

## What is CKAP

CKAP is an incentive cycling program offered by the Canadian Kilometer Achiever Program. Our goal is to inspire all cyclists in Canada and beyond to ride and reach their goal of improved health and lifestyle.

The program grew out of the vision of one man, Tom Parry, who metaphorically challenged, all cyclists to join teams cycling from all parts of Canada to the 1976 Montreal Olympics.

You can set yourself distance goals each year and work to achieve them. Each kilometer you cycle adds to your CKAP total. The kilometers keep building for you and for everyone in the program.

As of the end of year 2005 participants have logged 16.6 million kilometers.

## How does CKAP Work

As you reach recognized CKAP km totals you become eligible to receive awards.

Send your registration form to the CKAP Coordinator and attach any fees payable to CKAP. You will receive a confirmation letter, CKAP number and annual cycling log with instructions. Each year when you receive the CKAP annual report, you will also receive a new cycling log by web page or mail.

Using your bicycle computer, keep track of how many kilometers you cycled each week. Record your results in your cycling log. Weekly totals should be in whole kilometers. Fill in the boxes for monthly and quarterly totals. Only on road km count, no indoor trainers or professionally logged km (couriers) please.

Handcyclist and Special Needs may use the sidewalk where appropriate. They may also count training and sports in a gym or track. They must remove their bicycle computer at home and work, but can count trips to and from work. Handcyclist's and Special Needs must use their judgment as to what is appropriate for them to count, knowing that they cannot count in home or work km.

At the end of each year, you submit your log to the CKAP Coordinator and you will receive an Annual report and the awards you may have earned.

## Ride for fitness



design by Charles R. Hand #774

For more information - contact  
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Web Page: [www.ckap.ca](http://www.ckap.ca)

## How Do You Register

Cyclists in both programs receive a Lifetime Membership in CKAP by paying a one-time registration fee of \$30.00 Canadian – \$35.00 USA in US dollars - UK members and all other countries cost \$40.00 in US dollars to cover the extra cost of postage.

Badges (\$8.00) and medals (\$18.00) in the incentive part of the programs must be paid for as earned. They are considered part of your registration fee as CKAP has no annual fees.

The price of one computer printed and gold embossed certificate for the highest level reached each year is included in the cost of the award. You must pay for a badge or medal to receive a free certificate. Extra certificates cost \$2.00 each.

Please make sure that all payments are payable to: Canadian Kilometer Achiever Program or CKAP Mark in the memo area what the payment is for and send with your cycling log or registration form to your CKAP Coordinator.

# Canadian Kilometer Achiever Program



Challenges you  
to improve your  
health & lifestyle  
by cycling

## CKAP Registration Form

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Prov./State: \_\_\_\_\_

Country: \_\_\_\_\_ Zip/P. Code: \_\_\_\_\_

Phone #: \_\_\_\_\_ E-mail: \_\_\_\_\_

Birth Date: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: M / F

Bicycle Program [  ] 25,000 Km

Hand Cycle Program [  ]  
25,000 Km [  ] or 15,000 Km [  ]

Member Cycling Clubs: \_\_\_\_\_

\_\_\_\_\_

Where did you learn about C-KAP?  
\_\_\_\_\_

### Annual report:

PDF Format [  ] or mailed B&W copy [  ]

I understand that CKAP is an incentive program to encourage me to set personal goals in cycling and that C-KAP bears no responsibility for my safety.

I undertake to be as accurate as possible in keeping of my C-KAP log.

Sign: \_\_\_\_\_ Date: \_\_\_\_\_

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Only km from January 1<sup>st</sup> of the year that you joined CKAP count. New members joining CKAP that are age 50 or over will be allowed to count an extra two years if they provide a cycling log for those years.

## CKAP Bicycle and Handcycle Incentive Program 1,000 to 25,000 Km

1,000 Km = Bronze Badge & Certificate  
2,500 Km = Silver Badge & Certificate  
5,000 Km = Gold Badge & Certificate  
10,000 Km = Bronze Medal & Certificate  
15,000 Km = Silver Medal & Certificate  
25,000 Km = Gold Medal & Certificate

### Highest Annual Kilometer

Laurie Leslie

Canadian Olympic Goal Trophy

Les Humphreys

Canadian Olympic Goal Trophy

Woody Graham

International Olympic Goal Trophy

Winners have name engraved on trophies and are presented with a keepers plaque.

### Hewes Challenge Trophy

This trophy is awarded to the Cycling Club or Network with the highest CKAP annual km. The Club has their name engraved on trophy. Club is presented with a keeper plaque. There is only one Hewes Challenge Trophy for all programs. As a member of CKAP cyclists will be able to count their annual km towards all cycling clubs of which they are members.

### Bruce Timmermans 100,000 Km Club

Members has their name engraved on trophy, are presented with a keepers plaque for each 100,000 CKAP km cycled and recorded.

### Van Epps Handcycle

International Olympic Goal Trophy

A trophy will be purchased when membership warrants it and there is competition between hand cyclist members.

### Unnamed Handcyclist 50,000 Km Club

Recognition for each CKAP 50,000 Km. A free plaque and certificate will be issued.

## Special Needs Program

Open to all types of human-powered cycles and wheelchairs.

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

All certificates and engraved medals will indicate the actual Km that you cycled in the program that you choose. You may switch from one program to the other if your ability warrants it. This must be done by written request, sent to your C-KAP coordinator.

## CKAP Award Incentive Program 1,000 to 15,000 Km

250 Km = Bronze Badge & Certificate  
1,000 Km = Silver Badge & Certificate  
2,500 Km = Gold Badge & Certificate  
5,000 Km = Bronze Medal & Certificate  
10,000 Km = Silver Medal & Certificate  
15,000 Km = Gold Medal & Certificate

All CKAP km are cumulative, each years added to the previous so you only earn and pay for the awards in the Incentive Program once. All major awards are free.

There are Microsoft Excel formatted cycling logs which are formatted to do all the addition for you. Please follow the instructions on the form including all the requested address information including your CKAP number.

For those members who don't have the Excel program there are PDF formatted cycling logs below the Excel cycling logs on the same page.

For those without a computer CKAP will mail those who request it an Annual report and a cycling log around mid March each year.