

Canadian Kilometer Achiever Program (CKAP)

CKAP #		2009 Cycling Distance Log, In Kilometres Please					
Weeks Ending	Totals	Weeks Ending	Totals	Weeks Ending	Totals	Weeks Ending	Totals
Sunday January 04 =		Sunday April 05 =		Sunday July 05 =		Sunday October 04 =	
Sunday January 11 =		Sunday April 12 =		Sunday July 12 =		Sunday October 11 =	
Sunday January 18 =		Sunday April 19 =		Sunday July 19 =		Sunday October 18 =	
Sunday January 25 =		Sunday April 26 =		Sunday July 26 =		Sunday October 25 =	
Monthly Total =		Monthly Total =		Monthly Total =		Monthly Total =	
Sunday February 01 =		Sunday May 03 =		Sunday August 02 =		Sunday November 01 =	
Sunday February 08 =		Sunday May 10 =		Sunday August 09 =		Sunday November 08 =	
Sunday February 15 =		Sunday May 17 =		Sunday August 16 =		Sunday November 15 =	
Sunday February 22 =		Sunday May 24 =		Sunday August 23 =		Sunday November 22 =	
		Sunday May 31 =		Sunday August 30 =		Sunday November 29 =	
Monthly Total =		Monthly Total =		Monthly Total =		Monthly Total =	
Sunday March 01 =		Sunday June 07 =		Sunday September 06 =		Sunday December 06 =	
Sunday March 08 =		Sunday June 14 =		Sunday September 13 =		Sunday December 13 =	
Sunday March 15 =		Sunday June 21 =		Sunday September 20 =		Sunday December 20 =	
Sunday March 22 =		Sunday June 28 =		Sunday September 27 =		Sunday December 27 =	
Sunday March 39 =						Thur. December 31 =	
Monthly Total =		Monthly Total =		Monthly Total =		Monthly Total =	
Quarterly Total =		Quarterly Total =		Quarterly Total =		Quarterly Total =	
Grand Total 2008 =		Year 2009 =				Grand Total 2009 =	
<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 issued if you purchase the award you have earned // Would like a 25,000 - 50,000 or 75,000 km plaque @ \$35.00 ea. ()</p>							
Name:				Address:			
Town / City :		Province / State :		Postal Code / Zip:			
Country :		Phone No:		E-mail address :			
Bicycle & Handcycling Incentive Programs 25,000 Km ()				Special Needs Incentive Program 15,000 Km ()			
<p>Choose to receive the CKAP annual report in PDF format from supplied web site () or black & white hardcopy by mail ()</p>							
<p>List of Cycling Clubs that you belong to in year 2009 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 2010, to insure 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>							

