and easy to follow

1. All CKAP kilometers are cumulative, each year's km added to the previous years. You will only earn and pay for the awards in the incentive part of CKAP once. Badges cost \$8.00 and medals \$18.00 ea. A certificate comes with the highest award earned each year. The awards in the incentive part of CKAP must be purchased as earned when sending in your yearly cycling log, all major awards are free, with no annual fees. Please make all funds payable to CKAP and forward to your CKAP Coordinator.
2. All kilometers on the road and off (MTB) count. Including, races, board track, tours and cycling to the corner store.
3. No stationary indoor rollers, trainers or exercise bikes, indoors or outside count. Unless used to recover from serious injury or sickness at the CKAP coordinators discretion. After being discussed with CKAP board members.
4. Only amateur kilometers count, no bike couriers or other paid cycling jobs, please.
5. Only km from January of the year that you join CKAP count. The only exception will be when recovering from serious sickness or injury and cycling is part of your rehabilitation. The CKAP board will make a judgment and vote to allow km up to the beginning of your rehabilitation. Cycling records will be required. Members joining at age 50 or over, male or female will be allowed to count two extra years, if they provide a cycling log for those years. This is to facilitate their winning of the Bruce Timmermans 100,000 Km Club award.

Canadian Kilometer Achiever Program (CKAP)

James D. Wilson - CKAP Coordinator

1249 St. Paul Avenue

Ottawa, Ontario Canada K1V 6V8

E-mail address: james.wilson@primus.ca

CKAP Web site: <http://www.ckap.ca>

LES HUMPHREYS**CANADIAN OLYMPIC GOAL TROPHY**

YEAR	NAME	TOTAL Km	
1975	R. HOLDEN	5,877 Km	Record
1976	KEN ROSS	16,206 Km	Record
1977	ORLANDO GOVEIA	11,922 Km	
1978	ORLANDO GOVEIA	14,050 Km	
1979	ORLANDO GOVEIA	13,765 Km	
1980	HUGH HEWES	8,880 Km	
1981	EDWARD K. HALE	11,033 Km	
1982	JOE GMERER	16,336 Km	Record
1983	PHIL VAN ALSTYNE	28,110 Km	Record
1984	ALLAN JACKSON	15,014 Km	
1985	JOHN RYAN	17,640 Km	
1986	JOHN RYAN	17,626 Km	
1987	DAVE YOUNG	15,165 Km	
1988	TOM SYLVESTER	20,071 Km	
1989	TOM SYLVESTER	12,509 Km	
1990	TOM SYLVESTER	24,000 Km	
1991	TOM SYLVESTER	20,155 Km	
1992	STAN SKONIECZNY	25,180 Km	
1993	STAN SKONIECZNY	26,920 Km	
1994	STAN SKONIECZNY	27,020 Km	
1995	STAN SKONIECZNY	26,620 Km	
1996	ALBERT MARTZ	15,151 Km	
1997	STAN SKONIECZNY	24,350 Km	
1998	STAN SKONIECZNY	33,130 Km	Record
1999	STAN SKONIECZNY	25,490 Km	
2000	STAN SKONIECZNY	28,970 Km	
2001	STAN SKONIECZNY	28,860 Km	
2002	HENRY BERKENBOS	29,572 Km	
2003	HENRY BERKENBOS	27,031 Km	
2004	HENRY BERKENBOS	28,646 Km	
2005	KENNETH R. BONNER	31,162 Km	
2006	KENNETH R. BONNER	50,934 Km	All Time
2007	KENNETH R. BONNER	30,677 Km	
2008	HENRY BERKENBOS	30,812 Km	
2009	HENRY BERKENBOS	32,028 Km	
2010	KENNETH R. BONNER	33,407 Km	

HENRY BERKENBOS – CKAP 1133**WINNER****2011 – 30,490 KM****Richmond, British Columbia Canada**

HISTORY PAGE			
<p>CKAP is a fitness incentive program developed by Tom Parry, first recreational director of the Ontario Cycling Association (OCA), for cyclist who would like to improve their health and life-style through cycling. To date this program has encouraged over 1,300 cyclist, on a voluntary basis to log their daily kilometres throughout the year. Awards have been presented to participants for achieving CKAP totals from 1,000 to 25,000 km's in the incentive program, with a 100,000 Km Club for those who wish to cycle into the next dimension, There are now 56 CKAP 100,000 Km Club members since CKAP was formed in 1976. In the year 2001a new Handcycling and 2004 a Special Needs Program were introduced so that all cyclist could participate in The CKAP Program.</p> <p>The history of the program dates back to the excitement of the 1976 Montreal Olympics. Groups of cyclists from different points of Canada were cycling to Montreal. Tom Parry recognized, why not extend the challenge, and sense of participation by encouraging individual cyclist to log their cycling and metaphorically participate in the Olympic Goals. By the end of 2011 CKAP participants have cycled a distance greater than 24 million CKAP registered kilometers.</p>			
Year	No. of Participants Who Joined Each Year	CKAP Total of Participants By Year Joined	Running CKAP Total
Tom Parry, coordinator 352 registrations			
1975	9	932,527	932,527
1976	194	1,523,189	2,455,716
1977	43	848,300	3,304,016
1978	65	774,189	4,078,205
1979	24	401,225	4,479,430
1980	17	479,608	4,959,038
Hugh Hewes coordinator 419 registrations // CKAP total Tom Parry's members to date = 4,959,038			
1981	42	505,153	5,464,191
1982	102	954,918	6,419,109
1983	46	450,242	6,869,351
1984	74	595,326	7,464,677
1985	43	837,047	8,301,724
1986	32	326,158	8,627,882
1987	22	269,665	8,897,547
1988	29	459,928	9,357,475
1989	30	532,633	9,890,108
Tom Sylvester coordinator 91 registrations // CKAP total of Hugh's members to date = 4,931,070			
1990	20	580,102	10,470,210
1991	23	621,680	11,091,890
1992	12	554,882	11,646,772
1993	11	213,025	11,859,797
1994	26	763,735	12,623,532
James Wilson coordinator 445 registrations // CKAP total of Tom's members to date = 2,733,424			
1995	15	318,821	12,942,353
1996	11	643,759	13,586,112
1997	29	708,505	14,294,617
1998	40	1,027,203	15,321,820
1999	25	993,462	16,315,282
2000	19	612,450	16,927,732
2001	48	1,875,252	18,802,984
2002	41	1,552,984	20,355,968
2003	50	1,237,157	21,593,125
2004	40	894,587	22,487,712
2005	34	521,563	23,009,275
2006	25	449,751	23,459,026
2007	26	447,997	23,907,023
2008	20	299,673	24,206,696
2009	10	86,968	24,293,664
2010	7	29,026	24,322,690
2011	5	12,270	24,334,960
2011 Members Log = 214 - 1,104,527 Km // CKAP total of James's members to date:			11,711,428
Cyclists Total = 1,308 // Final Total of all CKAP members at the end of 2011 =			24,334,960

WOODY GRAHAM**INTERNATIONAL OLYMPIC GOAL TROPHY**

YEAR	NAME	TOTAL Km		
1975	WOODY GRAHAM	10,774 Km	USA	Record
1976	KEN ROSS	16,206 Km	Canada	Record
1977	ORLANDO GOVEIA	11,922 Km	Canada	
1978	KEITH SHEALY	14,996 Km	USA	
1979	KEITH SHEALY	17,708 Km	USA	Record
1980	WOODY GRAHAM	15,951 Km	USA	
1981	KEITH SHEALY	15,362 Km	USA	
1982	WOODY GRAHAM	20,482 Km	USA	Record
1983	PHIL VAN ALSTYNE	28,110 Km	Canada	Record
1984	KEITH SHEALY	21,939 Km	USA	
1985	KEITH SHEALY	19,719 Km	USA	
1986	KEITH SHEALY	20,010 Km	USA	
1987	WOODY GRAHAM	21,125 Km	USA	
1988	TOM SYLVESTER	20,271 Km	Canada	
1989	WOODY GRAHAM	18,893 Km	USA	
1990	WOODY GRAHAM	24,284 Km	USA	
1991	WOODY GRAHAM	22,832 Km	USA	
1992	STAN SKONIECZNY	25,180 Km	Canada	
1993	STAN SKONIECZNY	26,920 Km	Canada	
1994	STAN SKONIECZNY	27,020 Km	Canada	
1995	WOODY GRAHAM	27,266 Km	USA	
1996	WOODY GRAHAM	23,441 Km	USA	
1997	VALERIE COPELAND	25,332 Km	Canada	
1998	STAN SKONIECZNY	33,130 Km	Canada	Record
1999	VALERIE COPELAND	35,027 Km	Canada	Record
2000	WOODY GRAHAM	34,878 Km	USA	
2001	LARRY SCHWARTZ	35,113 Km	USA	Record
2002	LARRY. SCHWARTZ	42,020 Km	USA	Record
2003	WOODY GRAHAM	27,535 Km	USA	
2004	WOODY GRAHAM	28,658 Km	USA	
2005	KENNETH R. BONNER	31,162 Km	Canada	
2006	KENNETH R. BONNER	50,934 Km	Canada	All Time
2007	KENNETH R. BONNER	30,677 Km	Canada	
2008	HENRY BERKENBOS	30,812 Km	Canada	
2009	LEONARD W. WRIGHT	34,192 Km	USA	
2010	KENNETH R. BONNER	33,407 Km	Canada	

HENRY BERKENBOS – CKAP 1133**International Olympic Goal Trophy****2011 Winner – 30,490 Km****Richmond, British Columbia Canada**

Bruce Timmermans -100,000 Km Club Members

1	2010	Frank A. “Woody” Graham III	800,000 Km
1	2006	Frank A. “Woody” Graham III	700,000 Km
1	2003	Frank A. “Woody” Graham III	600,000 Km
1	2000	Frank A. “Woody” Graham III	500,000 Km
2	2010	Stanislaw Skonieczny	500,000 Km
1	1996	Frank A. “Woody” Graham III	400,000 Km
2	2003	Keith W. Shealy	400,000 Km
3	2005	Dr. Stanislaw Skonieczny	400,000 Km
1	1992	Frank A. “Woody” Graham III	300,000 Km
2	1995	Keith W. Shealy	300,000 Km
3	2001	Dr. Stanislaw Skonieczny	300,000 Km
4	2007	Valerie Copeland	300,000 Km
5	2009	Les Humphreys	300,000 Km
6	2011	Albert Martz	300,000 Km
7	2011	Henry Berkenbos	300,000 Km
1	1988	Frank A. “Woody” Graham III	200,000 Km
2	1988	Keith W. Shealy	200,000 Km
3	1998	Les Humphreys	200,000 Km
4	1998	Orlando C. Goveia	200,000 Km
5	1998	Dr. Stanislaw Skonieczny	200,000 Km
6	2001	Valerie Copeland	200,000 Km
7	2003	Murray Dean	200,000 Km
8	2004	Dr. Tony J.A.S. Marriott	200,000 Km
9	2006	Mark Beaver	200,000 Km
10	2006	Albert Martz	200,000 Km
11	2007	David Earnshaw	200,000 Km
12	2007	Henry Berkenbos	200,000 Km
13	2009	John Bos	200,000 Km
14	2009	Ken Bonner	200,000 Km
15	2010	Fernando Goncalves	200,000 Km
16	2011	Paul Davison	200,000 Km

Albert Martz

CKAP Number 941

Winner

Canadian Olympic Goal 1996
 100,000 Km Club Plaque 1999
 200,000 Km Club Plaque 2006
 300,000 Km Club Plaque 2011



