

CKAP #:		2020 Cycling Distance Log, In Kilometres Please					
Weeks Ending	Totals	Weeks Ending	Totals	Weeks Ending	Totals	Weeks Ending	Totals
Sunday December 29 =		Sunday April 05 =		Sunday July 05 =		Sunday October 04 =	
Sunday January 05 =		Sunday April 12 =		Sunday July 12 =		Sunday October 11 =	
Sunday January 12 =		Sunday April 19 =		Sunday July 19 =		Sunday October 18 =	
Sunday January 19 =		Sunday April 26 =		Sunday July 26 =		Sunday October 25 =	
Sunday January 26 =							
Monthly Total =		Monthly Total =		Monthly Total =		Monthly Total =	
Sunday February 02 =		Sunday May 03 =		Sunday August 02 =		Sunday November 01 =	
Sunday February 09 =		Sunday May 10 =		Sunday August 09 =		Sunday November 08 =	
Sunday February 16 =		Sunday May 17 =		Sunday August 16 =		Sunday November 15 =	
Sunday February 23 =		Sunday May 24 =		Sunday August 23 =		Sunday November 22 =	
		Sunday May 31 =		Sunday August 30 =		Sunday November 29 =	
Monthly Total =		Monthly Total =		Monthly Total =		Monthly Total =	
Sunday March 01 =		Sunday June 07 =		Sunday September 06 =		Sunday December 06 =	
Sunday March 08 =		Sunday June 14 =		Sunday September 13 =		Sunday December 13 =	
Sunday March 15 =		Sunday June 21 =		Sunday September 20 =		Sunday December 20 =	
Sunday March 22 =		Sunday June 28 =		Sunday September 27 =		Sunday December 27 =	
Sunday March 29 =						Thursday December 31 =	
Monthly Total =		Monthly Total =		Monthly Total =		Monthly Total =	
Quarterly Totals =		Quarterly Totals =		Quarterly Totals =		Quarterly Totals =	
Grand total Km at year end 2019 =				Total KM in 2020 =		Grand Total 2020 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 2020 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, 2021 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 the body of your email if sending log by attachment to an email.