

Canadian Kilometer Achiever Program (CKAP)

C-KAP #		2010 Cycling Distance Log, In Kilometres Please					
Week Ending	Totals	Week Ending	Totals	Week Ending	Totals	Week Ending	Totals
Sunday January 03 =		Sunday April 04 =		Sunday July 04 =		Sunday October 03 =	
Sunday January 10 =		Sunday April 11 =		Sunday July 11 =		Sunday October 10 =	
Sunday January 17 =		Sunday April 18 =		Sunday July 18 =		Sunday October 17 =	
Sunday January 24 =		Sunday April 25 =		Sunday July 25 =		Sunday October 24 =	
Sunday January 31 =						Sunday October 31 =	
Monthly Total =		Monthly Total =		Monthly Total =		Monthly Total =	
Sunday February 07 =		Sunday May 02 =		Sunday August 01 =		Sunday November 07 =	
Sunday February 14 =		Sunday May 09 =		Sunday August 08 =		Sunday November 14 =	
Sunday February 21 =		Sunday May 16 =		Sunday August 15 =		Sunday November 21 =	
Sunday February 28 =		Sunday May 23 =		Sunday August 22 =		Sunday November 28 =	
		Sunday May 30 =		Sunday August 29 =			
Monthly Total =		Monthly Total =		Monthly Total =		Monthly Total =	
Sunday March 07 =		Sunday June 06 =		Sunday September 05 =		Sunday December 05 =	
Sunday March 14 =		Sunday June 13 =		Sunday September 12 =		Sunday December 12 =	
Sunday March 21 =		Sunday June 20 =		Sunday September 19 =		Sunday December 19 =	
Sunday March 28 =		Sunday June 27 =		Sunday September 26 =		Sunday December 26 =	
						Friday December 31 =	
Monthly Total =		Monthly Total =		Monthly Total =		Monthly Total =	
Quarterly Total =		Quarterly Total =		Quarterly Total =		Quarterly Total =	
Grand Total 2009 =		Year 2010 =				Grand Total 2010 =	
If earned, have you enclosed funds for your awards in the incentive part of C-KAP () Do you wish a certificate Yes () No ()							
C-KAP is funded by your membership fee and payment of badges and medals in the Incentive part of C-KAP							
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. ()							
Name:				Address:			
Town / City :		Province / State :		Postal Code / Zip:			
Country :		Phone No:		E-mail address :			
Bicycle & Handcycling Incentive Programs 25,000 Km ()				Special Needs Incentive Program 15,000 Km ()			
Choose to receive the C-KAP annual report in PDF format from C-KAP web site () or black & white hardcopy by Canada Post ()							
List of Cycling Clubs that you belong to in 2010 for the Hewes Challenge Trophy:							
List the Canadian Provinces you cycled in and the % of your total km cycled in each Prov. If more than one on the back of this log.							
Information will only be used by the board of Directors of Tour du Canada to determine winner of the annual Tour du Canada Award							
Do you use a bicycle computer to record your km's - yes () No () If no please explain your method _____							
Please remit your completed log, with any fees payable to CKAP before January 31, year 2011, to ensure you meet C-KAP deadline							
To: James D. Wilson C-KAP Coordinator - 1249 St. Paul Avenue - Ottawa ON Canada K1V 6V8							
Web page address: http://www.ckap.ca E-mail address: james.wilson@primus.ca							