******* Bruce Timmermans 100,000 Km Club Members *******

1982	1	Frank A. "Woody" Graham	100,000 Km
1983	2	Les Humphreys	100,000 Km
1983	3	Keith W. Shealy	100,000 Km
1986	4	Orlando C. Goveia	100,000 Km
1990	5	Bruce Timmermans	100,000 Km
1990	6	Gary Conrod	100,000 Km
1990	7	Dr. Tony J.A. S. Marriott	100,000 Km
1991	8	Tom Sylvester	100,000 Km
1992	9	Murray Dean	100,000 Km
1993	10	Mark Beaver	100,000 Km
1994	11	Paul Davison	100,000 Km
1994	12	Dr. Stanislaw Skonieczny	100,000 Km
1976	13	Hugh "Bill" Hewes	100,000 Km
1995	14	Graham Stewart	100,000 Km
1995	15	Laurie Leslie	100,000 Km
1996	16	David Earnshaw	100,000 Km
1996	17	Dave Young	100,000 Km
1997	18	Fernando Goncalves	100,000 Km
1998	19	Jerry Ford	100,000 Km
1998	20	Patsy Shealy	100,000 Km
1998	21	Valerie Copeland	100,000 Km
1999	22	Charles R. Hand	100,000 Km
1999	23	Albert Martz	100,000 Km
2001	24	Ron Newhook	100,000 Km
2001	25	Brian McGrath	100,000 Km
2001	26	Sylvia Walker	100,000 Km
2001	27	James B. Smith	100,000 Km
2001	28	Larry Schwartz	100,000 Km
2002	29	John Bos	100,000 Km
2003	30	Dorothy Earnshaw	100,000 Km
2004	31	Douglas Yardley	100,000 Km
2004	32	Ross Kingdon	100,000 Km
2004	33	William Feere	100,000 Km
2004	34	Henry Berkenbos	100,000 Km
2005	35	Kent Peterson	100,000 Km
2005	36	Philip Burgess	100,000 Km
2006	37	Keith McEwen	100,000 Km
2006	38	Jocelyn "Jess" Raymond	100,000 Km
2006	39	Kenneth R. Bonner	100,000 Km
2006	40	Jack Duchesne	100,000 Km
2007	41	John Victor	100,000 Km
2007	42	Gerald D. Irvine	100,000 Km
2008	43	Andre Marier	100,000 Km
2008	44	Irwin Nayer	100,000 Km
2008	45	Celia McInnis	100,000 Km
2009	46	John Helm	100,000 Km
2009	47	Ken Schykulski	100,000 Km
2009	48	Manfred Kuchenmuller	100,000 Km
2009	49	Jim Fidler	100,000 Km
2010	50	James D. Wilson	100,000 Km
2010	51	Harold J. Bridge	100,000 Km
2010	52	Stephen Penner	100,000 Km
2010	53	Craig Premack	100,000 Km
2011	54	Gaston Carbonneau	100,000 Km
2011	55	Larry Voth	100,000 Km
2011	56	Ronald Amero	100,000 Km



Canadian Female Olympic Goal



Canadian Male Olympic Goal



International Olympic Goal



Hewes Challenge Trophy

Less than the required three C-KAP Members					Totals							Totals	
Randonneurs USA	1255	25,426	1379	11,199	36,625	18	UKHandcycleAssociation	1167	4,260	4,260	51		
D'Ornellas Racing Team	1228	7,974	922	20,140	28,114	19	Edmonton Masters C. C.	1377	4,217	4,217	52		
Highlands Pedalers	1373	27,443			27,443	20	Edmonton Juventus C. C.	1377	4,217	4,217	53		
Carolina Cyclers	274	21,157	1298	573	21,730	21	Durham Mountain Bike A.	1389	3,940	3,940	54		
Cyclefit Chicks	1159	21,379			21,379	22	Hamilton Cycling Club	973	3,724	3,724	55		
Citizens for Safe Cycling	1159	21,379			21,379	23	Ontario Masters Cycling Ass.	973	3,724	3,724	56		
Cross Canada C T Society	1370	6,273	1303	14,766	21,039	24	Oregon Randonneurs	1322	3,669	3,669	57		
Seattle Randonneurs	1355	8,025	1356	12,395	20,420	25	Team Escape Velocity	1352	3,383	3,383	58		
Kansas City Ultra Cycling	1375	18,557			18,557	26	Experience Cycling Club BC	1360	3,199	3,199	59		
Vancouver Velo Vets	1303	14,766			14,766	27	Fredericton Freewheelers	1162	3,013	3,013	60		
Davis Bicycle Club	1320	12,882			12,882	28	Cascade Bicycle Club USA	1239	2,396	2,396	61		
Nova Scotia Ramblers	1251	8,494	1398	4,048	12,542	29	Beaches Cycling Club	981	1,737	1,737	62		
Durham Cycling Club	1271	5,157	1305	6,262	11,419	30	Kawartha Cycling Club	1298	1,317	1,317	63		
NorthCarolina BicycleClub	1379	11,199			11,199	31	RV Pfeil Tubingen	1082	1,214	1,214	64		
Randonneurs Nova Scotia	428	10,700			10,700	32							
Centennial Cycling Club	1398	4,048	345	6,531	10,579	33							
Paul Bunyan Cycling Club	1062	7,765			7,765	34							
Randonneurs Ontario	1402	3,211	1172	3,995	7,206	35							
Adventure Cycling Ass.	1370	6,273			6,273	36							
Bicycling Adventure Club	1370	6,273			6,273	37							
The Hope Bicycle Club	1401	6,183			6,183	38							
Blizzard Cycling Club	1290	5,905			5,905	39							
BrockvilleCycling Club	1086	5,700			5,700	40							
Brockville Cyclepaths	1086	5,700			5,700	41							
Bloomfield Cycling Club	1271	5,157			5,157	42							
Fox Cities Cycling Club	1029	4,959	1254	190	5,149	43							
Bayshore BC Green Bay	1029	4,959	1254	190	5,149	44							
Coastal Cruisers (Florida)	1245	5,086			5,086	45							
Kenosha Racing Bike Club	1029	4,959			4,959	46							
Hub City Wheelers	1015	3,851	1242	902	4,753	47							
St.CatharinesCycling Club	1066	4,505			4,505	48							
Outing Club of East York	968	2,300	1181	2,044	4,344	49							
Can Corp Cyclist Battalion	1177	4,323			4,323	50							
Club Winners of the Hewes Challenge Trophy													
				1990	Ontario Masters Cycling Association - Canada					56,645 km			
				1991	Velo Kingston Cycling Club - Canada					71,632 km			
				1992	Ontario Master Cycling Association - Canada					75,283 km			
				1993	Scarborough Cycling Club - Canada					55,820 km			
				1994	Scarborough Cycling Club - Canada					55,921 km			
				1995	Ottawa Bicycle Club - Canada					33,025 km			
				1996	Ontario Masters Cycling Association - Canada					27,470 km			
				1997	Ottawa Bicycle Club - Canada					58,391 km			
				1998	Niagara Freewheelers Bicycle Touring Club - Canada					88,662 km			
				1999	Niagara Freewheelers Bicycle Touring Club - Canada					79,901 km			
				2000	Carolina Cyclers Bicycle Club - USA					49,436 km			
				2000	Ottawa Bicycle Club - Canada					61,564 km			
				2001	Ottawa Bicycle Club - Canada					80,456 km			
				2002	Ottawa Bicycle Club - Canada					99,764 km			
				2003	Niagara Freewheelers Bicycle Touring Club - Canada					111,270 km			
				2004	British Columbia Randonneurs - Canada					158,474 km			
				2005	British Columbia Randonneurs - Canada					182,092 km			
				2006	British Columbia Randonneurs - Canada					241,886 km			
				2007	British Columbia Randonneurs - Canada					262,751 km			
				2008	British Columbia Randonneurs - Canada					239,520 km			
				2009	British Columbia Randonneurs - Canada					227,762 km			
				2010	British Columbia Randonneurs - Canada					258,148 km			
				2011	British Columbia Randonneurs - Canada					203,558 km			

Canadian Kilometer Achiever Program (CKAP)

36th Edition of the CKAP Annual Report – Year 2011 Current Members

Year	Name Member	CKAP No.	Town – City Prov. – State	Grand Total 2010	Year 2011	Grand Total 2011	Award's 2011
1978	Les Humphreys	158	Almonte, ON	309,790	9,240	319,030	
1976	Orlando C. Goveia	183	Chatham, ON	276,630	8,514	285,144	
1976	Gary Conrod	232	Dartmouth, NS	164,391	2,061	166,452	
1975	Frank A. “Woody” Graham	274	Columbia, SC	806,238	21,157	827,395	
1977	Jerry Ford	321	Burlington, ON	129,532	1,480	131,012	
1991	“Sir” James Wilson	341	Ottawa, ON	101,783	1,282	103,065	
1976	Paul Davison	345	Wolfville, NS	194,472	6,531	201,003	200,000 Km Club
1978	Ken Schakowsky	381	Winnipeg, MB	104,585	2,452	107,037	
1978	Dr. Tony Marriott	409	Millgrove, ON	228,287	4,179	232,466	
1979	Mark Beaver	428	Halifax, NS	247,420	10,700	258,120	
1980	Graham Stewart	439	Thunder Bay, ON	173,552	3,314	176,866	
1980	Laurie Leslie	440	Thunder Bay, ON	174,257	3,034	177,291	
1997	Douglas Yardley	462	Toronto, ON	161,898	10,022	171,920	
1981	Ron Newhook	488	Ottawa, ON	146,564	4,725	151,289	
1985	Fernando Goncalves	514	Scarborough, ON	207,276	8,021	215,297	
1984	Janet Pryer	649	Victoria, BC	17,544	194	17,738	
1983	James B. Smith	708	Halifax, NS	115,208	478	115,686	
1984	Bruce Meyers	716	Waterdown, ON	44,719	1,343	46,062	
1999	Manfred Kuchenmuller	730	Richmond, BC	114,868	10,910	125,778	
1985	Dorothy Earnshaw	737	Sarnia, ON	144,199	2,672	146,871	
1985	David Earnshaw	738	Sarnia, ON	222,230	5,736	227,966	
1986	Charles R “Charlie” Hand	774	St. Catharines, ON	174,289	1,605	175,894	175,000 Km Plaque
1988	Judith Ducommun	834	Belleville, ON	82,372	10,256	92,628	
1988	Larry Ducommun	835	Belleville, ON	83,194	4,354	87,548	
1990	Keith McEwen	878	Cookstown, ON	109,816	89	109,905	
1990	Isabelle Sheardown	879	Cookstown, ON	92,063	0	92,063	
1990	Ross Kingdon	883	Grand Valley, ON	137,271	6,245	143,516	
1990	David Featherstone	885	St. Catharines, ON	33,604	838	34,442	
1992	Sylvia Walker	920	Peterborough, ON	176,577	7,267	183,844	
1989	Dr. Stan Skonieczny	922	Toronto, ON	504,590	20,140	524,730	
1997	Edwin Greenfield	924	Richmond Hill, ON	25,478	1,543	27,021	
1992	Bill Lucas	928	Brampton, ON	6,781	156	6,937	
1992	Elfi Lucas	929	Brampton ON	4,214	123	4,337	
1994	John Bos	940	Ottawa, ON	224,621	17,160	241,781	
1991	Albert Martz	941	St Catharines, ON	293,438	15,770	309,208	300,000 Km Club
1994	Garry Buhler	961	Casselton, ON	19,070			
1994	Lucy Perri	968	Scarborough, ON	50,669	2,300	52,969	
1994	Jocelyn “Jess” Raymond	970	Ottawa, ON	139,354	11,419	150,773	
1994	Winston Stairs	971	Oshawa, ON	27,524	292	27,816	
1995	Phil Renaud	973	Brantford, ON	46,321	3,724	50,045	50,000 Km Plaque
1995	Bill Murray	974	Toronto, ON	60,040	5,283	65,323	
1995	James Smith	979	Ward Island, ON	66,191	3,972	70,163	
1993	Mark Kremblewski	981	Toronto, ON	87,519	1,737	89,256	
1996	Rene Arnolis	982	Hamilton, ON	39,568	1,251	40,819	
2002	Matthew Bestulic	985	Hamilton, ON	7,416	418	7,834	
1996	Phil Burgess	988	Dundas, ON	160,488	10,022	170,510	
1996	Andre Marier	989	Ottawa, ON	122,313	8,925	131,238	
1996	William “Wild Bill” Feere	990	Tillsonburg, ON	131,342	330	131,672	
1997	Irwin Nayer	1006	Mississauga, ON	132,377	10,043	142,420	

