

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.

Name:	Address:	
Town / City:	Province / State:	Postal Code:
Country:	Phone #:	E-mail:

Bicycle & Handcycling Incentive Program's 25,000 Km Special Needs Incentive Program 15,000 Km

Choose to receive the CKAP annual report in PDF format from supplied web site or black & white hardcopy by mail

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 No 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

