

Canadian Kilometer Achiever Program (CKAP)

CKAP Member – No. 922

Dr. Stanislaw Skonieczny

D'Ornellas Racing Team



Photo show Stan year 2006

Set CKAP All Time Km Record for year 1998 – 33,130 km:

Four Times International Olympic Goal Winner, 1992, 1993, 1994, 1998

Nine Times CKAP Canadian Olympic Goal Winner

1992 – 1993 – 1994 – 1995 – 1997 – 1998 – 1999 – 2000 - 2001

32nd Edition of the CKAP Annual Report – Year 2007

Cover Page 1

2007 has now passed into history but not without CKAP receiving newly designed badges. With 31 silver and 62 gold badges still remaining of the older style this is a chance to complete your set of badges, while helping CKAP out of a financial crunch. They make good ball cap and rat pack badges. James will sell them at the old price of 6.00 ea. Members who have received the older bronze badge will also receive the silver and gold in the same style badge. CKAP also placed an order of 24 short sleeve 15 inch hidden zipper CKAP jerseys with some changes to the design. Check the CKAP web site for sizes available and try on a Louis Garneau cycling pro fit jersey at your local bike shop if unsure of size. Price includes mailing charges.

Costs for the day to day running of CKAP continue to increase. The Board had no choice but to approve the first price increase since 1994 (see below). The Ottawa board members discussed annual fees but we felt that it's not the way to go yet.

Sir James spends many hours sending emails to get all members to pay for their earned award in the incentive part of CKAP 1,000 to 25,000 km with minimal success, even though these awards are considered part of the price you pay for being a member of CKAP. The simple fact is that if all CKAP members paid for their incentive awards earned, CKAP would be in a good financial position with funds available to design and order new cycling gear. Therefore, when sending in your log, please remember to pay for earned awards. As it currently stands James will once again have to dip into his line of credit to see CKAP through to the end of the year. CKAP is your program and with the photos and emails he feels like we are one big family. Tom Parry, CKAP's founder would smile I'm sure, if he saw our CKAP members from coast to coast and then some. James would like to see more photos and more members join this big family of cyclist's but if it's to remain and grow we all must pay our dues. Sir James would ask those who can afford a small donation to CKAP to please do so and you will be helping the family to ride with wind on our back and the sun always shining. There are also a few members that have helped CKAP with donations each year. Sir James would not expect them to give more, it's time for the rest to pick up the slack and get us rolling again. Have no fear there will always be a CKAP as long as Sir James remains healthy and at least one director has offered to step in if needed as coordinator. Please help CKAP help you, our family, and our club.

More members are now using the Microsoft Excel formatted cycling logs on the CKAP website. Most have no problem with it although some forget to delete the **0** from past Grand Total and add their past grand total in the **same cell**. This will also put it in the present years Grand Total and your yearly total will show between the two grand totals. When it come to the address information these cells already have information in them so you can't type direct into the cells and have it fit without using the formula bar at the top of the page. Click on CKAP # top left side and it will appear in the bar, using your mouse type your CKAP number into bar, then click on Name: and repeat the process, as you do the other it will appear on your log in the same size and text format. If more than one word click on the left word and in the case of the lines below the address information the left side row number as the cell is one whole line. I love getting back these logs as I know they are formatted correctly and all I have to do is check that your past grand total, address information, cycling clubs and annual report format wanted is correct and has not changed. No Excel - there are PDF cycling logs on the web site, scroll past the Excel ones and information to find them. If you have no internet you can go to your local library and ask for help to find CKAP and fill out a log on their public computers. Please remember to check the web "Photo Index" - then "Galleries 9 to 16 which show the CKAP number of the last member of each gallery to insure that you have the correct past years Grand Total. I'm receiving logs with no grand total, last years total and assorted other figures.

New Prices Registration fee 30.00 Canada - 35.00 USA - 40.00 UK - badges 8.00 ea. - medals 18.00 ea.

A partial list of current CKAP inventory includes the following:

62 T-shirts heavy duty 100 % cotton in all sizes at \$10.00 each, \$12.00 for XXL size, a real bargain, and price includes shipping.

633 light reflective heavy duty, all weather peel and stick C-KAP Bike Decal at \$3.00 ea.

Louis Garneau Jerseys in three styles: Short sleeve, heavy duty full length zipper, 2 size L open like windbreaker jacket \$75.00 - Short sleeve - 15" hidden zipper, Sizes S = 3 - M = 2 - L = 4 - XL = 6 - XXL = 6 - 3XL = 1.

Check web site to see if old style remains at \$75.00 ea. - new style \$80.00 ea.

Long sleeve - heavy duty full length zipper, Sizes S = 1 - M = 3 - L = 3 - XL = 6 - XXL = NIL - 3XL = 1 Cost = \$85.00 ea.

The most requested items are CKAP cycling socks followed by CKAP cycling cap, shorts and then a casual CKAP windbreaker, Please make cheque payable to CKAP and mail to James D. Wilson - 1249 St. Paul Ave. - Ottawa, ON K1V 6V8

"Sir" James wishes you a happy and safe 2008 cycling year and looks forward with interest to see the many notes from members. I hope you will set a goal in 2008 and reach that goal, I know I will try this year. Be careful out there :-))) "Sir" James