1997	Mel Slochowski	1009	Thornhill, ON	7,902	611	8,513	
1997	Steven Strahn	1010	Stratford, ON	32,003	1,550	33,553	
1994	Mariette Carbonneau	1013	Shawinigan, QC	83,642	10,083	93,725	
1995	Gaston Carbonneau	1014	Shawinigan, QC	95,857	10,065	105,922	100,000 Km Club
1997	Gerard Moss	1015	Dartmouth, NS	59,156	3,851	63,007	
1998	John Twemlow	1019	Ottawa, ON	47,162	4,990	52,152	50,000 Km Plaque
1998	Bill Groves	1026	Vineland, ON	15,878	906	16,784	
1998	John Victor	1029	Appleton, WI	123,285	4,959	128,244	
1998	Carl Freeland	1031	Woodstock, ON	86,273	5926	92,199	
1998	Robert L. Kay	1042	Kingston, ON	60,722	6,987	67,709	
1998	Bernie Kay	1045	Kingston, ON	26,726			
1994	John Helm	1051	St. Catharines, ON	109,958	4,676	114,634	
1999	Paul P. Kajmowicz	1062	Thunder Bay, ON	81,596	7,765	89,361	
1999	William J. Southcott	1064	North York, ON	28,940	899	29,839	
1999	Rob Zych	1066	Hamilton, ON	57,822	4,505	62,327	
1999	Deborah T. O'Leary	1067	Lower Sackville, NS	17,507	629	18,136	
2000	Veronica Bestulic	1069	Hamilton, ON	1,323	154	1,477	
1999	Silvio Bestulic	1070	Hamilton, ON	86,462	6,089	92,551	
1999	Kelly Buck	1072	Hamilton, ON	1,159	74	1,233	
1999	Marcus Buck	1073	Hamilton, ON	2,399	0	2,399	
1999	John Siemens	1075	Niagara Falls, ON	62,280	5,011	67,291	
1999	Irene M Arnolis	1077	Hamilton, ON	26,416	1,084	27,500	
2000	Stephen Tosh	1079	Almonte, ON	28,168			
2000	Michael Poplawski	1082	Victoria, BC	76,991	1,214	78,205	
2000	Ernest Ruppenthal	1085	Ottawa, ON	32,893	3,140	36,033	
2000	Alan Medcalf	1086	Brockville, ON	73,683	5,700	79,383	
1998	Elfriede Ronson	1088	Perth, ON	26,238	221	26,459	
2000	Timothy J. Cobey	1089	Sumter, SC	47,828			
2000	Frances Sheasgreen	1090	Ft. Saskatchewan, AB	44,073	4,734	48,807	
2000	Ken Elliott	1092	St. Catharines, ON	19,050	917	19,967	
2000	Paul Cadieux	1093	Ajax, ON	36,425	666	37,091	
2000	Pauline McKinley	1095	Dundas, ON	83,882	9,107	92,989	
2000	Goldwin McKinley	1096	Dundas, ON	62,876	4,447	67,323	
2001	Haynesworth Van Epps	1098	Spartanburg, SC	13,412	373	13,785	
2000	Gerald D. Irvine	1099	St. Catharines, ON	136,465	8,182	144,647	
2001	Fabio Zorzes	1108	Thunder Bay, ON	38,051	1,871	39,922	
2001	Scott Smithson	1110	Almonte, ON	42,813			
2001	Sergio Bestulic	1111	Hamilton, ON	2,621	102	2,723	
2001	John J. Barnhardt	1113	Ottawa, ON	42,249	2,320	44,569	
1999	Brent Anderson	1115	Airdrie, AB	26,228	2,504	28,732	
2001	Harold Lilly	1116	Burlington, ON	13,208	722	13,930	
2001	Jim Smith	1118	Gaston, SC	13,194	0	13,194	
2001	Larry Voth	1119	Langley, BC	99,283	9,638	108,919	100,000 Km Club
2001	Ed Dixon	1120	Victoria, BC	70,545	10,030	80,575	
2001	Kent Peterson	1124	Issaquah, WA	171,600			
2001	Stephen Penner	1127	Hamilton, ON	108,045	10,291	118,336	
2001	David McCaw	1128	Ottawa, ON	84,531			
2002	Wayne Harrington	1132	Vernon, BC	35,385	251	35,636	
2001	Henry Berkenbos	1133	Richmond, BC	295,223	30,490	325,713	300,000 Km Club
2001	Paul Buttitor	1134	Cavan, ON	66,391	7,205	73,596	
1999	Bill Wood	1137	Hanwell, NB	65,536	4,808	70,344	
1996	Dawn Gillingham	1141	Kamloops, BC	71,127			
2001	Norma Moores	1142	Hamilton, ON	10,096	1,841	11,937	
2001	Shannon V. Buck	1143	Hamilton, ON	775	207	982	
2002	Ted Chamut	1144	Thunder Bay, ON	26,320	2,671	28,991	

2002	Freda Thomson	1148	Waterloo, ON	24,501				
2002	Dennis W. Arpin	1156	Grand Falls, NB	42,791	5,271	48,062		
2002	Celia McInnis	1159	Ottawa, ON	137,412	21,379	158,791		
2002	David Jolkowski	1160	Kitchener, ON	81,937				
2002	Lily I.M. Fraser	1162	Fredericton, NB	47,336	3,013	50,349	50,000 certificate	
2002	Mike Thomas	1167	Edinburgh, Scotland	26,241	4,260	30,501		
2002	Eugene Vandal	1168	Thunder Bay, ON	60,250	7,644	67,894		
2001	Tess Cyrus	1169	Dartmouth, NS	2,513	15	2,528		
2003	Cecil Bechamp	1171	Brampton, ON	30,073	3,594	33,667		
2003	Phillip Piltch	1172	Scarborough, ON	54,127	3,995	58,122		
2003	Jim Hall	1177	Guelph, ON	25,030	4,323	29,353		
2003	William Knowles	1181	Toronto, ON	23,544	2,044	25,588	Gold Medal	
2003	Frank Barnsley	1182	St. Catharines, ON	27,298				
2001	Sheila Ascroft	1184	Ottawa, ON	32,467	1,768	34,235		
2001	Lorne Gutz	1185	Ottawa, ON	48,670	2,679	51,349	50,000 certificate	
2002	Tim Rainey	1194	Bracebridge, ON	31,835	4,515	36,350		
2002	Sophie T. Young	1195	Thunder Bay, ON	30,277	6,492	36,769		
2002	Peter Young	1196	Thunder Bay, ON	31,734	5,518	37,252		
2003	Cameron Stephen	1197	Saskatoon, SK	2,265				
2001	Lois MacDougall	1198	Fredericton, NB	32,581	3,098	35,679		
2003	John Pritchard	1199	Carp, ON	17,131	560	17,691		
2003	Dr. Michael Yachnin	1201	Ottawa, ON	29,403	4,521	33,924		
2001	Ken Frey	1203	Rockwood, ON	34,095	2,355	36,450		
2001	David L. Jordan	1205	Fonthill, ON	42,998				
2003	Paul Dicks	1206	Toronto, ON	70,287	4,737	75,024		
2003	Dorma Grant	1208	Fredericton, NB	12,080	1,706	13,786		
2001	Harold James Bridge	1209	Port Coquitlam, BC	100,667				
2003	Bernie Danylyshen	1211	Coronation, AB	12,429				
2001	Ronald Amero	1214	Ottawa, ON	90,467	9,670	100,137	100,000 Km Club	
2003	Craig Premack	1215	Burnaby, BC	103,158	13,113	116,271		
2003	Elizabeth Barber	1216	Beamsville, ON	36,892	4,507	41,399		
2004	Janet Besler	1217	Victoria, BC	28,385	4,537	32,922		
2003	Matthew Bergin	1219	Hamilton, ON	8,933				
2002	Isabell Freudenburg	1224	Brighton, ON	67,260	4,757	72,017		
2002	Wolfgang Freudenberg	1225	Brighton, ON	59,523	3,356	63,464		
2004	Sam Bootsma	1226	Toronto, ON	63,237	9,386	72,623		
2004	Dr. Patricia Crosscombe	1227	Ottawa, ON	21,971	1,815	23,786		
2004	David Kwan	1228	Thornhill, ON	47,806	7,974	55,780	50,000 Km Plaque	
2003	Louise McLaren	1229	Ottawa, ON	62,655	7,498	70,153		
2004	Victor Reinberg	1230	Brampton, ON	8,918	1,339	10,257	Bronze Medal	
2002	Phil Merikle	1231	Waterloo, ON	33,648				
2004	Dan Devlin	1232	Victoria, BC	43,568	9,434	53,002	50,000 certificate	
2002	Peter J. Bound	1237	Thunder Bay, ON	51,015	3,873	54,888		
2004	Jeffrey Crivellaro	1238	Toronto, ON	35,551	4,327	39,878		
2004	Ivan Andrews	1239	White Rock	30,624	2,396	33,020		
2004	Ewan Burke	1240	Enniskillen, ON	39,387	5,235	44,622		
2003	Catherine Vardy	1242	Dartmouth, NS	18,891	902	19,793		
2004	Ron Baker	1243	Guelph, ON	19,623	1,499	21,122		
2003	Fletcher Thomson	1245	Ottawa, ON	47,764	5,086	52,850	50,000 certificate	
2004	David A. McAuslan	1248	Carleton Place, ON	68,232	10,980	79,212		
2002	Gary Baker	1249	Cultus Lake, BC	83,835	10,440	94,275		
2004	Michael L. Rasmussen	1250	Portland, OR	28,165	0	28,165		
2002	Bob White	1251	Dartmouth, NS	82,235	8,494	90,729		
2001	George I. Fralic	1252	Brooklyn, NS	43,420	4,926	48,346		
2002	Debra Victor	1254	Appleton, WI	11,984	190	12,174		

2002	Kenneth R. Bonner	1255	Victoria, BC	258,353	25,426	283,779	
2002	Neil Honkanen	1259	Victoria, BC	43,459	3,159	46,618	
2002	Jordan Kremblewski	1260	Toronto, ON	18,918			
2004	Marian Bergin	1261	Hamilton, ON	2,442			
2005	Jean F. Richard-Carter	1265	Calgary, AB	16,774	3,342	20,116	
2005	Ron Matsushita	1268	St. Catharines, ON	16,029	1,806	17,835	
2005	Jack Sharkey	1269	Burnaby, BC	42,670			
2005	Tony Jinkinson	1270	Toronto, ON	5,793			
2003	Edith Williams	1271	Markham, ON	53,996	5,157	59,153	
2003	Cary Steinman	1274	Toronto, ON	25,134	2,111	27,245	
2003	John A Telfer	1278	Waterloo, ON	57,541	0	57,541	
2003	Wendy Humphrey	1281	Thunder Bay, ON	52,876	6,787	59,663	
2006	Wally Skinner	1283	Pasadena, NL	669			
2005	Curtis McCoy	1284	Guelph, ON	7,431	477	7,908	
2005	Alison Van Alten	1285	Carlisle, ON	5,581	0	5,581	
2003	Jim Fidler	1286	Victoria, BC	124,577	8,110	132,687	
2003	Victor C. Pearson	1289	Parksville, BC	21,776	2,852	24,628	
2003	E. W. (Wim) Kok	1290	Fort St. John, BC	43,613	5,905	49,518	
2003	Barry Thompson	1291	Upper Kingsclear, NB	21,956	1,178	23,134	
2005	Bret Waghorne	1292	Toronto, ON	54,852			
2003	Brian Devan	1296	Lindsay, ON	27,426	1,317	28,743	
2003	Raymond Parker	1297	Victoria, BC	37,825			
2005	Jamie L. Smith	1298	Gaston, SC	1,814	573	2,387	
2003	Erkan Sarioglu	1299	Oakville, ON	17,565	11,032	28,597	Gold Medal
2006	Karen Smith	1301	Chilliwack, BC	31,394	5,669	37,063	
2004	Norm Raffaele	1302	Grimsby, ON	19,556	5,151	24,707	
2004	Dr. David A. Gillanders	1303	Vancouver, BC	77,705	14,766	92,471	
2005	Gerd Neumann	1304	Hamilton, ON	12,473	711	13,184	
2004	Frederick V. Loftin	1305	Toronto, ON	59,947	6,262	66,209	
2004	Dr. Michael Holliday	1309	Ottawa, ON	21,842			
2006	Florence G. Bradley	1312	Birmingham, AL	12,415			
2006	Denis Foster	1313	Simcoe, ON	1,212	118	1,330	
2004	Thomas Nelson	1314	Niagara Falls, ON	18,018			
2004	Gerald Garay	1315	Hamilton, ON	10,013	1,767	11,780	
2005	Wayne Harris	1317	Perth, ON	8,605	1,866	10,471	Bronze Medal
2004	Ken Knutson	1320	Tracy, CA U.S.A.	72,848	12,882	85,730	
2005	Ruth Baird	1321	Fredericton, NB	12,426	3,212	15,638	Silver Medal
2005	Beth Anne Hamon	1322	Portland OR	22,287	3,669	25,956	Gold Medal
2007	Martin Goslar	1324	Phoenix, AZ USA	17,407	2,194	19,601	
2007	Sharon Garay	1326	Hamilton, ON	267	82	349	
2005	Graham Fishlock	1327	Ladysmith, BC	74,895	15,051	89,946	75,000 Km Plaque
2007	Ruth Pantry	1332	Thunder Bay, ON	1,900			
2007	Sandra Greer	1333	Leduc, AB	6,745	938	7,683	
2007	Murray Greer	1334	Leduc, AB	6,962	1,215	8,177	
2007	Bob Goodison	1336	Sorrento, BC	35,203	8,866	44,069	
2007	Tyler McNabb	1337	Surrey, BC	12,794			
2005	Robert Frankham	1338	Victoria BC	28,914	3,759	32,673	
2005	Chester Wormald	1339	St. Catharines, ON	40,854	2,200	43,054	
2006	Larry Hager	1345	Calmar, AB	10,483			
2007	Daphne Mary Armstrong	1346	St. Catharines, ON	27,702	6,898	34,600	
2006	Anne-Marie Carter McAuslan	1348	Carleton Place, ON	11,959	6,037	17,996	
2005	Bob V. Culp	1350	St. Helena Island, SC	43,749	6,549	50,298	50,000 Km Certificate
2007	Melanie Kempers	1351	Guelph, ON	1,004	30	1,034	
2007	Alexander Pope	1352	Maple Ridge, BC	47,708	3,383	51,091	50,000 Km Plaque
2007	Brian Gilchrist	1354	Winnipeg, MB	6,972			

