

Canadian Kilometer Achiever Program (CKAP)

<b>CKAP #</b>		<b>2008 Cycling Distance Log, In Kilometres Please</b>					
<b>Week Of</b>	<b>Totals</b>	<b>Weeks Ending</b>	<b>Totals</b>	<b>Weeks Ending</b>	<b>Totals</b>	<b>Weeks Ending</b>	<b>Totals</b>
Sunday January 06 =		Sunday April 06 =		Sunday July 06 =		Sunday October 05 =	
Sunday January 13 =		Sunday April 13 =		Sunday July 13 =		Sunday October 13 =	
Sunday January 20 =		Sunday April 20 =		Sunday July 20 =		Sunday October 19 =	
Sunday January 27 =		Sunday April 27 =		Sunday July 27 =		Sunday October 26 =	
<b>Monthly Total =</b>		<b>Monthly Total =</b>		<b>Monthly Total =</b>		<b>Monthly Total =</b>	
Sunday February 03 =		Sunday May 04 =		Sunday August 03 =		Sunday November 02 =	
Sunday February 10 =		Sunday May 11 =		Sunday August 10 =		Sunday November 09 =	
Sunday February 17 =		Sunday May 18 =		Sunday August 17 =		Sunday November 16 =	
Sunday February 24 =		Sunday May 25 =		Sunday August 24 =		Sunday November 22 =	
				Sunday August 31 =		Sunday November 30 =	
<b>Monthly Total =</b>		<b>Monthly Total =</b>		<b>Monthly Total =</b>		<b>Monthly Total =</b>	
Sunday March 02 =		Sunday June 01 =		Sunday September 07 =		Sunday December 07 =	
Sunday March 09 =		Sunday June 08 =		Sunday September 14 =		Sunday December 14 =	
Sunday March 16 =		Sunday June 15 =		Sunday September 21 =		Sunday December 21 =	
Sunday March 23 =		Sunday June 22 =		Sunday September 28 =		Sunday December 28 =	
Sunday March 30 =		Sunday June 29 =				Wed. December 31 =	
<b>Monthly Total =</b>		<b>Monthly Total =</b>		<b>Monthly Total =</b>		<b>Monthly Total =</b>	
<b>Quarterly Total =</b>		<b>Quarterly Total =</b>		<b>Quarterly Total =</b>		<b>Quarterly Total =</b>	
<b>Grand Total 2007 =</b>		<b>Year 2008 =</b>				<b>Grand Total 2008 =</b>	
<b>If earned, please enclosed funds for your awards in the incentive part of CKAP - Certificate included for highest yearly award earned.</b>							
CKAP is funded by your one time membership fee and payment of badges and medals in the Incentive part of CKAP							
The certificate is only issued if you purchase the award you have earned // <b>Would like a 25,000 -50,000 or 75,000 km plaque @ \$35.00 ea. ( )</b>							
<b>Name:</b>				<b>Address:</b>			
<b>Town / City :</b>		<b>Province / State :</b>		<b>Postal Code / Zip:</b>			
<b>Country :</b>		<b>Phone No:</b>		<b>E-mail address :</b>			
Bicycle & Handcycling Incentive Programs 25,000 Km ( )				Special Needs Incentive Program 15,000 Km ( )			
<b>Choose to receive the CKAP annual report in PDF format from supplied web site ( ) or black &amp; white hardcopy by mail ( )</b>							
List of Cycling Clubs that you belong to for the Hewes Challenge Trophy:							
<b>List the Canadian Provinces you cycled in and the % of your total km cycled in each Prov. If more than one on the back of this log.</b>							
<b>Information will only be used by the board of Directors of Tour du Canada to determine winner of the annual Tour du Canada Award</b>							
Do you use a bicycle computer to record your km's - yes ( ) No ( ) If no please explain your method _____							
<b>Please remit your completed log, with any fees payable to CKAP before January 31, year 2009, to insure you meet C-KAP deadline</b>							
<b>To: James D. Wilson CKAP Coordinator - 1249 St. Paul Avenue - Ottawa ON Canada - K1V 6V8</b>							
<b>Web page address: <a href="http://www.ckap.ca">http://www.ckap.ca</a> E-mail address: <a href="mailto:james.wilson@primus.ca">james.wilson@primus.ca</a></b>							