LAURIE LESLIE

CANADIAN OLYMPIC GOAL TROPHY

YEAR	NAME	TOTAL Km	
1975	SHIRLEY SZILVASY	4,136 Km	Record
1976	SHIRLEY SZILVASY	9,505 Km	Record
1977	SHIRLEY SZILVASY	6,544 Km	
1978	SHIRLEY SZILVASY	5,712 Km	
1979	JEAN ROSS	6,237 Km	
1980	LAURIE LESLIE	3,746 Km	
1981	DEBORAH ABRAMOVITCH	5,563 Km	
1982	PATRICIA KAMMERER	8,279 Km	
1983	LAURIE LESLIE	7,311 Km	
1984	JANET PETERSON	10,067 Km	Record
1985	DEBORAH NEWHOOK	12,037 Km	Record
1986	LAURIE LESLIE	8,336 Km	
1987	LAURIE LESLIE	8,302 Km	
1988	LAURIE LESLIE	8,591 Km	
1989	DOROTHY EARNSHAW	7,173 Km	
1990	MONIKA CURTIS	8,156 Km	
1991	MONIKA CURTIS	15,449 Km	Record
1992	BISA MITROVSKI	8,920 Km	
1993	SYLVIA WALKER	11,351 Km	
1994	SYLVIA WALKER	15,043 Km	
1995	SYLVIA WALKER	12,930 Km	
1996	VALERIE COPELAND	17,042 Km	Record
1997	VALERIE COPELAND	25,332 Km	Record
1998	VALERIE COPELAND	32,223 Km	Record
1999	VALERIE COPELAND	35,026 Km	All Time
2000	VALERIE COPELAND	24,635 Km	
2001	VALERIE COPELAND	30,162 Km	
2002	VALERIE COPELAND	31,419 Km	
2003	VALERIE COPELAND	20,977 Km	
2004	VALERIE COPELAND	22,046 Km	
2005	VALERIE COPELAND	16,030 Km	
2006	VALERIE COPELAND	8,910 Km	
2007	KAREN SMITH	9,276 Km	



KAREN SMITH – CKAP 1301
Laurie Leslie Olympic Goal Winner
9,276 km
Member
BC Randonneurs

CKAP Bicycle – Handcycle Incentive Program – Awards

1,000 km	Bronze Badge and Certificate
2,500 km	Silver Badge and Certificate
5,000 km	Gold Badge and Certificate
10,000 km	Bronze Medal and Certificate
15,000 km	Silver Medal and Certificate
25,000 km	Gold Medal and Certificate

25,000 Km Plaque

A 25,000 km plaque is available at all levels, 25,000, 50,000 etc. for those who wish to purchase one at \$ 35.00 ea. including certificate.

Laurie Leslie Canadian (W) Olympic Goal Trophy Les Humphreys Canadian (M) Olympic Goal Trophy

An Olympic Goal Trophy is engraved with the male and female Canadian cyclist with the highest annual CKAP kilometers for a calendar year. Winners of the above awards will be informed of their win and it is requested that they supply the CKAP Coordinator with a photo of themselves and their bike to be used on the award pages of the CKAP web site and annual report. When photos are received then keeper's plaques and certificates will be mailed to the winners.

Woody Graham International Olympic Goal Trophy

The International Olympic Goal Trophy is engraved with the name of the cyclist with the highest annual CKAP km for a calendar year regardless of gender or country. Keeper plaques are presented in the same manner as the above Canadian ones.

Van Epps

Handcyclist International Olympic Goal Trophy

Handcyclist must choose if they wish to participate in the Bicycle or Special Needs Incentive Programs depending on their ability by indicating their choice on the CKAP registration form and annual cycling log. All Awards will show the actual km level reached in the program you have chosen. Members of the handcycling program may switch from one incentive program to the other if their ability warrants the change by informing the CKAP coordinator by e-mail or post. Trophies and plaques will be purchased when number of members show there is competition between handcyclists.

Bruce Timmermans 100,000 Km Club

A CKAP 100,000 Km Club plaque will be awarded to each CKAP member who has cycled 100,000 CKAP recorded km. A new plaque will be presented each time the same member cycles another 100,000 CKAP recorded km. Like the Olympic Goal Trophy winners, the CKAP 100,000 Km Club winners are requested to supply a photo of themselves and their bike, in order to have their plaque shipped to them.

Hewes Challenge Trophy

This award recognizes the collective participation of cycling. It is awarded to the cycling club, network or group that has the highest annual total of CKAP registered km. Cyclist with membership in more than one club, are included in each clubs total. Please remember to include this information on your yearly cycling log.

Formula to Win

Minimum of three members per group must participate, an average taken, then 2,000 km added to each cyclist up to six and 1,000 km added to each cyclist over six, up to twelve. Reason for this formula is to be fair to all groups, without the Olympic Goal winner, one person winning both awards. This award was intended to get more members involved in CKAP.Canadian Kilometer Achiever Program (CKAP) – Annual Report

Special Needs Incentive Program

Open to all types of human powered bicycles, tricycles and wheelchairs

There is a wide range of human powered vehicles and various abilities of Special Needs cyclist. Because of this members of the Special Needs Program may choose to participate in either the 25,000 km Incentive Program as shown on the left, or the 15,000 km Incentive Program shown below. You must indicate your choice on your CKAP registration form and annual cycling log

All certificates and engraved medals will indicate the actual km level you reached in the program that you choose. You may switch from one incentive program to the other if your ability warrants it. This must be by written or e-mail request to your CKAP coordinator and indicated on your annual cycling log.

New awards and programs will be added when membership totals warrant it.