2006	Ali Holt	1355	Delta, BC	32,535	8,025	40,560	
2006	Roger Holt	1356	Delta, BC	42,735	12,395	55,130	50,000 Km Plaque
2008	Douglas “Dug” Andrusiek	1358	N. Vancouver, BC	22,813	11,424	34,237	Gold Medal
2008	Ken teGrotenuis	1359	Hamilton, ON	6,881	5,278	12,159	Bronze Medal
2006	Dave Macmurchie	1360	Shawnigan Lake, BC	20,842	3,199	24,041	
2008	Aaron Davis	1361	Bozeman, MT	6,013	4,026	10,039	Bronze Medal
2006	Pat Fralic	1362	Brooklyn, NS	17,991	4,158	22,149	
2008	Carol Garstad	1364	Leduc, AB	4,455	881	5,336	Gold Badge
2008	Lyle Garstad	1365	Leduc, AB	4,367	1,384	5,751	Gold Badge
2006	Barry Pinsky	1366	Toronto, ON	13,796			
2008	John Van Alten	1367	Carlisle, ON	2,857	13	2,870	
2006	Nick J. Parker	1368	North Vancouver, BC	25,002	6,564	31,566	
2006	Marcel Gingras	1369	Port Colborne, ON	70,461	15,123	85,584	
2008	Deborah Chamitoff	1370	Victoria, BC	26,740	6,273	33,013	
2009	Pierre-Paul Couture	1371	Gatineau, QC	669	843	1,512	Bronze Badge
2008	Jerome Lavigne	1372	Vancouver, BC	7,035			
2007	Leonard W. Wright	1373	Sebring, FL	67,297	27,443	94,740	
2007	Paul Defeo	1374	Huntington Beach CA	23,980			
2008	Spencer Klaassen	1375	Saint Joseph, MO	58,722	18,557	77,279	
2008	Sandy Williamson	1376	Edmonton, AB	15,032	4,652	19,684	
2008	Dr. Kate Reed	1377	Edmonton, AB	7,690	4,217	11,907	Bronze Medal
2008	Maureen Lilly	1378	Burlington, ON	3,590	312	3,902	
2007	Dean Furbish	1379	Raleigh, NC	28,845	11,199	41,044	
2007	Barry Chase	1381	Vancouver, BC	51,896	10,442	62,338	
2007	Kelsey Smithson	1382	Almonte, ON	14,936	1,031	15,967	Silver Medal
2009	Susan Bunz	1383	Port Colborne, ON	419			
2009	James Bunz	1384	Port Colborne, ON	268			
2009	Adam Bunz	1385	Port Colborne, ON	3,098			
2009	Nicholas A Roeder	1386	Calgary, AB	8,004			
2008	Richard Edge	1387	Langley, BC	8,214	3,331	11,545	Bronze Medal
2009	Larry Moyer	1388	St. Catharines, ON	30,847	10,766	41,613	
2008	Mark Linford	1389	Ajax, ON	14,418	3,940	18,358	Silver Medal
2008	Bill Kropinske	1390	Hardisty, AB	4,675	2,102	6,777	Gold Badge
2009	Frances Friesen	1391	Lillooet, BC	2,118			
2007	Mark R. C. Ford	1392	Victoria, BC	36,248			
2009	Rick den Brader	1393	Chilliwack, BC	17,683	8,511	26,194	Gold Medal
2009	Nancy Gibson	1394	Toronto, ON	2,026	270	2,296	
2010	Dan McGuire	1395	Port Coquitlam, BC	0			
2010	Graydon Hoare	1396	Vancouver, BC	1,448			
2010	Frances Raftis	1397	Vancouver, BC	0			
2010	Mark Schofield	1398	Dartmouth, NS	6,087	4,048	10,135	Bronze Medal
2010	William Pruett	1399	Burleson, TX	0			
2010	Guido Van Duyn	1400	Vancouver, BC	7,957			
2008	Tim Hope	1401	Hamilton, N. Zealand	20,503	6,183	26,686	Gold Medal
2010	Bud Jorgensen	1402	Alliston, ON	6,275	3,211	9,486	
2008	Bernadette Arpin	1403	Grand Falls, NB	5,070	5,271	10,341	Bronze Medal
2011	Kathryn Young	1404	Thunder Bay, ON	0	2,872	2,872	Bronze-Silver Badges
2009	Lynn Harris	1405	Perth, ON	618	828	1,446	Bronze Badge
2011	D. Elaine Parker	1406	Scarborough, ON	0			
2011	Mario P. Cerqueira	1407	Newmarket, ON	0			
2011	Tim Hore	1408	Ottawa, ON	0	5,986	5,986	All 3 Badges
2011	Michael Bos	1409	Ottawa, ON	0	3,412	3,412	Bronze Silver Badges

Canadian Kilometer Achiever Program (CKAP) – 214 Members Total Kilometers for the Year 2011 = 1,106,792 km

**Canadian Kilometer Achiever Program
Statement of Operations
For the Year Ended February 29, 2012**

	<u>2012</u>	<u>2011</u>
<u>Revenues</u>		
Membership including exchange	\$180	\$184
Medals/Badges/Decals	608	1,113
Donations	1,119	528
Jerseys	315	155
T-shirts	10	80
Postage	-	<u>9</u>
	<u>2,232</u>	<u>2,069</u>
<u>Expenses</u>		
Office expenses	1,158	485
Postage	496	410
Internet service/Domain charges	120	156
Bank charges	60	60
Trophies/Plaques/Medals	385	650
Annual filing	<u>30</u>	<u>30</u>
	<u>2,249</u>	<u>1,791</u>
<u>Surplus (Shortfall)</u>	<u>(\$17)</u>	<u>\$278</u>

Notes

This year 6 individual's paid life membership vs. 6 the previous year.
Donations include \$650 for new computer.
Office expenses include \$664 for new computer.

Inventory consists of the following -

Medals -	104
Badges -	184
Decals -	499
T-shirts -	51
Jerseys -	20

The total value of inventory at sale price approximately \$8,143.

The approximate cash balance at year end is \$2,950.

Canadian Kilometer Achiever Program - (CKAP)

C-KAP – AGM Will be held in the basement reception room at
170 Booth Street.

Down town Ottawa, Ontario at the corner of Booth and Albert
I
Wednesday 02nd May 2012

Time: 6:30 PM Social – 7:00 PM AGM

See the Ottawa Bicycle Club office, which will be open from 3:00 PM to 8:00 PM the same night for assistance if needed

Proxy

I hereby appoint, (print name) to be my representative at the AGM of CKAP on the 02nd May 2012 and at any
adjournment thereof, and to vote on my behalf.

Member’s Name (print):

Member’s Signature:

_____ Date:

Only Current Members are allowed to vote or appoint a member as their proxy - Current member of CKAP are
members who have not missed submitting two consecutive cycling logs, they are on the CKAP current mailing list for the
CKAP annual report.

Please inform James if you plan to attend: - Email: james.wilson@primus.ca - Phone: - (613) 523-3012

(Proxy must be submitted to a CKAP Board of Director and be in an Ottawa Directors hands prior to the start of the AGM.)

CKAP Members who made donations to pay for “Sir” James third computer as CKAP Coordinator – Total = \$782.27

Frank A. “Woody Graham - CKAP 274	77.27	Bill Wood – CKAP 1137	100.00
Dr. Tony Marriott – CKAP 409	30.00	Celia McInnis – CKAP 1159	100.00
Deborah – CKAP 487 Ron – CKAP 488	25.00	Cecil Bechamp – CKAP 1171	30.00
Larry – CKAP 834 Judith – CKAP 835	20.00	Kenneth Frey – CKAP 1203	35.00
Stan Skonieczny – CKAP 922	50.00	Victor Reinberg – CKAP 1230	40.00
Albert Martz – CKAP 941	30.00	Ken Bonner – CKAP 1255	100.00
Elfriede Ronson – CKAP 1088	30.00	Jim Fidler – CKAP 1286	20.00
Brent Anderson – CKAP 1115	25.00	Fred Loftin – CKAP 1305	25.00
Larry G. Voth – CKAP 1119	20.00	Murray – CKAP 1333 Sandra Greer – 1334	25.00

Total Cost = 843.56 for PC transfer & Adobe X

Sir James Wishes to Thank You for your Great Support

CKAP Members by Total Km

1	1975	274	“Woody” Graham – Columbia, SC	827,395
2	1992	922	Dr. Stan Skonieczny – Toronto, ON	524,730
3	1977	356	Keith W. Shealy – Newberry, SC	455,870
4	2001	1133	Henry Berkenbos – Richmond, BC	325,713
5	1976	158	Les Humphreys – Almonte, ON	319,030
6	1991	941	Albert Martz – St. Catharines, ON	309,208
7	1992	955	Valerie Copeland – Grimsby, ON	301,635
8	1976	183	Orlando C. Goveia – Chatham, ON	285,144
9	2002	1255	Kenneth Bonner – Victoria, BC	283,779
10	1979	428	Mark Beaver – Halifax, NS	258,120
11	1994	940	John Bos – Ottawa, ON	241,781
12	1978	409	Dr. Tony Marriott – Millgrove, ON	232,466
13	1985	738	David Earnshaw – Sarnia, ON	227,966
14	1985	514	Fernando Goncalves Scarborough ON	215,297
15	1982	503	Murray Dean – Napanee, ON	202,712
16	1977	345	Paul Davison – Wolfville, NS	201,003
17	1992	920	Sylvia Walker – Scarborough, ON	183,844
18	1980	440	Laurie Leslie – Thunder Bay, ON	177,291
19	1980	439	Graham Stewart – Thunder Bay, ON	176,866
20	1986	774	Charles R. Hand –St. Catharines, ON	175,894
21	1997	462	Douglas Yardley – Scarborough, ON	171,920
22	2001	1124	Kent Peterson – Issaquah, WA	171,600
23	1996	998	Phil Burgess – Dundas, ON	170,510
24	1998	1023	Lawrence Schwartz – Wylie, Texas	166,755
25	1976	232	Gary Conrod – Dartmouth, NS	166,452
26	2002	1159	Celia McInnis – Ottawa, ON	158,791
27	1976	134	Bruce Timmermans – Ottawa, ON	152,844
28	1981	488	Ron Newhook – Ottawa, ON	151,289
29	1994	970	Jocelyn Raymond – Ottawa, ON	150,778
30	1985	737	Dorothy Earnshaw – Sarnia, ON	146,871
31	1999	1099	Gerry Irvine – St. Catharines, ON	144,647
32	1990	883	Ross Kingdon – Grand Valley, ON	143,516
33	1997	1006	Irwin Nayer – Mississauga, ON	142,420
34	1984	714	Brian McGrath – Caledon East, ON	136,780
35	2003	1286	Jim Fidler – Victoria, BC	132,687
36	1996	990	“Wild” Bill Feere – Langton, ON	131,672
37	1996	989	Andre Marier – Ottawa, ON	131,672
38	1977	321	Jerry Ford – Burlington, ON	131,012
39	1978	354	Patsy Shealy – Newberry, SC	129,144
40	1998	1029	John Victor – Appleton, WI	128,244
41	1999	730	Manfred Kuchenmuller Richmond, BC	125,778
42	1988	839	Tom Sylvester – Stella, ON	123,689
43	1978	412	Hugh “Bill” Hewes Caledon East, ON	120,080
44	1998	1060	Jack Duchesne – St. Catharines, ON	119,488
45	2001	1127	Stephen Penner – Hamilton, ON	118,336
46	2003	1215	Craig Premack , - Burnaby, BC	116,271
47	1983	708	James Smith – Halifax, NS	115,686
48	1982	595	David Young – Halifax, NS	114,930
49	1994	1051	John Helm – St. Catharines, ON	114,634
50	1990	878	Keith McEwen – Cookstown, ON	109,905

