

CKAP #:		2017 Cycling Distance Log, In Kilometres Please					
Weeks Ending	Totals	Weeks Ending	Totals	Weeks Ending	Totals	Weeks Ending	Totals
Sunday January 01 =		Sunday April 02 =		Sunday July 02 =		Sunday October 01 =	
Sunday January 08 =		Sunday April 09 =		Sunday July 09 =		Sunday October 08 =	
Sunday January 15 =		Sunday April 16 =		Sunday July 16 =		Sunday October 15 =	
Sunday January 22 =		Sunday April 23 =		Sunday July 23 =		Sunday October 22 =	
Sunday January 29 =		Sunday April 30 =		Sunday July 30 =		Sunday October 29 =	
Monthly Total =		Monthly Total =		Monthly Total =		Monthly Total =	
Sunday February 05 =		Sunday May 07 =		Sunday August 06 =		Sunday November 05 =	
Sunday February 12 =		Sunday May 14 =		Sunday August 13 =		Sunday November 12 =	
Sunday February 19 =		Sunday May 21 =		Sunday August 20 =		Sunday November 19 =	
Sunday February 26 =		Sunday May 28 =		Sunday August 27 =		Sunday November 26 =	
Monthly Total =		Monthly Total =		Monthly Total =		Monthly Total =	
Sunday March 05 =		Sunday June 04 =		Sunday September 03 =		Sunday December 03 =	
Sunday March 12 =		Sunday June 11 =		Sunday September 10 =		Sunday December 10 =	
Sunday March 19 =		Sunday June 18 =		Sunday September 17 =		Sunday December 17 =	
Sunday March 26 =		Sunday June 25 =		Sunday September 24 =		Sunday December 24 =	
						Sunday December 31 =	
Monthly Total =		Monthly Total =		Monthly Total =		Monthly Total =	
Quarterly Totals =		Quarterly Totals =		Quarterly Totals =		Quarterly Totals =	
Grand total Km at year end 2016 =				Total KM in 2017 =		Grand Total 2017 Km =	

If earned, please enclose funds for your awards in the incentive part of CKAP - Certificate included for highest yearly award earned.		
CKAP is funded by your one time membership fee and payments 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 @ \$40.00 ea. <input type="checkbox"/>		
Name:	Address:	
Town / City:	Province / State:	Postal Code:
Country:	Phone #:	E-mail:
Bicycle & Handcycling Incentive Program's 25,000 Km <input type="checkbox"/> Special Needs Incentive Program 15,000 Km <input type="checkbox"/>		
Choose to receive the CKAP annual report in PDF format from supplied web site <input type="checkbox"/> or black & white hardcopy by mail <input type="checkbox"/>		
List the Cycling Club that you belong to in year 2017 for Hewes Challenge Trophy:		
List the Canadian Provinces you cycled in and the % of your total km cycled in each Prov. If more than one, list on the back of this log.		
Information will only be used by the board of directors - Tour du Canada to determine winner - annual Tour du Canada - CKAP Award		
Do you use a bicycle computer to record your km's - yes <input type="checkbox"/> No <input type="checkbox"/> If no, please explain your method:		
Please remit your completed log, with any fees payable to CKAP before January 31, 2018 to ensure you meet CKAP deadline.		
To: James D. Wilson CKAP Coordinator - 1249 St. Paul Avenue - Ottawa, ON - K1V 6V8		
Web page address: <http://www.ckap.ca>		E-mail address: james.wilson@primus.ca

INFORMATION REQUIRED TO COMPETE FOR THE "TOUR DU CANADA AWARD"

List Provinces visited below	Date started & completed tour	percent of annual km 1 to 100 %
Cross Canada Cycling Trips	Dates not required	
Other than Canadian Cycling	Dates not required	
Home Province	Dates not required	
Total of all cycling should equal 100 percent		

Rules: The **Tour du Canada Award** is sponsored by Tour du Canada. The award hopes to encourage members to visit and cycle in Provinces other than their home Province. For the purposes of the Tour du Canada award only Cross Canada cycling trips alone, in groups, supported or non-supported and cycling outside Canada do not count.

All information provided will be held in the strictest confidence by CKAP. CKAP and its associates agree that it will not sell, rent, or otherwise disclose information provided in this log to any third party except that CKAP and its associates may use the information to determine or present the awards as outlined in the program and to promote CKAP through their various publications.

CKAP will continue to stock short sleeve 15" & 19" zipper & long sleeve full zipper jerseys. Please pay for incentive awards when earned as this will enable CKAP to purchase CKAP cycling caps and socks and future new clothing but it requires members to pay for earned awards.

Due to the increased cost of medals and postage CKAP had no choice but to raise the price or go bust. The raise in price for awards started with the 2013 cycling log and season. Badges with certificate increase from \$8.00 to \$10.00 each including postage. Medals with certificate increase from \$18.00 to \$20.00 each including postage. Plaques with certificate increase from \$35.00 to \$40.00 each including postage. All major awards remain free. They are the Canadian male & female Olympic Goal, the international male & female Olympic Goal, The Hewes Challenge, The 100,000 km Club and the Tour du Canada-CKAP awards.

Notes for the CKAP annual report "From the Peloton": Keep short. Your finest cycling moment can be added to the body of your email if sending log by attachment to an email.