Incentive Program 250 to 15,000 km

250 km	Bronze Badge and Certificate
1,000 km	Silver Badge and Certificate
2,500 km	Gold Badge and Certificate
5,000 km	Bronze Medal and Certificate
10,000 km	Silver Medal and Certificate
15,000 km	Gold Medal and Certificate

Rules are few and easy to follow

1. All CKAP kilometers are cumulative, each years km added to the previous years. You will only earn and pay for the awards in the incentive part of CKAP once. Badges cost \$8.00 and medals \$18.00 ea. A certificate comes with the highest award earned each year. The awards in the incentive part of CKAP must be purchased as earned when sending in your yearly cycling log, all major awards are free, with no annual fees. Please make all funds payable to CKAP and forward to your CKAP Coordinator.
2. All kilometers on the road and off (MTB) count. Including, races, board track, tours and cycling to the corner store.
3. No stationery indoor rollers, trainers or exercise bikes, indoors or outside count. Unless used to recover from serious injury or sickness at the CKAP coordinators discretion.
4. Only amateur kilometers count, no bike couriers or other paid cycling jobs, please.
5. Only km from January of the year that you join CKAP count. The only exception will be when recovering from serious sickness or injury and cycling is part of your rehabilitation. The CKAP board will make a judgment and vote to allow km up to the beginning of your rehabilitation. Cycling records will be required. Members joining after the age of 50 male or female will be allowed to count two extra years, if they provide a cycling log for those years. This is to facilitate their winning of the Bruce Timmermans 100,000 Km Club award.

Canadian Kilometer Achiever Program (CKAP)

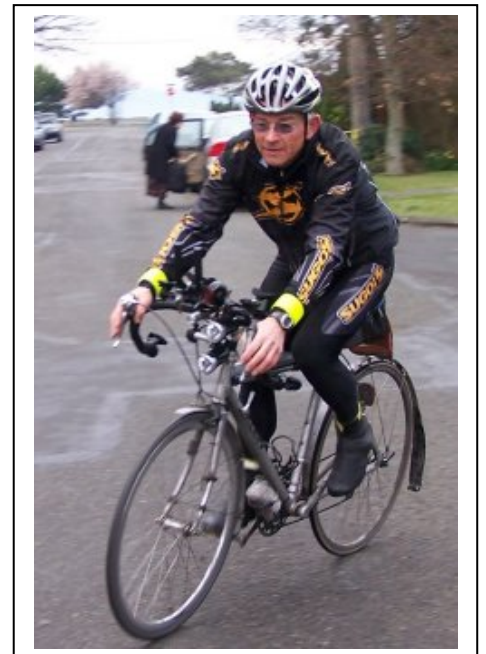
James D. Wilson - CKAP Coordinator
1249 St. Paul Avenue
Ottawa, Ontario Canada K1V 6V8

E-mail address: james.wilson@primus.ca

CKAP Web site: <http://www.ckap.ca>

LES HUMPHREYS**CANADIAN OLYMPIC GOAL TROPHY**

YEAR	NAME	TOTAL Km	
1975	R. HOLDEN	5,877 Km	Record
1976	KEN ROSS	16,206 Km	Record
1977	ORLANDO GOVEIA	11,922 Km	
1978	ORLANDO GOVEIA	14,050 Km	
1979	ORLANDO GOVEIA	13,765 Km	
1980	HUGH HEWES	08,880 Km	
1981	EDWARD K. HALE	11,033 Km	
1982	JOE GMERERK	16,336 Km	Record
1983	PHIL VAN ALSTYNE	28,110 Km	Record
1984	ALLAN JACKSON	15,014 Km	
1985	JOHN RYAN	17,640 Km	
1986	JOHN RYAN	17,657 Km	
1987	DAVE YOUNG	15,165 Km	
1988	TOM SYLVESTER	20,071 Km	
1989	TOM SYLVESTER	12,509 Km	
1990	TOM SYLVESTER	24,000 Km	
1991	TOM SYLVESTER	20,155 Km	
1992	STAN SKONIECZNY	25,180 Km	
1993	STAN SKONIECZNY	26,920 Km	
1994	STAN SKONIECZNY	27,020 Km	
1995	STAN SKONIECZNY	26,620 Km	
1996	ALBERT MARTZ	15,151 Km	
1997	STAN SKONIECZNY	24,350 km	
1998	STAN SKONIECZNY	33,130 Km	Record
1999	STAN SKONIECZNY	25,490 Km	
2000	STAN SKONIECZNY	28,970 Km	
2001	STAN SKONIECZNY	28,860 Km	
2002	HENRY BERKENBOS	29,572 Km	
2003	HENRY BERKENBOS	27,031 Km	
2004	HENRY BERKENBOS	28,646 Km	
2005	KENNETH R. BONNER	31,162 Km	
2006	KENNETH R. BONNER	50,935 Km	All Time
2007	KENNETH R. BONNER	30,677 Km	

KEN BONNER CKAP # 1255**B C RANDONNEURS****RANDONNEURS U S A****ULTRA MARATHON CYCLING ASSOCIATION****C-KAP ALL TIME RECORD HOLDER**