The First 100 Members List

51	2001	1119	Larry Voth – Langley, BC	108,919
52	1978	381	Ken Schykulski – Brandon, MB	107,037
53	1995	1014	Gaston Carbonneau Shawinigan, QC	105,922
54	1990	341	“Sir” James D. Wilson -Ottawa, ON	103,065
55	2001	1209	Harold Bridge -Port Coquitlam, BC	100,667
56	2001	1214	Ronald Amero – Ottawa, ON	100,137
57	2007	1373	Leonard W. Wright – Sebring, FL	94,740
58	2002	1249	Gary Baker – Cultus Lake, BC	94,275
59	1994	1013	Mariette Carbonneau Shawinigan, QC	93,725
60	2000	1095	Pauline McKinley – Dundas, ON	92,989
61	1988	834	Judith Ducommun – Bellville, ON	92,628
62	1999	1070	Silvio Bestulic , - Hamilton, ON	92,551
63	2004	1303	Dr. David Gillanders Vancouver, BC	92,471
64	1998	1031	Carl Freeland – Woodstock, ON	92,199
65	1990	879	Isabelle Sheardown – Cookstown, ON	92,063
66	2002	1251	Bob White – Dartmouth, NS	90,729
67	2005	1327	Graham Fishlock – Ladysmith, BC	89,946
68	1999	1062	Paul Kajmowicz – Thunder Bay, ON	89,361
69	1995	981	Mark Kremblewski – Toronto, ON	89,256
70	1988	835	Larry Ducommun – Bellville, ON	87,548
71	2004	1320	Ken Knutson – Tracy, CA	85,730
72	2006	1369	Marcel Gingras _ Port Colborne ON	85,584
73	2001	1128	David McCaw – Ottawa, ON	84,531
74	1991	897	Sandy Stewart – Lindsey, ON	82,082
75	2002	1160	David Jolkowski – Kitchener, ON	81,937
76	1982	593	Bruce Reid – Etobicoke, ON	80,862
77	2001	1120	Ed Dixon – Victoria, BC	80,575
78	1991	892	Marcel Belanger – Hull, Quebec	79,901
79	2000	1086	Alan Medcalf – Waterloo, ON	79,383
80	2004	1248	Davis McAuslan -Carleton Place, ON	79,212
81	2000	1082	Michael Poplawski – Victoria, BC	78,205
82	2008	1375	Spencer Klaassen – St. Joseph, MO	77,279
83	1982	571	Joe Gmerek – Halifax, NS	77,140
84	2003	1206	Paul Dicks – Toronto, ON	75,024
85	2001	1134	Paul Buttamor – Cavan, ON	73,596
86	2004	1226	Sam Bootsma – Toronto, ON	72,623
87	2002	1224	Isabell Freudenberg – Brighton, ON	72,017
88	1983	646	John Ryan – Toronto, ON	71,688
89	1996	1141	Dawn Gillingham – Kamloops, BC	71,127
90	1999	1137	Bill Wood – Hanwell, NB	70,344
91	1981	470	Roy S. Bourke – Willowdale, ON	70,327
92	1996	1034	Gerald Hooper – Mississauga, ON	70,226
93	1995	979	James Smith Wards Is. Toronto, ON	70,163
94	2003	1229	Louise McLaren – Ottawa, ON	70,153
95	2002	1168	Eugene Vandal – Thunder Bay, ON	67,894
96	1998	1042	Robert Kay – Kingston, ON	67,709
97	2000	1096	Goldwin McKinley – Dundas, ON	67,323
98	1999	1075	John Siemens – Niagara Falls, ON	67,291
99	1977	312	Donald Sherriff – Etobicoke, ON	68,854
100	2004	1305	Frederick V. Loftin – Toronto, ON	66,209

Not Active -Complete Listing of Members by Total Km

is on the CKAP web site “Totals” www.ckap.ca

Year 2011 Listing by km

1	2001 Henry Berkenbos - Richmond, BC	1133	30,490
2	2007 Leonard W. Wright – Sebring, FL	1373	27,443
3	2002 Kenneth Bonner – Victoria, BC	1255	25,426
4	2002 Celia McInnis – Ottawa, ON	1159	21,379
5	1975 “Woody Graham – Columbia, SC	274	21,157
6	1989 Stan Skonieczny – Toronto, ON	922	20,140
7	2008 Spencer Klaassen – St. Joseph, MO	1375	18,557
8	1994 John Bos – Ottawa, ON	940	17,781
9	1991 Albert Martz – St. Catharines, ON	941	15,770
10	2006 Marcel Gingras - Port Colborne, ON	1369	15,123
11	2005 Graham Fishlock – Ladysmith, BC	1327	15,051
12	2004 Dr. David Gillanders–Vancouver, ON	1303	14,766
13	2003 Craig Premack – Burnaby, BC	1215	13,113
14	2004 Ken Knutson – Tracy, CA	1320	12,882
15	2006 Roger Holt – Delta, BC	1356	12,395
16	2008 “Dug” Andrusiek – North. Vancouver	1358	11,424
17	1994 Jocelyn “Jess” Raymond – Ottawa, ON	970	11,419
18	2007 Dean Furbish – Raleigh, NC,	1379	11,133
19	2003 Erkan Sarioglu – Oakville, ON	1299	11,032
20	2004 David McAuslan-Carleton Place, ON	1248	10,980
21	1999 Manfred Kuchenmuller - Richmond, BC	730	10,910
22	2009 Larry Moyer – St, Catharines, ON	1388	10,766
23	1979 Mark Beaver – Halifax, NS	428	10,700
24	2007 Barry Chase – Vancouver, BC	1381	10,442
25	2002 Gary Baker – Cultus Lake, BC, NB	1249	10,440
26	2001 Stephen Penner – Hamilton, ON	1127	10,291
27	1988 Judith Ducommun – Bellville, ON	834	10,256
28	1994 Mariette Carbonneau–Shawinigan, QC	1013	10,083
29	1995 Gaston Carbonneau – Shawinigan, QC	1014	10,065
30	1997 Irwin Nayer – Mississauga, ON,	1006	10,043
31	2001 Ed Dixon – Victoria, BC	1120	10,030
32	1997 Douglas Yardley – Toronto, ON	462	10,022
33	1996 Phil Burgess – Dundas, ON	988	10,022
34	2001 Ronald Amero – Ottawa, ON	1214	9,670
35	2001 Larry Voth – Langley, BC	1119	9,636
36	2004 Dan Devlin – Victoria, BC	1232	9,434
37	2004 Sam Bootsma - Toronto, ON	1226	9,386
38	1976 Les Humphreys – Almonte, ON	158	9,240
39	2000 Pauline McKinley – Dundas, ON	1095	9,107
40	1996 André Marier – Ottawa, ON	989	8,925
41	2007 Bob Goodison – Sorrento, BC	1336	8,866
42	1976 Orlando C. Goveia – Chatham, ON	183	8,514
43	2009 Rick den Brader – Chilliwack, BC	1393	8,511
44	2002 Bob White – Dartmouth, NS	1251	8,494
45	2000 Gerald D. Irvine – St. Catharines, ON	1099	8,182
46	2006 Jim Fidler – Victoria, BC	1286	8,110
47	2006 Ali Holt – Delta, BC	1355	8,025
48	1985 Fernando Goncalves-Scarborough, ON	514	8,021
49	2004 David Kwan – Guelph, ON	1228	7,974
50	1999 Paul P. Kajmowicz – Thunder Bay, ON	1062	7,765

First 100 Logs by Km

51	2002 Eugene Vandal – Thunder Bay, ON	1168	7,644
52	2003 Louise McLaren – Ottawa, ON	1229	7,498
53	1992 Sylvia Walker – Peterborough, ON	920	7,267
54	2001 Paul Buttamor – Cavan, ON	1134	7,205
55	1998 Robert L. Kay – Kingston, ON	1142	6,987
56	2007 Daphne Armstrong St. Catharines, ON	1346	6,898
57	2003 Wendy Humphrey – Thunder Bay, ON	1281	6,787
58	2006 Nick J. Parker – North Vancouver, BC	1368	6,564
59	2005 Robert V. Culp – St. Helena Island, SC	1350	6,549
60	1976 Paul Davison – Wolfville, NS	345	6,531
61	2002 Sophie T. Young – Thunder Bay, ON	1195	6,492
62	2008 Deborah Chamitoff – Victoria, BC	1370	6,273
63	2004 Frederick V. Loftin – Toronto, ON	1305	6,262
64	1990 Ross Kingdon – Grand Valley, ON	883	6,245
65	2008 Tim Hope – Hamilton, NZ	1401	6,183
66	1999 Silvio Bestulic – Hamilton, ON	1070	6,089
67	2006 AnneMarieMcAuslan-Carleton Place, ON	1348	6,037
68	2011 Tim Hore – Ottawa, ON	1408	5,986
69	1998 Carl Freeland – Woodstock, ON	1031	5,926
70	2003 E. W. (Wim) Kok – Fort St. John, BC	1290	5,905
71	1985 David Earnshaw – Sarnia, ON	738	5,736
72	2000 Alan Medcalf – Brockville, ON	1086	5,700
73	2006 Karen Smith – Chilliwack, BC	1301	5,669
74	2002 Peter Young – Thunder Bay, ON	1196	5,518
75	1995 Bill Murray – Toronto, ON	974	5,283
76	2008 Ken teGrotenuis – Hamilton, ON	1359	5,278
77	2002 Dennis W. Arpin – Grand Falls, NB	1156	5,271
78	2008 Bernadette Arpin – Grand Falls, NB	1403	5,271
79	2004 Ewan Burke – Enniskillen, ON	1240	5,235
80	2003 Edith Williams – Markham, ON	1271	5,157
81	2004 Norm Raffaele – Grimsby, ON	1302	5,151
82	2003 Fletcher Thomson – Ottawa, ON	1245	5,086
83	1999 John Siemens – Niagara Falls, ON	1075	5,011
84	1998 John Twemlow – Ottawa, ON	1019	4,990
85	1998 John Victor – Appleton, WI	1029	4,959
86	2001 George Fralic – Brooklyn, NS	1252	4,926
87	1999 Bill Wood – Hanwell, NB	1137	4,808
88	2002 Isabell Freudenberg – Brighton, ON	1224	4,757
89	2003 Paul Dicks – Toronto, ON	1206	4,737
90	2000 Frances Sheasgreen Ft. Saskatchewan, AB	1090	4,734
91	1981 Ron Newhook – Ottawa, ON	488	4,725
92	1994 John Helm – St. Catharines, ON	1051	4,676
93	2008 Sandy Williamson – Edmonton, AB	1376	4,652
94	2004 Janet Besler – Victoria, BC	1217	4,537
95	2003 Dr. Michael Yachnin – Ottawa, ON	1201	4,521
96	2002 Tim Rainey – Bracebridge, ON	1194	4,515
97	2003 Elizabeth Barber – Beamsville, ON	1216	4,507
98	1999 Rod Zych – Hamilton, ON	1066	4,505
99	2000 Dr. Goldwin McKinley – Dundas, ON	1096	4,447
100	1988 Larry Ducommun – Belleville, ON	835	4,354

Complete listing of “Members” 2011 Logs by Total Km

is on the CKAP web site www.ckap.ca

From the Peloton Year 2011



Les Humphreys – 158 – Almonte, Ontario Canada: March 6 – 16 Cuba “End to End” ride – Baracoa – 1,591 km – June 28 – 29 ride from Johnstown, Ontario to Stratton 392 km.

Orlando Goveia – 183 – Chatham, Ontario Canada: Here you go. Happy trails to you

Jerry Ford – 321 – Burlington, Ontario Canada: My Finest accomplishment is cycling year around. You should see the rust on my winter bike.

James D. Wilson – 341 - Ottawa, Ontario Canada: 2011 was a slow year for me cycling but then I planned it that way as I had many jobs piling up in the garden and house. In the garden I removed two large apple trees that were shading my vegetable garden but not producing eatable apples, resurfaced our driveway and built another removable fence to keep our Airedales out of the vegetable garden. In the house June’s brother Kirk came up from Montreal and with his major help we renovated our bathroom, including crown moulding, beadboard wainscoting, painting and a new ceramic tile floor. Unfortunately 2012 has started bad with Kirk dying of a heart attack, Then Gaye Bullis owner of Earle Bullis Ltd. Where we got all our medals, plaques, trophies and engraving done died of a heart attack and I have a pinched nerve in my right leg and narrowing of the channel for my spinal cord in my lower back to go with my other back problems. Not a good start but then I was known for many things, quitting was not one of them and for Christmas I received a Cannon SLR digital camera and plan to cycle many enjoyable km and shot some good photos Pain is most noticeable when the mind and body are not active.

Paul Davison – 345 – Wolfville, Nova Scotia Canada: This year’s big trip was the western section of the North American Epic, from San Francisco to Pueblo, Colorado. Saw a big Chunk of the south western USA that I had never visited before; Big Sur coast, Joshua Tree Nat. Park, Grand Canyon, Monument Valley, Colorado Rockies. Caught up with the tour 2 months later when it passed thru NS> Rolled over Life Km No. 200,000 while doing the Velo Halifax Club century ride in Sept. I don’t think I will live long enough to get into ‘Club 300,000 Km’ but you never know. I don’t have any digital photos of me and my bike. **(Except the ones already on CKAP web) send by mail I will scan and return.**

Ken Schykulski – 381 – Winnipeg, MB Canada: I rode the Muddy Waters here in Winnipeg this summer to boost my otherwise low km. Hope all is well with the CKAP members, Ken.

Tony (Dr. J.A.S.) Marriott – 409 – Millgrove, ON Canada: Tony Canadian medalist International Triathlon Union world age group Championships Beijing September 2011.

