

Canadian Kilometer Achiever Program (CKAP)

CKAP #		2023 Cycling Distance Log, In Kilometres Please						
Weeks Ending	Totals	Weeks Ending	Totals	Weeks Ending	Totals	Weeks Ending	Totals	
Sunday January 01 =		Sunday April 02 =		Sunday July 02 =		Sunday October 01 =		
Sunday January 08 =		Sunday April 09 =		Sunday July 09 =		Sunday October 08 =		
Sunday January 15 =		Sunday April 16 =		Sunday July 16 =		Sunday October 15 =		
Sunday January 22 =		Sunday April 23 =		Sunday July 23 =		Sunday October 22 =		
Sunday January 29 =		Sunday April 30 =		Sunday July 30 =		Sunday October 29 =		
Monthly Total =	0	Monthly Total =	0	Monthly Total =	0	Monthly Total =	0	
Sunday February 05 =		Sunday May 07 =		Sunday August 06 =		Sunday November 05 =		
Sunday February 12 =		Sunday May 14 =		Sunday August 13 =		Sunday November 12 =		
Sunday February 19 =		Sunday May 21 =		Sunday August 20 =		Sunday November 19 =		
Sunday February 26 =		Sunday May 28 =		Sunday August 27 =		Sunday November 26 =		
Monthly Total =	0	Monthly Total =	0	Monthly Total =	0	Monthly Total =	0	
Sunday March 05 =		Sunday June 04 =		Sunday September 03 =		Sunday December 03 =		
Sunday March 12 =		Sunday June 11 =		Sunday September 10 =		Sunday December 10 =		
Sunday March 19 =		Sunday June 18 =		Sunday September 17 =		Sunday December 17 =		
Sunday March 26 =		Sunday June 25 =		Sunday September 24 =		Sunday December 24 =		
						Sunday December 31 =		
Monthly Total =	0	Monthly Total =	0	Monthly Total =	0	Monthly Total =	0	
Quarterly Totals =	0	Quarterly Total =	0	Quarterly Total =	0	Quarterly Total =	0	
Grand total Km at years end 2022 =			0	Total Km in 2023 =		0	Grand Total 2023 Km =	0
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 () Enter the Cycling Club that you belong to in year 2023 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 - () No () If no, please explain your method :								
Please remit your completed log, with any fees payable to CKAP before January 31, year 2024 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				