HISTORY PAGE			
CKAP is a fitness incentive program developed by Tom Parry, first recreational director of the Ontario Cycling Association (OCA), for cyclist who would like to improve their health and life-style through cycling. To date this program has encouraged over 1,250 cyclist, on a voluntary basis to log their daily kilometers throughout the year. Awards have been presented to participants for achieving CKAP totals from 1,000 to 25,000 km's in the incentive program, with a 100,000 Km Club for those who wish to cycle into the next dimension, There are now 42 CKAP 100,000 Km Club members since CKAP was formed in 1976. In 2001 a new Handcycling and 2004 a Special Needs Program were introduced so that all cyclist could participate in The CKAP Program.			
The history of the program dates back to the excitement of the 1976 Montreal Olympics. Groups of cyclists from different points of Canada were cycling to Montreal. Tom Parry recognized, why not extend the challenge, and sense of participation by encouraging individual cyclist to log their riding and metaphorically participate in the Olympic Goal. By the end of 2006 CKAP participants have cycled a distance greater than 17 million CKAP registered kilometers.			
Year	No. of Participants Who Joined Each Year	CKAP Total of Participants By Year Joined	Running CKAP Total
Tom Parry, coordinator 353 registrations			
1975	8	817,726	817,238
1976	194	1,269,372	2,087,098
1977	44	567,138	2,654,236
1978	65	1,344,562	3,998,798
1979	25	403,602	4,402,400
1980	17	447,452	4,849,852
Hugh Hewes coordinator 418 registrations // CKAP total Tom Parry's members to date = 4,849,852			
1981	41	451,659	5,301,511
1982	102	954,950	6,256,461
1983	46	441,679	6,698,140
1984	74	576,295	7,274,435
1985	43	754,725	8,029,160
1986	32	314,448	8,343,608
1987	22	301,665	8,645,273
1988	29	407,450	9,052,723
1989	29	7,903	9,060,626
Tom Sylvester coordinator 92 registrations // CKAP total of Hugh's members to date = 4,210,774			
1990	19	430,250	9,490,876
1991	24	690,637	10,181,513
1992	13	966,811	11,148,324
1993	10	123,243	11,271,567
1994	26	595,866	11,867,433
James Wilson coordinator 391 registrations // CKAP total of Tom's members to date = 2,811,838			
1995	16	310,974	12,178,407
1996	11	556,116	12,734,523
1997	29	586,395	13,320,918
1998	40	933,702	14,254,620
1999	24	672,301	14,926,921
2000	20	545,716	15,472,637
2001	48	1,333,605	16,806,242
2002	41	960,580	17,766,822
2003	50	774,395	18,541,217
2004	40	478,181	19,019,398
2005	35	286,416	19,305,814
2006	16	78,547	19,384,361
2007	21	38,324	19,422,685
2008	3	0	19,422,685
Members numbers Started at 101 //CKAP total of Jame's members to date: 7,642,522			
Cyclists Total = 1,354 // Final Total of all CKAP members at the end of 2007 = 19,422,685			

WOODY GRAHAM

INTERNATIONAL OLYMPIC GOAL TROPHY

<u>YEAR</u>	<u>NAME</u>	<u>TOTAL Km</u>		
1975	WOODY GRAHAM	10,774 Km	USA	Record
1976	KEN ROSS	16,206 Km	Canada	Record
1977	ORLANDO GOVEIA	11,922 Km	Canada	
1978	KEITH SHEALY	14,996 Km	USA	
1979	KEITH SHEALY	17,708 Km	USA	Record
1980	WOODY GRAHAM	16,365 Km	USA	
1981	KEITH SHEALY	15,362 Km	USA	
1982	WOODY GRAHAM	20,127 Km	USA	Record
1983	PHIL VAN ALSTYNE	28,110 Km	Canada	Record
1984	KEITH SHEALY	21,939 Km	USA	
1985	KEITH SHEALY	19,719 Km	USA	
1986	KEITH SHEALY	20,010 Km	USA	
1987	WOODY GRAHAM	21,125 Km	USA	
1988	TOM SYLVESTER	18,695 Km	Canada	
1989	WOODY GRAHAM	18,695 Km	USA	
1990	WOODY GRAHAM	24,235 Km	USA	
1991	WOODY GRAHAM	22,832 Km	USA	
1992	STAN SKONIECZNY	25,180 Km	Canada	
1993	STAN SKONIECZNY	26,929 Km	Canada	
1994	STAN SKONIECZNY	27,020 Km	Canada	
1995	WOODY GRAHAM	27,266 Km	USA	
1996	WOODY GRAHAM	23,441 Km	USA	
1997	VALERIE COPELAND	24,302 Km	Canada	
1998	STAN SKONIECZNY	33,130 Km	Canada	Record
1999	VALERIE COPELAND	35,026 Km	Canada	Record
2000	WOODY GRAHAM	34,652 Km	USA	
2001	LARRY SCHWARTZ	35,113 Km	USA	Record
2002	LARRY. SCHWARTZ	42,020 Km	USA	Record
2003	WOODY GRAHAM	27,534 Km	USA	
2004	WOODY GRAHAM	28,658 Km	USA	
2005	KENNETH R. BONNER	31,162 Km	Canada	
2006	KENNETH R. BONNER	50,934 Km	Canada	All Time
2007	KENNETH R. BONNER	30,677 Km	Canada	

KEN BONNER CKAP # 1255

**2007 Winner
International Olympic
Goal Trophy**

**Canadian Olympic
Goal Trophy**



Bruce Timmermans -100,000 Km Club Members

1	2006	Frank A. “Woody” Graham III	700,000 Km
1	2003	Frank A. “Woody” Graham III	600,000 Km
1	2000	Frank A. “Woody” Graham III	500,000 Km
1	1996	Frank A. “Woody” Graham III	400,000 Km
2	2003	Keith W. Shealy	400,000 Km
3	2005	Dr. Stanislaw Skonieczny	400,000 Km
1	1992	Frank A. “Woody” Graham III	300,000 Km
2	1995	Keith W. Shealy	300,000 Km
3	2001	Dr. Stanislaw Skonieczny	300,000 Km
4	2007	Valerie Copeland	300,000 Km
1	1985	Hugh “Bill” Hewes	200,000 Km
2	1988	Frank A. “Woody” Graham III	200,000 Km
3	1988	Keith W. Shealy	200,000 Km
4	1998	Les Humphreys	200,000 Km
5	1998	Orlando C. Goveia	200,000 Km
6	1998	Dr. Stanislaw Skonieczny	200,000 Km
7	2001	Valerie Copeland	200,000 Km
8	2003	Murray Dean	200,000 Km
9	2004	Dr. Tony J.A.S. Marriott	200,000 Km
10	2006	Mark Beaver	200,000 Km
11	2006	Albert Martz	200,000 Km
12	2007	David Earnshaw	200,000 Km
13	2007	Henry Berkenbos	200,000 Km