Mark Beaver – 428 – Halifax, Nova Scotia Canada: I started off the year with a bang _ literally, as my wife and I and two friends spent three weeks cycle touring in New Zealand and were caught in the earthquake in Christchurch on February 22nd which near destroyed the city! I rode the full brevet series with my club Randonneurs Nova Scotia www.randonneurs.ns.ca including our 1000km brevet in July, then went to France in August and completed my third Paris-Brest-Paris, in a time of 77hrs.57min. about 10 hours quicker than last time. Otherwise lots of good riding with my wife and with friends, including the Cabot Trail in October. Looking forward to another good year next year, fate permitting!

Graham Stewart – 439 – Thunder Bay, Ontario Canada: Ewe had a great trip in March riding south of Tucson Arizona with Vacation Bicycling. – We enjoyed the weather, the quiet roads, and the varied terrain. – We really liked the Green Valley area and have rented a house there for March this year. – Other notable rides were a few days in Hayward Wisconsin with great fall weather and fantastic quiet roads with excellent pavement. Hope to go further in 2012.

Laurie Leslie – 440 – Thunder Bay, Ontario Canada: Started off the year with a hot Spring break cycling tour through the Sonoran Desert in Arizona. However, due to the passing of my Father in July/11, I spent lots of time out-of-town without my bike. Tried to pick up my motivation with two late summer Thanksgivings, very enjoyable cycling weekends in Cable, Wisconsin. My lowest cycling year in a long time.

Douglas Yardley – 462 – Scarborough, Ontario Canada: Broke 10,000 this year, best I’ve done in several years. I get more and angrier at unsafe motorists who endanger cyclists. – I also witnessed what appears to be a deliberate blocking of a designated bike lane with parked cars in Pickering – Thanks to weather I was able to cycle Christmas and Boxing Day. DY

Ron Newhook – 488 – Ottawa, Ontario Canada: I cycled somewhat less distance than usual this year, in large part because I focused on running including two marathons. As a result, I ran 3,027 kilometres for the year, which is more than 60% of the distance I cycled. Maybe I should consider starting PKAP... - Thanks again for your work on CKAP. Hope to see you on the road.

Fernando Goncalves – 514 – Toronto, Ontario Canada: Besides my full recuperation from last October’s (2010) mishap where a truck (its driver/operator was on the cellular phone at the time!) run me off the road and destroyed my Marinoni bike, there is nothing to report. My replacement bike (a Focus carbon) has proven to be the best machine I have ever ridden. Thanks for all your work, best wishes.



James B. Smith – 708 – Walton, Nova Scotia Canada: Only 478 km last year, I also moved. (Halifax to Walton, Nova Scotia).

Manfred Kuchenmuller – 730 – Richmond, British Columbia Canada: A balanced cycling year for me with two significant moments; one down and one up. Hell Week on Vancouver Island, which gives the BC Randonneurs an early chance to complete a Randonneurs season, did not work out that way for me. Freezing temperatures and rain kept only the really hardy completing the 300, 400, and 600 km brevets. I quit the 600 at 380 km on the Island highway shivering and exhausted and with zero desire to continue. I have quit 600 km brevets before, but never feeling good about quitting. This time I did and felt good about doing so. The highlight was completing my first post 70 PBP and feeling at least as good at the finish as I had on my previous five PBP's

David & Dorothy Earnshaw – 737 – 738 – Sarnia, Ontario Canada: Sir James, Enclosed are our two logs plus a small donation to general funds. – As you can see from her log, Dorothy has had health problems this year. I'm glad to say that a major operation in November appears to have been very successful and she is looking forward to cycling again in spring. Best wishes for 2012, David.

Charles Hand – 774 – St. Catharines, Ontario Canada: My computer is not working well these days...crashing, etc...Attached is my log for 2011. Hopefully you are able to open...Total Km for 2011. (1,605) Grand total at 175,894. (He has XP and yes the log opened).

Judith Ducommun – 834 – Belleville, Ontario Canada: This was another great year of cycling for me. My health has been good and I once again broke my yearly total. I love cycling in Rhode Island and Hilton Head, SC. It is wonderful to explore new places on our tandem.

Larry Ducommun – 835 – Belleville, Ontario Canada: This was another wonderful year of cycling. Judy and I were able to ride our newly-refurbished tandem in Rhode Island, Myrtle Beach and Hilton Head. We were able to find and rent tandems in Hawaii and California and enjoy the sport all year round.

Ross Kingdon – 883 – Grand Valley, Ontario Canada: Hello James, Hope I can make the 150,000 k mark in 2012.

Sylvia Walker – 920 – Peterborough, Ontario Canada: Let's hope for an early spring this year!

Stanislaw Skonieczny – 922 –As you may have found out from the auto reply to my email, I am on leave from the University of Toronto and I am spending this winter in California. Please find enclosed my CKAP report for 2011. It is not great, but wait for the next one – 2012. So it has been no precipitation this year over here and the temperature is in low 60's F. It is a great place for cycling.

Winston Stairs – 971 Oshawa, Ontario Canada: My season got started late (April) and finished early (May) with the accumulation of only 292 km total before my year and possibly cycling lifestyle was finished. – On Tuesday, May 10th 2011 I was hit head on by 3,800 lb 2002 Pontiac Montana Van while out for a training ride. The (64 y/o) driver made an improper and illegal left hand turn (as charged) directly in my line of travel as I was proceeding in a straight line down a slight incline. For whatever reason (still undetermined) he turned into me at the last possible instance leaving me absolutely no time to react or even apply my brakes. – I impacted the front of his van taking out the front grill with my legs, before flying over the roof of the vehicle and travelling ~20-25' through the air (according to police and witnesses) landing on my hip, back and head on the concrete sidewalk on the opposite side of the intersection. – Fortunately and miraculously I didn't break any bones (including my neck or back). The driver of the vehicle never even bothered to come over and see how badly I was injured or offer any assistance. Nice... - I suffered (among other things) a deep avulsion (down the tibia) of the left lower leg requiring ~ 16 staples and 4 sutures to close (arrow shaped Laceration) as well as extensive contusions head to toe. If it hadn't been for the helmet (which was busted in half – like the bike) I wouldn't be here according to the Emergency Physician and Paramedics. – Seven and a half months later and I've finally managed to obtain a settlement for Pain and Suffering from the other 'gentleman's insurance company just as of - Last week! (Mid. Dec. 11) Not enough to 'retire' on or even live comfortably for more than a couple of months... the value of life these days! – James as much as I enjoy cycling, having biked since the age of 6 (turning 55 in 16 days) and having raced Triathlons and Duathlons for 12 years ('93 – 04') with this being the second such encounter I've had with a motorist in the past 10 years and this second being worse than the first. I'm not sure whether I'll ever get back on a bike again or not. I'm not certain my 'luck' would sustain me through a third encounter and it could very well be my 'final ride'. – No Sir, until the collective legislator and motorist mentality take a radical change in this country (and North America in general) and recognizes the rights of cyclists to share the road (as in Europe), I think I may have ridden my last kilometre... besides, I no longer have a bike!

Phil Renaud - 973 – Brantford, Ontario Canada: It was an average year for me; I had a couple of great accomplishments – a 1st and 2nd place finish in 2 OMCA Pursuit races. My kilometerage was the 5th highest total since I have been keeping track. I did not get out riding with my wife enough. Hopefully that will change in 2012. Happy New Year to all CKAPers. Keep the rubber side down and happy trail to all. Phil



Rene – 982 – Irene Arnolis - 1077 – Hamilton, Ontario Canada: Not much riding last year, Can only hope for more this year! Regards Rene

André Marier – 989 – Ottawa, Ontario Canada: 2011 took me on yet another exciting cycling adventure that touched 14 European countries. Of my 8,925 total kilometers, 6,355 were on this expedition on a fully loaded touring bike (front and rear panniers). Starting in Amsterdam, I traveled northwest across Holland, Germany and Scandinavia, then turning south from Helsinki Finland, through the Baltic States and Poland. At Bratislava Slovakia, I headed west along the Danube through Austria and Southern Germany. In France I headed south along the Rhone valley, crossing the Pyrenees at Andorra, reaching 2408 meters of elevation. The trip ended in Madrid Spain. Needless to say, 2011 was a very satisfying cycling year and very much looking forward to 2012. Have bike, Will Travel anywhere and everywhere by Bicycle

William “Wild Bill” H. Feere – 990 – Langton, Ontario Canada: Hi James, here is my cycling log for 2011, it’s not much but I hope to get in more now that I have a trike!!! – I don’t know my old klms so I couldn’t fill in the totals, sorry! – The best ‘GPS’ is a full tank of gas!

Irwin Nayer – 1006 – Mississauga, Ontario Canada: No great moments this year, just happy to hit five figures again.

Mel Slochowski – 1009 – Thornhill, Ontario Canada: You will notice I have moved (Maple, Ont.) I also wish you all an awesome year – Both on the Bike and off. Best regards, Mel

Mariette - 1013 and Gaston Carbonneau – 1014 – Shawinigan, Quebec Canada: Hope you had a nice Christmas time! Here are Gaston and my log books for 2011. Thanks for taking care of that again this year. As you will notice, Gaston is very proud to have crossed the 100,000km this year. Take care and have a happy and healthy New Year! Mariette

Gerard Moss – 1015 – Dartmouth, Nova Scotia Canada: Hi Sir James, attached is a pdf version of my log for 2011. Much less than the past few years. Total hip replacement in Jan. and just took it easy for the rest of the year. Hopefully much better next year. Regards Gerard

Bill Groves – 1026 – Vineland, Ontario Canada: “If you feel bad at 10 miles, you’re in trouble. If you feel bad at 20 miles, you’re normal. If you don’t feel bad at 26 miles, you’re abnormal.” – Rob de Castella

John – 1029 – Debbie Victor – 1254 - Appleton, Wisconsin U.S.A.: This past season was very humbling for me. I had a serious right knee injury at work in July – I went from barely riding around the block to working my way up to my century cruises, it hasn’t been easy and I respect all who have come back from adversity. – Debbie I had major back surgery early in the season and I was recovering slowly.

Carl Freeland – 1031 – Woodstock, Ontario Canada: Not the best total for the year. I will aim for 8000 next, hopefully make the 100,000 mark. Thanks again for all your work, James.

Deborah T. O’Leary – 1067 – Lower Sackville, Nova Scotia Canada: I have been cycling a bit more in 2011, had a left ankle injury, My highlight was a cycling trip with the Nova Scotia Ramblers from Mont Laurier Quebec to Saint Jerome – I am a trail warden for Second Lake Regional Park Association in Lower Sackville Nova Scotia – Participated in Halifax Critical Mass Bike Ride for 3 Friday evenings in the summer and I really enjoyed meeting new people also. – I would love to dedicate this bike season to my mother Aileen Mary O’Leary who passed away on September 15th 2011.

Ken Elliott – 1092 - St. Catharines, Ontario Canada: I probably won’t be out cycling again this year (Dec. 13. 11) so I’m sending you my log for 2011. I tried to send it by e-mail but for some reason couldn’t get it attached so I printed it and am enclosing the copy. – I hope to get back to some longer distances next summer. I’m going to try to get in enough practice to do the 100 km ride to raise funds for the new cancer centre locally in memory of my wife. – Have a Merry Christmas and a Happy New Year. Ken

Paul Cadieux – 1093 – Ajax, Ontario Canada: I hope all is well with you and yours. I hope to get back on the bike by February - Paul

Vann Epps – 1098 – Spartanburg, South Carolina U.S.A.: Dear Sir James, Here is my wee small 2011 log, Hope all is well up North and have a happy New Year!!! Have a good one, Van

Gerald D. Irvine – 1099 – St Catharines, Ontario Canada: Well James it’s that time of year again for us to submit our totals for another year on the bike. – Points of interest this year were The Great Ohio Bicycling Adventure & a self supported tour in New York in the Letchworth Park area. – Wow!!! What a great web site, there is loads of data and pictures readily available. I will be back on the site to learn more and I will tell club members about it. – Thank you for your dedication to CKAP, your commitment and the members of the club has encouraged many cyclists to press on. – Safe riding in 2012 – Gerry

Fabio Zorzes – 1108 – Thunder Bay, Ontario Canada: No9t too much interesting to report for 2011 in the cycling field – I did not even keep an updated log as I was out of country for an extended period of time. My actual mileage according to my cyclometers was only 1871 km so you can see it was an off year. This year Promises to be better in terms of mileage. Regards - Fabio



John Barnhardt - 1113 – Ottawa, Ontario Canada: Here is my log for last year. This year I hope to reach 50,000 Km. Give the Doggies some biscuits! – **James & June own 2 Airedale Terriers Max a Canadian Champion & Molly 10 years old and full of love.**

Norma Moores – 1142 – Shannon Buck – 1143 – Hamilton, Ontario Canada: Best ride of the year: Shannon and Norma from old Quebec City, along the St. Laurence, across the Quebec bridge, along the river again and rail trail in Levi and back to Quebec City by ferry!

