

CKAP #:		2021 Cycling Distance Log, In Kilometres Please					
Weeks Ending	Totals	Weeks Ending	Totals	Weeks Ending	Totals	Weeks Ending	Totals
Sunday January 03 =		Sunday April 04 =		Sunday July 04 =		Sunday October 03 =	
Sunday January 10 =		Sunday April 11 =		Sunday July 11 =		Sunday October 10 =	
Sunday January 17 =		Sunday April 18 =		Sunday July 18 =		Sunday October 17 =	
Sunday January 24 =		Sunday April 25 =		Sunday July 25 =		Sunday October 24 =	
Sunday January 31 =						Sunday October 31 =	
<b>Monthly Total =</b>		<b>Monthly Total =</b>		<b>Monthly Total =</b>		<b>Monthly Total =</b>	
Sunday February 07 =		Sunday May 02 =		Sunday August 01 =		Sunday November 07 =	
Sunday February 14 =		Sunday May 09 =		Sunday August 08 =		Sunday November 14 =	
Sunday February 21 =		Sunday May 16 =		Sunday August 15 =		Sunday November 21 =	
Sunday February 28 =		Sunday May 23 =		Sunday August 22 =		Sunday November 28 =	
		Sunday May 30 =		Sunday August 29 =			
<b>Monthly Total =</b>		<b>Monthly Total =</b>		<b>Monthly Total =</b>		<b>Monthly Total =</b>	
Sunday March 07 =		Sunday June 06 =		Sunday September 05 =		Sunday December 05 =	
Sunday March 14 =		Sunday June 13 =		Sunday September 12 =		Sunday December 12 =	
Sunday March 21 =		Sunday June 20 =		Sunday September 19 =		Sunday December 19 =	
Sunday March 28 =		Sunday June 27 =		Sunday September 26 =		Sunday December 26 =	
						Friday 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 2019 =</b>				<b>Total KM in 2020 =</b>		<b>Grand Total 2020 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 2021 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:		
Please remit your completed log, with any fees payable to CKAP before January 31, 2022 to ensure you meet CKAP deadline.		
To: Ron Uprichard CKAP Coordinator - 1469 Dougall Ave - Windsor , ON - N8X 1R9		
Web page address: < <a href="http://www.ckap.ca">http://www.ckap.ca</a> >		E-mail address: <a href="mailto:coordinator@ckap.ca">coordinator@ckap.ca</a>

**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.**