Dr. Stanislaw Skonieczny

From year 1992 - 2007

442,730 km

Olympic Goal Winner

Nine Times

1992 – 1993 – 1994

1995 – 1997 – 1998

1999 – 2000 – 2001

International Olympic

Goal Winner 4 times

1992 – 1993 – 1994

1998 set record

33,130 km



Bruce Timmermans 100,000 Km Club Members

1976	1	Hugh "Bill" Hewes	100,000 Km
1982	2	Frank A. "Woody" Graham	100,000 Km
1983	3	Les Humphreys	100,000 Km
1983	4	Keith W. Shealy	100,000 Km
1986	5	Orlando C. Goveia	100,000 Km
1990	6	Bruce Timmermans	100,000 Km
1990	7	Gary Conrod	100,000 Km
1990	8	Dr. Tony J.A. S. Marriott	100,000 Km
1991	9	Tom Sylvester	100,000 Km
1992	10	Murray Dean	100,000 Km
1993	11	Mark Beaver	100,000 Km
1994	12	Paul Davison	100,000 Km
1994	13	Dr. Stanislaw Skonieczny	100,000 Km
1995	14	Graham Stewart	100,000 Km
1995	15	Laurie Leslie	100,000 Km
1996	16	David Earnshaw	100,000 Km
1996	17	Dave Young	100,000 Km
1997	18	Fernando Goncalves	100,000 Km
1998	19	Jerry Ford	100,000 Km
1998	20	Patsy Shealy	100,000 Km
1998	21	Valerie Copeland	100,000 Km
1999	22	Charles R. Hand	100,000 Km
1999	23	Albert Martz	100,000 Km
2001	24	Ron Newhook	100,000 Km
2001	25	Brian McGrath	100,000 Km
2001	26	Sylvia Walker	100,000 Km
2001	27	James B. Smith	100,000 Km
2001	28	Larry Schwartz	100,000 Km
2002	29	John Bos	100,000 Km
2003	30	Dorothy Earnshaw	100,000 Km
2004	31	Douglas Yardley	100,000 Km
2004	32	Ross Kingdon	100,000 Km
2004	33	William Feere	100,000 Km
2004	34	Henry Berkenbos	100,000 Km
2005	35	Kent Peterson	100,000 Km
2005	36	Philip Burgess	100,000 Km
2006	37	Keith McEwen	100,000 Km
2006	38	Jocelyn "Jess" Raymond	100,000 Km
2006	39	Kenneth R. Bonner	100,000 Km
2006	40	Jack Duchesne	100,000 Km
2007	41	John Victor	100,000 Km
2007	42	Gerald D. Irvine	100,000 Km



Canadian Female Olympic Goal



Canadian Male Olympic Goal



International Olympic Goal



Hewes Challenge Trophy

"Hewes" Challenge Challenge Trophy Year 2007 Page 1 of 2

Name of Cycling Club	CKAP	km	CKAP	km	CKAP	km	CKAP	km	CKAP	km	No's	TOTALS	TOTALS	Win
	#	One	#	Two	#	Three	#	Four	#	Five		Actual	Formula	
B C Randonneurs	1269	12,790	1286	18,347	1255	30,677	1297	8,005	1209	10,171	23	262,751	29,624	1
B C Randonneurs	1352	13,988	730	8,936	1290	6,411	1239	6,861	1303	12,672				
B C Randonneurs	1327	15,263	1336	6,183	1210	2,700	1215	12,163	1133	30,258				
B C Randonneurs	1338	9,424	1323	9,858	1082	7,394	1119	6,556	1249	8,439				
BC Randonneurs	1300	11,847	1301	9,276	1328	4,532								
Ottawa Bicycle Club	1245	6,082	341	8,015	940	15,935	1019	3,101	970	10,552	16	107,935	24,746	2
Ottawa Bicycle Club	1088	2,537	1113	2,786	1184	2,806	1214	11,691	1229	8,011				
Ottawa Bicycle Club	1201	3,804	1185	3,561	159	9,162	989	7,279	1024	2,484				
Ottawa Bicycle Club	1128	10,129												
Great Can. Bicycle Tours	1304	2,559	990	5,519	1086	8,230	1148	4,940	1203	3,000	15	91,000	24,067	3
Great Can. Bicycle Tours	1231	4,974	988	10,100	1066	6,021	1278	7,366	1127	10,726				
Great Can. Bicycle Tours	1095	8,965	1096	6,839	1031	5,410	321	2,101	1160	4,250				
Niagara Freewheelers	1339	6,019	1075	5,212	1216	3,906	1267	5,100	774	5,202	17	100,003	23,883	4
Niagara Freewheelers	1051	7,114	1205	4,388	1182	2,698	1204	708	885	1,007				
Niagara Freewheelers	941	17,814	955	2,206	1127	10,726	1060	10,623	1099	9,748				
Niagara Freewheelers	1268	2,532	1346	5,000										
Randonneurs Ontario	878	2,537	879	2,479	341	8,015	1189	9,342	982	3,353	11	69,766	23,342	5
Randonneurs Ontaric	1077	1,128	1013	5,617	1314	7,735	1206	6,365	1128	10,129				
Randonneurs Ontario	1150	10,066												
Thunder Bay Cycling Club	1062	10,086	1029	7,853	1281	7,310	1237	5,048	439	4,728	12	63,236	23,270	6
Thunder Bay Cycling Club	440	4,562	1108	4,235	1144	2,943	1168	7,354	1114	1,096				
Thunder Bay Cycling Club	1195	4,020	1196	4,001										
Toronto Bicycling Network	1305	10,102	1181	3,174	1189	9,342	1226	11,607	462	9,602	8	64,424	22,053	7
Toronto Bicycling Network	974	6,015	1206	6,365	1271	8,217								
Velo Halifax	428	12,345	1251	8,265	1015	5,875	1242	2,307	708	2,433	12	52,588	22,045	8
Velo Halifax	1067	1,076	345	4,667	1141	3,599	1294	2,984	1295	6,369				
Velo Halifax	232	2,315	1169	153	1207	200								
UltraMarathon CyclingAss.	1255	30,677	1132	1,974	1206	6,365					3	39,016	19,003	9
CrossCanada C.T.Society	1269	12,790	1209	10,171	1303	12,672	1252	4,286			4	39,919	17,980	10
Carolina Cyclers	1109	3,458	356	6,834	1118	1,421	1298	127	274	27,627	5	39,467	17,893	11
Almonte Bicycle Club	1248	11,557	1348	2,200	1110	4,166	158	9,162			4	27,085	14,771	12
Tour du Canada	878	2,537	879	2,479	341	8,015	1086	8,230	1299	790	5	22,051	14,410	13
Randonneurs Nova Scotia	428	12,345	1141	3,599	1294	2,984	1295	6,369			4	25,297	14,324	14
GreaterVictoria C.Coalition	1259	5,789	1217	3,967	1120	6,749					3	16,505	11,502	15
Family Cycling Club 2	985	1,732	1069	66	1070	8,543	1111	233			4	10,574	10,644	16
Hub City Wheelers	1242	2,307	1115	1,003	949	96	1015	5,875			4	9,281	10,320	17
Fredericton Freewheelers	1137	847	1162	3,726	1291	2,839					3	7,412	8,471	18
God-Spoke Cyclist AB	1333	1,997	1334	1,997	1345	1,612					3	5,606	7,869	19
Family Cycling Club 1	1072	10	1073	54	1142	503	1143	14			4	581	945	20