Dennis Arpin – 1156 – Bernadette Arpin – 1403 – Grand Falls, New Brunswick Canada: I've attached two photos, one of Dennis as an update to both our profiles. FYI I retired last year after 36 years as a Registered Nurse so from now on Dennis and I can finally become each others cycling shadows as we can finally cycle together in the same direction and beyond. If we can locate any more photos I will send them off to you. Thanks for your time as a volunteer...a fine sport and pastime. Bernadette.

Mike Thomas – 1167 – Edinburgh, Mid Lothian – United Kingdom: Here is my cycling log for last year. another good year where I did more miles than I've done before including a 100 mile and 6 other Sportive rides on my new handcycle. Kind Regards, Mike

Cecil Bechamp – 1171 – Brampton, Ontario Canada: Thank you for your patience, been a rough 2 months – 2 funerals of close relatives in December – My wife had a serious heart attack on Jan. 4th - Computer crashed first of January – Finally back on track. Cec

Phil Piltch – 1172 – Scarborough, Ontario Canada: It was another low-key year, cycling-wise, but managed to get in some nice day rides, including a second time to a cycling weekend near Long Point and even along part of Long Point. – Next year's totals might be a bit more since I plan to once again get in some long Randonneurs rides.

Sheila Ascroft – 1184 - Ottawa, Ontario Canada: My 2011 log is attached. A recurring hip injury curtailed my cycling but I'm keen for the new season. – By the way, when I tried to download the 2012 Excel log only the second page appeared and not the actual weekly chart. Will it be corrected soon? **Note all current Excel log now have both pages in the same file. You have to click on the tabs at the bottom of the Excel screen to switch from log to back of log. Page 2 is only needed if your using pen and ink or you are entering in the TDC – CKAP Award. Please put comment for the Peloton in the body of your email and I will print them on back of log. James**

Lorne Gutz – 1185 - Kanata, Ontario Canada: Here is my record for the year, not very much this year, but at least I kept at it. Thanks Lorne

Tim Rainey – 1194 – Bracebridge, Ontario Canada: In my 65th year, I completed all of Muskoka "Monuments" and an imperial century of 100 miles but due to a knee injury I could not attempt the Muskoka "Magnum" of 255 km, however I did a fine tour from Ottawa to Halliburton with a ride to Foymount "Ontario's highest Community" on the Opeongo Road. – Another important road shoulder was paved in south Muskoka so the active transportation plan continues its success! – Please join us for Muskoka Cycling Club's "Spin the Lakes" in May if you can.

Sophie Young – 1195 - Peter Young – 1196 – Thunder Bay, Ontario Canada: Highlights of 2011: We had 3 great trips this year – Tucson (weather always great), Maui (weather always great) & Wisconsin (never say so much rain!) we cycled our most annual km ever last year. As we age, I guess some things do get better. Good Riding & Good Health to Everyone in 2012.

Lois MacDougall – 1198 – Fredericton, New Brunswick Canada: We of the Fredericton Folks on Spokes have had a wonderful biking year despite the slow start in the cold, wet spring that we had in this part of the country. We've had the most numbers out biking each week since we started biking together twelve years ago. I hope you folks in Ottawa have had similar good times biking together.

Michael Yachnin – 1201 - Ottawa, Ontario Canada: Hi Jim, Happy New Year to you and June. I am attaching my log and another picture for the web site which can be captioned, "Maybe I should have taken off a few more pounds before the ride" **Photo show Dr. Mick and bike in a very large sink hole which has destroyed the road.** – Life is a portage—pack light Michael Yachnin.

Paul Dicks – 1206 Toronto, Ontario Canada: Hi Sir James, hope you're doing well; I got caught up in my logs. – Not much riding 2009, same 2010 and 11, mainly commuting to work and a few rides for groceries and stuff. Have visited my honey in NZ three times, those are the periods of zeroes in the logs; she has spent a month here in Toronto, going to finish her nursing degree, starts the last year end of the month and will move here when that is all done. So despite what my soon to be ex told you, I am not moving to New Zealand. Sorry to be remiss about the logs, I just haven't done much in the way of anything but riding to work and grocery shopping on the bike and even this year started walking to the grocery store – my knee is finally good enough for that, and congrats on your 100,000 km. I hope to get there in two or three years. I haven't decided to ride with TBN and gradually get back in riding shape, or start with the Randonneurs and just go back to the long rides. They are what I like, so that will be my choice. Hope you and your wife are doing well and have a wonderful 2012.



Dorma Grant – 1208 – Fredericton, New Brunswick Canada: I am now living in Fredericton and all of my cycling was in NB this year.

Isabelle & Wolfgang Freudenberg – 1224 – 1225 - Brighton, Ontario Canada: Dear Sir James – Here are our logs. I hope you had a great summer! Ours was up and down; we did not do too much. – In the New Year I will be sending a cheque for the club. – Take care to the next time. Wolf & Isabell

Sam Bootsma – 1226 – Toronto, Ontario Canada: Back problems really kept my kilometers down in 2010 and it was finally diagnosed in early 2011 what the problem was – a herniated L5-S1 disc. As a result of the diagnosis I was in physio for most of 2011. My physiotherapist gave me exercises and posture instructions that I diligently followed and my back is much better now. I had to learn proper posture for both on bike and off bike. I also purchased a couple of Thud-buster suspension seat posts to protect my lower back from the jarring of potholes and uneven pavement. Due to the physio I was able to do a lot of cycling in the spring. My back was not perfect and I could feel pain, but posture and on bike exercises made it manageable. However, in late July my knees took a significant turn for the worse and as a result my kilometers really suffered the second half of the year. I did almost 2/3 of my cycling in the 5 months from March to July. I have almost complete cartilage loss in both knees, but I don't think that on its own is the cause of my knee problems. Thanks again, Sam.

Dr. Patricia Crosscombe – 1227 – Ottawa, Ontario Canada: Please find attached my 2011 annual log. I think I'm done for the year. (Dec. 19 11) Regards – Merry Christmas Pat

Louise McLaren – 1229 – Ottawa, Ontario Canada: “A hard challenging year to get on the bike. Due to a late 2010 loss in family and a move, lots of stuff to distract from training. Failed to purchase a better bike, as time cured, more kilometers were done on the bike. Keep on racking up the kilometers fellow CKAPers.”

Dan Devlin – 1232 – Victoria, British Columbia Canada: James I have attached a photo of myself after riding up Hurricane Ridge a 30 k [6-8% grade] climb out of Port Angeles, Washington this September. The toughest ride I have ever done.

Jeffrey Crivellaro – 1238 – Toronto, Ontario Canada: hard to believe that it's that time again already. The year flew by with another year of low clicks. Not bad though, considering I had pneumonia, a heart procedure and lots of snow days last winter to curtail my road clicks. Here's to a new year and more clicks! Happy Trails, Jeffrey

Fletcher Thomson – 1245 – Ottawa, Ontario Canada: Hello Jim thanks for the reminders to submit my log for 2011. I have been distracted with ski season and getting ready to go to Africa in a couple of weeks. – You will find the log and two photos attached. The first is from the Rideau Lakes Cycle Tour taken at Battersea with Arthur Boni also in the photo. In September we drove to Kelowna and I was able to cycle in each of the Provinces west of Ontario. The second photo was taken on the Kettle Valley Railway trail at Kelowna where we rode 40 km to Naramata. I also rode in Quebec, mostly going to Gatineau Park with Star Champs or the Wild Bunch.

Dave – 1248 – Anne-Marie McAuslan – 1348 - Carleton Place, Ontario Canada: Congratulations on getting out on Jan. 1st I wimped out. Attached are our logs for 2011, all in all a decent amount of cycling by both of us. – I came off on June 21 and cracked my pelvis hence the 7 consecutive weeks zeros for me in the summer. I was only 11 km from home starting on a trip to Cape Breton – some start! Les Humphreys was with me and got me to the hospital and took care of my stuff. I followed medical advice and have healed well: I was back to cycling 8 weeks after the crash. – Anne-Marie and I completed Land's End to John O' Groats in Britain in September. It was a great trip, some crummy weather notwithstanding. With an objective to achieve the rain and wind were just not important factors. This is a really important ride for many UK cyclists with 3000 or so completes it every year and records being kept for over a century. We also cycled in Cuba in the late autumn on very good to horrible but always interesting roads. One of these years I will have to get some mileage in other Canadian provinces!

Gary Baker – 1249 – Cultus Lake, British Columbia Canada: It was a great year. I finally was mostly injury free and did the ride of my dreams...PBP. – The challenge for 2012 is to successfully ride the first Korea Randonneurs' 1200km brevet in May, if I do so I will have ridden a 1200 on four distinct continents (N. A., Europe, Australia, and Asia) a goal accomplished by only a handful of riders. I have been told unofficially that only one rider has achieved this milestone (Mark Thomas of the Seattle International Randonneurs Club). Very best for 2012.

Bob White – 1251 – Dartmouth, Nova Scotia Canada: Good winter for cycling, however it turned very wet in spring to mid summer – ks were really down from prior years. – As in the past I really enjoyed biking in PEI Quebec & New Brunswick. Tailwinds for 2012 Bob.

George – 1252 – Pat Fralic – 1362 – Brooklyn Queens County, Nova Scotia Canada: Had a great yr but no big trips; George likes to garden and tend sheep, plus numerous other projects. Smile! – George want me to tell you he has you beat so far this yr with 130 km. – Our weather has finally turned to winter, so we have missed a few days. We all look forward to a good 2012 for cycling and life. G&P



Ken Bonner – 1255 – Victoria, British Columbia Canada: During the late summer, I experienced a medical problem which leads to a reduced annual mileage submission this year. Hope to get the cycling mileage back up again for next year. Putting a little more effort into my marathon running which cuts into my cycling time (3 marathons this last fall, for a total of 170 lifetime marathons, including all 32 of the Victoria Marathons). Hope all is well with you and your family. Cheers...Ken

Jean Richard-Carter – 1265 – Calgary, Alberta Canada: My comments are that the cycling weather was so good that it was a lot of fun. So much in fact that I am trying studded tires for the winter to see what that is like. Jean

Ron Matsushita – 1268 – St. Catharines, Ontario Canada: Hi Sir James, Great to hear from you and thanks for the reminder. As you will see from my log 2011 was not a banner year for cycling for me. It started off fine as was the plan, because I had hip replacement surgery on June 1. The early riding helped me get off my trainer and on the roads on my mountain bike fairly quickly (by the last week in June) and I did not get on my road bike until September. Throw in some cottaging and trips in August – October and my season was done. I hope you are in good health and riding with the wind.

Edith Williams – 1271 – Markham, Ontario Canada: Here is my log for 2011. It has an abrupt stop on September 12, when I was involved in an accident while cycling with friends in France. An 18 wheeler sideswiped me in a traffic circle, leaving me with a lot of damage to my right lower leg, from which I am recuperating. The good news is that I am in therapy now and hopefully will be on a bike again by summer if only in a much limited manner. The outlook is positive, especially when I take into account the fact that I would have been killed had it not been for the “skirt” the truck had which protected me from going under the wheel. Instead it spun me away and crushed my bike but left me pretty well intact. Have a good and safe 2012. I’ll try and do the same, Edith.

Cary M. Steinman – 1274 – Toronto, Ontario Canada: Hello James Thanks for the reminder. Last year was a very low mileage year for me and I was avoiding seeing the lower numbers, nonetheless I have attached the 2011 log. – I am determined that 2012 will be another super year. Once again Sir James...thanks for all you do to make this wonderful program an annual reality. Best regards Cary.

Jim Fidler – 1286 – Victoria, British Columbia Canada: A dramatic decrease in my total for this year compared to the previous eight but hopefully I’ll bounce back in 2012 – The highlight of this year’s cycling was a nine day trip from Victoria to Saskatoon in September (1661 km) to visit our newly-born granddaughter. This coming June my wife and I hope to cycle down the Oregon coast to Los Angeles to visit our son.

Alison – 1285 – John Van Alten – 1367 – Carlisle, Ontario Canada: No km this year. John only had a few. I attached both our reports. A new addition to the family will be becoming a member as soon as he learns to ride a bike! Thanks
Alison Van Alton Tuckamore Bee Company (289) 260-7434

Curtis McCoy – 1284 – Guelph, Ontario Canada: Please accept my cycling log. It is not very long. I plan to ride more this year. – I am now working in town again, like I was 4 years ago, I hope it lasts. – I hope to be riding to work like I was back then. Sweet morning rides and coasting meandering afternoon rides home. – Take care – Live and Ride – Thank you.

