

Canadian Kilometer Achiever Program (CKAP)

CKAP #		2022 Cycling Distance Log, In Kilometres Please					
Weeks Ending	Totals	Weeks Ending	Totals	Weeks Ending	Totals	Weeks Ending	Totals
Sunday January 02 =		Sunday April 03 =		Sunday July 03 =		Sunday October 02 =	
Sunday January 09 =		Sunday April 10 =		Sunday July 10 =		Sunday October 09 =	
Sunday January 16 =		Sunday April 17 =		Sunday July 17 =		Sunday October 16 =	
Sunday January 23 =		Sunday April 24 =		Sunday July 24 =		Sunday October 23 =	
Sunday January 30 =						Sunday October 30 =	
Monthly Total =		Monthly Total =		Monthly Total =		Monthly Total =	
Sunday February 06 =		Sunday May 01 =		Sunday August 07 =		Sunday November 06 =	
Sunday February 13 =		Sunday May 08 =		Sunday August 14 =		Sunday November 13 =	
Sunday February 20 =		Sunday May 15 =		Sunday August 21 =		Sunday November 20 =	
Sunday February 27 =		Sunday May 22 =		Sunday August 28 =		Sunday November 27 =	
		Sunday May 29 =					
Monthly Total =		Monthly Total =		Monthly Total =		Monthly Total =	
Sunday March 06 =		Sunday June 05 =		Sunday September 04 =		Sunday December 04 =	
Sunday March 13 =		Sunday June 12 =		Sunday September 11 =		Sunday December 11 =	
Sunday March 20 =		Sunday June 19 =		Sunday September 18 =		Sunday December 18 =	
Sunday March 27 =		Sunday June 26 =		Sunday September 25 =		Sunday December 26 =	
						Saturday December 31 =	
Monthly Total =		Monthly Total =		Monthly Total =		Monthly Total =	
Quarterly Totals =		Quarterly Total =		Quarterly Total =		Quarterly Total =	
Grand total Km at years end 2021=				Total Km in 2022 =		Grand Total 2022 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 / Zip :		
Country : Canada		Phone #:		E-mail address :			
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 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 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, year 2022 to ensure you meet CKAP deadline.							
To: Ron Uprichard CKAP Coordinator - 1469 Dougall Ave - Windsor, ON - N8X 1R9							
Web page address: <http://www.ckap.ca>				E-mail address: coordinator@ckap.ca			