B.C. Randonneurs =

262,751 km divided by 23 members = 11,424 km + first 6 = 12,000 km = 23,424 km + next 6 = 6,000 km = 29,424

Ottawa Bicycle Club =

107,935 km divided by 16 members = 6,746 km + first 6 = 12,000 km = 18,746 km + next 6 = 6,000 km = 24,746

Great Canadian Bicycle Tour =

91,000 km divided by 15 members = 6,067 km + first 6 = 12,000 km = 18,067 km + next 6 = 6,000 km = 24,067

Niagara Freewheelers Bicycle Touring Club

100,003 km divided by 17 members = 5,883 km + first 6 - 12,000 km = 17,883 km + next 6 = 6,000 km = 23,883 km

Randonneurs Ontario

69,776 km divided by 11 members = 6,342 + first 6 = 12,000 km = 18,342 km + next 5 = 5,000 km = 23,342 km

Thunder Bay Cycling Club =

63,236 km divided by 12 members = 5,270 km + first 6 = 12,000 km = 17,270 km + next 6 = 6,000 km = 23,270 km

Formula for qualified clubs = total km divided by number of members plus 2,000 km for each of the first six members and 1,000 km for each of the next six club members

Less than the required three C-KAP Members					Totals					Totals	
Cycling BC Cycling Club	1255	30,677			30,677	21	Sudbury Cycling Club	1157	3,349	3,349	58
Randonneurs USA	1255	30,677			30,677	22	Birmingham Cycling Club	1312	3,156	3,156	59
Seattle Int. Randonneurs	1269	12,790	1124	17,268	30,058	23	Birmingham Bicycle Club	1312	3,156	3,156	60
D'Ornellas Racing Team	922	20,080	1228	7,305	27,385	24	Vulcan Triathletes	1312	3,156	3,156	61
Scattalon Cycle	1095	8,965	1096	6,839	15,804	25	GC Cycling	1312	3,156	3,156	62
Mt. Cheam Cycling Club	1249	8,438	1247	5,579	14,017	26	TouringConceptC.Group	968	3,015	3,015	63
Team Escape Velocity	1352	13,988			13,988	27	Kawartha Cycling Club	1296	3,002	3,002	64
Vancouver Bicycle Club	1269	12,790			12,790	28	Citizens for Safe Cycling	1024	2,484	2,484	65
Cascade Cycling Club	1269	12,790			12,790	29	OttawaPoliceCyclingClub	1024	2,484	2,484	66
Vancouver Velo Vets	1303	12,672			12,672	30	UKHandcycleAssociation	1167	2,032	2,032	67
International Cristian C.C.	1226	11,607			11,607	31	Kingston Velo Club	1208	1,048	1,048	68
Paul Bunyan Cycling Club	1062	10,086			10,086	32	Saskatoon Cycling Club	1197	7	7	69
Maple City Wheelers	183	9,598			9,598	33					
Ontario Masters C. A	973	2,888	1066	6,021	8,909	34					
Hamilton Cycling Club	973	2,888	1066	6,021	8,909	35					
Bayshore BC Green Bay	1029	7,853	1254	580	8,433	36					
Fox Cities Cycling Club	1029	7,853	1254	580	8,433	37					
Cycle Solutions	981	4,167	1260	4,265	8,432	38					
Davis Bike Club	1320	8,236			8,236	39					
Waterloo Cycling Club	1086	8,230			8,230	40					
Velo Cape Breton	1015	5,875	1242	2,307	8,182	41					
Durham Cycling	1271	8,217			8,217	42					
Bloomfield Cycling Club	1271	8,217			8,217	43					
Oshkosh Cycling Club	1029	7,853			7,853	44					
Oregon Randonneurs	1250	3,395	1322	4,374	7,589	45					
RV Pfeil Tubingen	1082	7,394			7,394	46					
Spinskis Cycling Club	1156	7,309			7,309	47					
Freewheeler - Spartanburg	356	6,834			6,834	48					
Blizzard Bicycling Club	1290	6,411			6,411	49					
FrederictonFolksonSpokes	1321	2,645	1198	3,582	6,308	50					
Outing Club of East York	1181	3,174	968	3,015	6,189	51					
Buddy's Cycle	1089	5,904			5,904	52					
WoodstockCyclingClub	990	5,519			5,519	53					
St.Catharines Cycling Club	774	5,202			5,202	54					
SouthSimcoe Cycling Ass	878	2,537	879	2,479	5,016	55					
Muskoka Cycling Club	1194	4,782			4,782	56					
Coastal Cyclers	1109	3,458			3,458	57					
Club Winners of the Hewes Challenge Trophy											
			1990	Ontario Masters Cycling Association - Canada						56,645 km	
			1991	Velo Kingston Cycling Club - Canada						71,632 km	
			1992	Ontario Master Cycling Association - Canada						75,283 km	
			1993	Scarboriugh Cycling Club - Canada						55,820 km	
			1994	Scarboriugh Cycling Club - Canada						55,921 km	
			1995	Ottawa Bicycle Club - Canada						33,025 km	
			1996	Ontario Masters Cycling Association - Canada						27,470 km	
			1997	Ottawa Bicycle Club - Canada						58,391 km	
			1998	Niagara Freewheelers Bicycle Touring Club - Canada						88,662 km	
			1999	Niagara Freewheelers Bicycle Touring Club - Canada						79,901 km	
			2000	Carolina Cyclers Bicycle Club - USA						49,436 km	
			2000	Ottawa Bicycle Club - Canada						61,564 km	
			2001	Ottawa Bicycle Club - Canada						80,456 km	
			2002	Ottawa Bicycle Club - Canada						99,764 km	
			2003	Niagara Freewheelers Bicycle Touring Club - Canada						111,270 km	
			2004	British Columbia Randonneurs - Canada						158,474 km	
			2005	British Columbia Randonneurs - Canada						182,092 km	
			2006	British Columbia Randonneurs - Canada						212,743 km	
			2007	British Columbia Randonneurs - Canada						258,219 km	

