

CKAP #:		2019 Cycling Distance Log, In Kilometres Please					
Weeks Ending	Totals	Weeks Ending	Totals	Weeks Ending	Totals	Weeks Ending	Totals
Sunday January 06 =		Sunday April 07 =		Sunday July 07 =		Sunday October 06 =	
Sunday January 13 =		Sunday April 14 =		Sunday July 14 =		Sunday October 13 =	
Sunday January 20 =		Sunday April 21 =		Sunday July 21 =		Sunday October 20 =	
Sunday January 27 =		Sunday April 28 =		Sunday July 28 =		Sunday October 27 =	
<b>Monthly Total =</b>		<b>Monthly Total =</b>		<b>Monthly Total =</b>		<b>Monthly Total =</b>	
Sunday February 03 =		Sunday May 05 =		Sunday August 04 =		Sunday November 03 =	
Sunday February 10 =		Sunday May 12 =		Sunday August 11 =		Sunday November 10 =	
Sunday February 17 =		Sunday May 19 =		Sunday August 18 =		Sunday November 17 =	
Sunday February 24 =		Sunday May 26 =		Sunday August 25 =		Sunday November 24 =	
<b>Monthly Total =</b>		<b>Monthly Total =</b>		<b>Monthly Total =</b>		<b>Monthly Total =</b>	
Sunday March 03 =		Sunday June 02 =		Sunday September 01 =		Sunday December 01 =	
Sunday March 10 =		Sunday June 09 =		Sunday September 08 =		Sunday December 08 =	
Sunday March 17 =		Sunday June 16 =		Sunday September 15 =		Sunday December 15 =	
Sunday March 24 =		Sunday June 23 =		Sunday September 22 =		Sunday December 22 =	
Sunday March 31 =		Sunday June 30 =		Sunday September 29 =		Tuesday December 31 =	
<b>Monthly Total =</b>		<b>Monthly Total =</b>		<b>Monthly Total =</b>		<b>Monthly Total =</b>	
<b>Quarterly Totals =</b>		<b>Quarterly Totals =</b>		<b>Quarterly Totals =</b>		<b>Quarterly Totals =</b>	
<b>Grand total Km at year end 2017 =</b>				<b>Total KM in 2018 =</b>		<b>Grand Total 2018 Km =</b>	

<b>If earned, please enclose funds for your awards in the incentive part of CKAP - Certificate included for highest yearly award earned.</b>		
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:		
<b>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.</b>		
<b>Information will only be used by the board of directors - Tour du Canada to determine winner - annual Tour du Canada - CKAP Award</b>		
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:		
<b>Please remit your completed log, with any fees payable to CKAP before January 31, 2018 to ensure you meet CKAP deadline.</b>		
<b>To: James D. Wilson CKAP Coordinator - 1249 St. Paul Avenue - Ottawa, ON - K1V 6V8</b>		
<b>Web page address: &lt;<a href="http://www.ckap.ca">http://www.ckap.ca</a>&gt;</b>		<b>E-mail address: <a href="mailto:james.wilson@primus.ca">james.wilson@primus.ca</a></b>

**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 %
<b>Cross Canada Cycling Trips</b>	<b>Dates not required</b>	
<b>Other than Canadian Cycling</b>	<b>Dates not required</b>	
<b>Home Province</b>	<b>Dates not required</b>	
<b>Total of all cycling should equal 100 percent</b>		

**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 it's associates agree that it will not sell, rent, or otherwise disclose information provided in this log to any third party except that CKAP and it's 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 by 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 the body of your email if sending log by attachment to an email.**