

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 =	
Monthly Total =		Monthly Total =		Monthly Total =		Monthly Total =	
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 =			
Monthly Total =		Monthly Total =		Monthly Total =		Monthly Total =	
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 =	
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 2021 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, 2022 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: coordinator@ckap.ca