Canadian Kilometer Achiever Program (CKAP)

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Year	Name Member	CKAP No.	Town – City Prov. – State	Grand Total 2006	Year 2007	Grand Total 2007	Award's 2007
1978	Les Humphreys	158	Almonte, ON	273,712	9,162	282,874	
1976	Orlando C. Goveia	183	Chatham, ON	248,041	9,598	257,639	
1976	Gary Conrod	232	Dartmouth, NS	154,914	2,315	157,229	
1975	Frank A. “Woody” Graham	274	Columbia, SC	703,910	27,627	731,537	
1977	Jerry Ford	321	Burlington, ON	122,283	2,101	124,384	
1991	“Sir” James Wilson	341	Ottawa, ON	82,366	8,015	90,381	
1977	Paul Davison	345	Wolfville, NS	175,383	4,667	180,050	
1978	Patsy Shealy	354	Newberry, SC	129,144	0	129,144	
1977	Keith W. Shealy	356	Newberry, SC	433,945	6,834	440,779	
1978	Ken Schakowsky	381	Winnipeg, MB	94,082	2,738	96,820	
1978	Dr. Tony Marriott	409	Millgrove, ON	208,978	4,775	213,753	
1979	Mark Beaver	428	Halifax, NS	208,132	12,345	220,477	
1980	Graham Stewart	439	Thunder Bay, ON	155,911	4,728	160,639	
1980	Laurie Leslie	440	Thunder Bay, ON	156,800	4,562	161,362	
1997	Douglas Yardley	462	Toronto, ON	125,243	9,602	134,845	
1981	Ron Newhook	488	Ottawa, ON	126,372	3,850	130,222	
1985	Fernando Goncalves	514	Scarborough, ON	170,527	8,950	179,477	
1983	Greg Amann	631	Barrie, ON	21,381			
1984	Janet Pryer	649	Victoria, BC	17,082	278	17,360	
1983	James B. Smith	708	Halifax, NS	106,375	2,433	108,808	
1984	Bruce Meyers	716	Waterdown, ON	31,011	3,720	34,731	
1999	Manfred Kuchenmuller	730	Richmond, BC	81,757	8,936	90,693	
1985	Dorothy Earnshaw	737	Sarnia, ON	120,798	5,737	126,535	
1985	David Earnshaw	738	Sarnia, ON	193,533	7,549	201,082	200,000 Km Club
1986	Charles R “Charlie” Hand	774	St. Catharines, ON	158,982	5,202	164,184	
1988	Burns Anderson	827	Toronto, ON	7,189	0	7,189	disabled
1988	Judith Ducommun	834	Belleville, ON	39,266	8,846	55,307	
1988	Larry Ducommun	835	Belleville, ON	67,670	4,914	72,584	
1990	Keith McEwen	878	Cookstown, ON	100,870	2,537	103,407	
1990	Isabelle Sheardown	879	Cookstown, ON	79,607	2,479	82,086	
1990	Ross Kingdon	883	Grand Valley, ON	111,900	5,515	117,415	
1990	David Featherstone	885	St. Catharines, ON	29,224	1,007	30,231	
1992	Sylvia Walker	920	Peterborough, ON	150,511	3,859	154,370	
1989	Dr. Stan Skonieczny	922	Toronto, ON	422,650	20,080	442,730	
1997	Edwin Greenfield	924	Richmond Hill, ON	17,901	2,104	20,005	
1992	Bill Lucas	928	Brampton, ON	5,852			
1992	Elfi Lucas	929	Brampton ON	3,957			
1994	John Bos	940	Ottawa, ON	160,836	15,935	176,771	
1991	Albert Martz	941	St Catharines, ON	219,894	17,814	237,708	
1993	Emery Richard	949	Dieppe, NB	37,212	96	37,308	
1992	Valerie Copeland	955	Grimsby, ON	299,399	2,206	301,605	300,000 Km Club
1994	Garry Buhler	961	Casselton, ON	17,119	634	17,753	
1994	Lucy Perri	968	Scarborough, ON	39,387	3,015	42,402	
1994	Jocelyn “Jess” Raymond	970	Ottawa, ON	107,753	10,552	118,305	
1994	Winston Stairs	971	Oshawa, ON	19,791	2,067	21,858	
1995	Phil Renaud	973	Brantford, ON	35,781	2,888	38,669	
1995	Bill Murray	974	Toronto, ON	31,497	6,015	37,512	
1995	James Smith	979	Ward Island, ON	47,876	4,699	52,575	50,000 Km Plaque
1999	John Wayne Parrish Jr.	980	Lexington, SC	52,755	0	52,755	

