

CKAP #:		2018 Cycling Distance Log, In Kilometres Please					
Weeks Ending	Totals	Weeks Ending	Totals	Weeks Ending	Totals	Weeks Ending	Totals
Sunday January 07 =		Sunday April 01 =		Sunday July 01 =		Sunday October 07 =	
Sunday January 14 =		Sunday April 08 =		Sunday July 08 =		Sunday October 14 =	
Sunday January 21 =		Sunday April 15 =		Sunday July 15 =		Sunday October 21 =	
Sunday January 28 =		Sunday April 22 =		Sunday July 22 =		Sunday October 28 =	
		Sunday April 29 =		Sunday July 29 =			
Monthly Total =		Monthly Total =		Monthly Total =		Monthly Total =	
Sunday February 04 =		Sunday May 06 =		Sunday August 05 =		Sunday November 04 =	
Sunday February 11 =		Sunday May 13 =		Sunday August 12 =		Sunday November 11 =	
Sunday February 18 =		Sunday May 20 =		Sunday August 19 =		Sunday November 18 =	
Sunday February 25 =		Sunday May 27 =		Sunday August 26 =		Sunday November 25 =	
Monthly Total =		Monthly Total =		Monthly Total =		Monthly Total =	
Sunday March 04 =		Sunday June 03 =		Sunday September 02 =		Sunday December 02 =	
Sunday March 11 =		Sunday June 10 =		Sunday September 09 =		Sunday December 09 =	
Sunday March 18 =		Sunday June 17 =		Sunday September 16 =		Sunday December 16 =	
Sunday March 25 =		Sunday June 24 =		Sunday September 23 =		Sunday December 23 =	
				Sunday September 30 =		Monday December 31 =	
Monthly Total =		Monthly Total =		Monthly Total =		Monthly Total =	
Quarterly Totals =		Quarterly Totals =		Quarterly Totals =		Quarterly Totals =	
Grand total Km at year end 2017 =				Total KM in 2018 =		Grand Total 2018 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 2018 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