Barry Thompson – 1291 – Upper Kingsclear, New Brunswick Canada: Not a banner year, But hoping this year is a little dryer and less busy!
Regards, Barry

Brian Devan – 1296 – Lindsay, Ontario Canada: I have had an interesting year. I had Laser eye surgery to remove cataracts and they installed lenses so goodbye to my trifocal glasses and now I only need sunglasses but not over other glasses. Have been away a few times all good news and also they had a celebration at our house for our 50th Wedding Anniversary. – In the spring I went through a terrible inflammation attack on or in my arthritic shoulders and through low intensity laser therapy and several massages I am back in riding form. 1300k is low for me but I will be back up this year. – In the fall, September I have planned a 800k ride from Windsor to Lindsay and would appreciate any helpful information as to condition of trails and what roads are suitable for riding or any information that other members would see as helpful keeping in mind that we 2 or 4 riders are in their mid to late seventies. Brian Devan I ride to conquer my Arthritis.

Karen Smith – 1301 – Chilliwack, British Columbia Canada: Here is my cycling log for 2011. I hope I did it right (**perfect**) Thanks for all the work that you do with CKAP. It keeps me motivated and on the bike...Karen

Gerd Neumann – 1304 – Hamilton, Ontario Canada: Another season of bicycling done. This was a bad year for me distance wise. Weather last spring was not the best for cycling and some super hot days in summer did not help. – Well, that is my excuse!

Ken Knutson – 1320 – Tracy, California U.S.A.: While my distance total looks good, it has been a frustrating year. I think I had more minor injuries, mechanical failures and bad weather year than all other years combined! Fortunately the cycling gods smiled on me and I ended the year with an excellent ride New Years Eve. If all goes well, maybe I can reach 100,000 km in 2012. Cheers! Ken



Ruth Baird – 1321 – Fredericton, New Brunswick Canada: Here is my 2011 log. Hope all is okay as I am in the middle of finishing a year end Review for Law Firm. – Checked my email and decided to take a few minutes and get this sent. Thanks for all your work and reminders. I must cut back on my work load or retire soon. Have a great cycle year in 2012.

Martin Goslar – 1324 - Phoenix, Arizona – U.S. A: 2011 was a crazy year here in Phoenix, AZ USA. A lot to do and not to do during the year, so a lot of cycling was difficult – i.e., last summer in Phoenix was the hottest on record, pollution has increased dramatically to a point that my lungs were telling me to stop breathing the nasty air and the “Valley of the Sun” is increasing with drivers that ignore or try to hit cyclists. I’m not whining, just recognizing reality. – You may notice higher distances on the last week of each month. Those weeks included all the short trips shopping, errands, etc.

Sandy & Murray Greer – 1333 & 1334 – Leduc, Alberta Canada: Hi James, thanks again for your great service. We hope you are in good health and had a great year riding. – Sandy & Murray Greer, Alberta

Bob Goodison – 1336 – Sorrento, British Columbia Canada: When sending the last attempt I sent it to myself as well. What I received as an attachment meant nothing to me so, assuming you received the same thing I am trying again. Sorry for the whatever it was, Bob

Chester Wormald – 1339 – St. Catharines, Ontario Canada: No excuse for the poor performance this year other than lack of motivation and laziness, I’m still determined to reach 50,000 Lord willing.

Alex Pope – 1352 – Maple Ridge, British Columbia Canada: Thanks for the reminders. Attached is my 2011` Cycling Log. In spite of having a low km cycling year, it appears that I did make it over the 50,000km grand total. Is there an option to send the \$35.00 via PayPal or other electronic means or should I just mail a Cheque? (No – mail a cheque payable to CKAP – Thanks)

Dug Andrusiek – 1358 – North Vancouver, British Columbia Canada: Two goals for 2011, the first was to ride PBP. I did ride it, but unfortunately had to pull out in Carhaix due to IT band/knee issues. Even though I didn’t complete the event, it was a fantastic experience. 2015 will be great fun. My second goal was to ride my bike further than the car was driven. I beat the car by 366 km.

Ken teGrotenhuis – 1359 – Hamilton, Ontario Canada: I fell short of my 6000km goal. Cycling this year was split between commuting, mountain biking and touring. The highlight of the year was a five day, 450km tour along the Trans Canada Trail. This was my first tour and I enjoyed it so much that I’m already planning 2012’s tour! What a great way to see an area! Hope you had a good year as well & thanks again for all the work you put into CKAP. Cheers, Ken

Dave Macmurchie – 1360 – Shawinigan Lake, British Columbia Canada: Here you go, and thanks once again for your work and leadership with CKAP. Dave Macmurchie North Cove Technical Services.

Aaron Davis – 1361 – Bozeman, Montana USA: I am normally only a roadie but this year logged around 800 km in mountain bike trails. 4,026 km achieved on 4 different bikes: 2005 Lemond Tourmalet, 2003 Trek 5200, 1982 Schwinn Le Tour and 2000 Diamond Back frame Mt. Bike upgrade.

Nick Parker – 1368 – North Vancouver, British Columbia Canada: I am about a thousand km short from last year but with travelling, work and a 93 year old parent there is only so much cycling that one can do. I always live and hope!

Marcel Gingras – 1369 – Port Colborne, Ontario Canada: Dear James; it is with great pleasure I am sending you my 2011 log. I had doubt about being able to ride at all as I was handicapped, so it was a bit of a challenge to ride from Niagara to Quebec City in late August. – I had a companion the first 4 days. Roberto had to turn back once we reached the Quebec border. We rode through the USA to avoid Toronto and Montreal later on. I reached Plessisville in Eastern Townships after 7 days riding, averaging 143 km per day. After spending one day with cousins, I rode bike trails to Quebec City just ahead of a hurricane. – I then spent a few days with sisters and nephews before flying back home. My longest day in the saddle was July 27th when I did 227 km. I do ride alone most of the time since leaving the local club. I check tire inflation before each ride and roll the bike once a month to get accurate mileage and at times, I verify my travel distance with “Runningmap” website. – May this year be as successful as last. I will then have reached my goal. – PS: Quebec has over 9,000 km of bike trails and I was astounded with some of the sections I rode on. I could send you pictures. Marcel.

Deborah Chamitoff – 1370 – Victoria, British Columbia Canada: Hello James...Here is my log. No awards this year...just tons of fun on the bike... I did four major tours and then I got injured... (Just Road Rash) all the best in the upcoming year and thanks for all you do!

Richard Edge – 1387 – Langley, British Columbia Canada: My total distance passed 10,000 km in 2011. Since I also purchased a new ICE Sprint recumbent trike in 2011 and sold the last one, my existing photo needs an update so I have attached a photo of me on the new trike taking it for a test ride around our townhouse complex just after it arrived. – “Pain is temporary. It may last a minute, or an hour, or a day, or a year, but eventually it will subside and something else will take its place. If I quit, however, it lasts forever.” – Lance Armstrong



Mark Linford – 1389 – Ajax, Ontario Canada: well 2011 ended with a whimper. My highlight was riding the Selkirk Loop with my brother-in-law in perfect conditions this summer. Sadly I couldn't even make my reduced goal after health issues haunted me in the spring and fall. But a visit to a ND, who actually found the problem the MDs treated symptoms for, I have hope for 2012! Looks like I stumbled over the silver medal marker also so I'll be sending some \$ CKAP's way soon. Cheers, Mark

Richard den Braber – 1393 – Chilliwack, British Columbia Canada: Well we are almost there and I am getting ready to send my email with the total sheet for 2011. I rode another 25 km today and the wind was quite brisk so one way was very easy and the return trip was hard. I'm tempted to wear a sail and drive upwind and catch the breeze for one way easy journey tomorrow. With my size I catch a lot of wind so it would be cheating to follow me into the wind. still no snow on the ground (**Dec. 30th**) in Chilliwack BC. The wind has been strong enough to tear some siding off the house so it has been fun. I will send the total for the year after the first I am at 8491 for the year and am really tempted to do that extra few KM to make 8500 (**He did**) I have been wallowing many weeks and not motivated but still almost caught last years total. I feel a New Years resolution coming on to try for 10000 as I do every year. Chuckle! Thanks in advance for all the hard work you do. Rick

Nancy Gibson – 1394 – Toronto, Ontario Canada: Sorry to be slow in getting this to you. January consisted of recovering from my final chemo treatment so I didn't do much at all at the Computer. But I'm now feeling much better and finding that radiation is a whole lot easier than chemo! I'm looking forward to a more active cycling year in 2012! Nancy.

Mark Schofield – 1398 – Dartmouth, Nova Scotia Canada: 2011 was a good year despite the challenging weather in Nova Scotia. The most significant event of my cycling season was participating the Bill 93 Relay. Cyclists on four separate relays across Nova Scotia converged on the steps of Province House in Halifax on June 1st when Bill 93 was proclaimed as law. Bill 93 was an amendment to the Motor Vehicle Act in which motorists are required to give cyclists a minimum of 1 meter of space when passing; Nova Scotia is the first province in Canada to enact such legislation to require motorists to pass at a safe distance. – I am looking forward to a great cycling season ahead in 2012. Regards,

Bud Jorgensen – 1402 – Alliston, Ontario Canada: My total was down this year, to 3211, although I did ride the Icefield Parkway in the west, the Dempster highway in the north and part of the Cabot Trail in the east. It was a very busy year for us, though, and I was tied down more than I like to be. Hoping to do more riding in 2012 and to spend more of the summer in Ontario. If I do get through Ottawa will certainly phone. All the best in 2012, Bud.

Lynn Harris – 1404 – Perth, Ontario Canada: Here is my log for 2011. I will put a cheque in the mail to you for my bronze level badge. CKAP was the incentive to get out riding more this year. Thanks!

Tim Hore – 1408 – Ottawa, Ontario Canada: Sorry to hear about the unfortunate crash, my friend. I'm pretty new to road cycling having purchased my bike in spring of 2010, but learned the joys of group riding and the importance of being considerate of other riders. I have now covered 8000 km in my first two years. Not a lot by some CKAP standards, I know, but a healthy amount for me. I met Les Humphreys somewhere outside Perth on one of my rides from Ottawa to Sharbot Lake, which is how I learned about CKAP. My first big goal had been to complete the Rideau Lakes Tour, which I did in 2011 and plan to do again this year. I'm setting myself a CKAP goal of getting my name on the Timmermans trophy within 20 years (by 2031) - I'll keep an eye out for the pompom and will introduce myself when I see you. (**James helmet**)

That's all they wrote for 2011! All mistakes and typos are not the fault of Sir James but rather were copied from the many letters, cycling logs and emails of varied degrees of legibility. There were many, to many; Thank You to Sir James and the CKAP Board of Directors to include all as they would become boring to the mostly healthy lot of members so I only used them the fill a line if needed but I wish to thank all the members who wished me well and thanked the CKAP Board of Directors for their hard work and dedication to CKAP. I hope I and the Board have not let you down. Cheers :-))) "Sir" James



Canadian Kilometer Achiever Program (CKAP)

CKAP #		2012 Cycling Distance Log, In Kilometres Please					
Week Of	Totals	Week Of	Totals	Week Of	Totals	Week Of	Totals
Sunday January 01 =		Sunday April 01 =		Sunday July 01 =		Sunday October 07 =	
Sunday January 08 =		Sunday April 08 =		Sunday July 08 =		Sunday October 14 =	
Sunday January 15 =		Sunday April 15 =		Sunday July 15 =		Sunday October 21 =	
Sunday January 22 =		Sunday April 22 =		Sunday July 22 =		Sunday October 28 =	
Sunday January 29 =		Sunday April 29 =		Sunday July 29 =			
Monthly Total		Monthly Total		Monthly Total		Monthly Total	
Sunday February 05 =		Sunday May 06 =		Sunday August 05 =		Sunday November 04 =	
Sunday February 12 =		Sunday May 13 =		Sunday August 12 =		Sunday November 11 =	
Sunday February 19 =		Sunday May 20 =		Sunday August 19 =		Sunday November 18 =	
Sunday February 26 =		Sunday May 27 =		Sunday August 26 =		Sunday November 25 =	
Monthly Totals		Monthly Totals		Monthly Totals		Monthly Totals	
Sunday March 04 =		Sunday June 03 =		Sunday September 02 =		Sunday December 02 =	
Sunday March 11 =		Sunday June 10 =		Sunday September 09 =		Sunday December 09 =	
Sunday March 18 =		Sunday June 17 =		Sunday September 16 =		Sunday December 16 =	
Sunday March 25 =		Sunday June 24 =		Sunday September 23 =		Sunday December 23 =	
				Sunday September 30 =		Monday December 31 =	
Monthly Totals		Monthly Totals		Monthly Totals		Monthly Totals	
Quarterly Totals		Quarterly Totals		Quarterly Totals		Quarterly Totals	
		Grand Total 2011 =		Year 2012 =		Grand Total 2012 =	
<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 @ \$35.00 ea. []</p> <p>Name: _____ Address: _____</p> <p>Town / City : _____ Province / State : _____ Postal Code / Zip: _____</p> <p>Country : _____ Phone No: _____ E-mail address : _____</p> <p>Bicycle & Handcycling Incentive Programs 25,000 Km () Special Needs Incentive Program 15,000 Km ()</p> <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 Clubs 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 2013, to ensure you meet C-KAP 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>							