1995	Mark Kremblewski	981	Toronto, ON	72,473	4,167	76,640	
1996	Rene Arnolis	982	Hamilton, ON	33,017	3,353	36,370	
2002	Matthew Bestulic	985	Hamilton, ON	4,311	1,732	6,043	Gold Badge
1996	Phil Burgess	988	Dundas, ON	118,288	10,100	128,388	
1996	Andre Marier	989	Ottawa, ON	91,356	7,279	98,635	
1996	William “Wild Bill” Feere	990	Langton, ON	122,233	5,519	127,752	
1997	Michael Robertson	991	Alexandra, ON	20,014			
1997	William Mercer	997	Oakville, ON	31,002			
1997	Irwin Nayer	1006	Mississauga, ON	85,316	10,213	95,529	
1997	Mel Slochowski	1009	Thornhill, ON	5,924	398	6,322	
1997	Steven Strahn	1010	Stratford, ON	27,708	1,449	29,157	
1994	Mariette Carbonneau	1013	Orleans, ON	61,929	5,617	68,547	
1995	Gaston Carbonneau	1014	Orleans, ON	70,475	7,735	78,210	
1997	Gerard Moss	1015	Moncton, NB	33,630	5,875	39,505	
1997	Steve Brown	1016	St. George, ON	32,507			
1998	John Twemlow	1019	Ottawa, ON	40,567	3,101	43,668	
1998	Bob Reyburn	1021	North York, ON	6,325			
1997	Graydon Patterson	1024	Ottawa, ON	40,130	2,484	42,614	
1998	Carlene Mercer	1025	Oakville, ON	9,204			
1998	Bill Groves	1026	Vineland, ON	9,838	1,783	11,621	Bronze Medal
1998	John Victor	1029	Appleton, WI	93,525	7,853	101,378	100,000 Km Cub
1998	Carl Freeland	1031	Woodstock, ON	57,502	5,410	62,912	
1996	Gerald Hooper	1034	Mississauga, ON	70,226			
1998	Fred T. Perel	1039	Kingston, ON	9,214	301	9,515	
1998	Scott N. McLeod	1040	Embros, ON	24,886			
1998	Otto Yung	1041	Oakville, ON	2,232			
1998	Robert L. Kay	1042	Kingston, ON	39,602	7,500	47,102	
1998	Bernie Kay	1045	Kingston, ON	25,138	506	25,638	
1994	John Helm	1051	St. Catharines, ON	80,156	7,114	87,270	
1998	Jack Duchesne	1060	St. Catharines, ON	108,751	10,623	119,374	
1999	Andre Gauthier	1061	Ottawa, ON	18,675			
1999	Paul P. Kajmowicz	1062	Thunder Bay, ON	47,936	10,086	58,022	50,000 Km Plaque
1999	William J. Southcott	1064	North York, ON	19,074	2,720	21,884	
1999	Rob Zych	1066	Hamilton, ON	36,261	6,021	42,282	
1999	Deborah T. O’Leary	1067	Lower Sackville, NS	15,734	1,076	16,810	
1999	Cory Hancock	1068	Ennismore, ON	23,871	4,379	28,250	Gold Medal
2000	Veronica Bestulic	1069	Hamilton, ON	1,094	66	1,160	
1999	Silvio Bestulic	1070	Hamilton, ON	53,046	8,543	61,589	
1999	Erik Drukovskis	1071	Rockaway, NJ	3,425	0	3,425	
1999	Kelly Buck	1072	Hamilton, ON	1,035	10	1,045	
1999	Marcus Buck	1073	Hamilton, ON	2,243	54	2,297	
1999	John Siemens	1075	Niagara Falls, ON	39,442	5,212	44,654	
1999	Paul Marchard	1076	Ottawa, ON	20,959	105	21,064	
1999	Irene M Arnolis	1077	Hamilton, ON	22,380	1,128	23,508	
2000	Stephen Tosh	1079	Almonte, ON	15,632	0	15,632	
1999	Al Horzelenberg	1080	Hamilton, ON	25,599			
2000	Michael Poplawski	1082	Victoria, BC	63,577	7,394	70,971	
2000	Brian Watson	1084	Guelph, ON	11,369	850	12,219	
200	Ernest Ruppenthal	1085	Ottawa, ON	20,936	3,160	24,096	
2000	Alan Medcalf	1086	Waterloo, ON	46,314	8,230	54,544	50,000 Certificate
1998	Elfriede Ronson	1088	Perth, ON	22,316	2,537	24,853	
2000	Timothy J. Cobey	1089	Sumter, SC	31,755	5,904	37,659	
2000	Frances Sheasgreen	1090	Ft. Saskatchewan, AB	23,649	6,095	29,744	Gold Medal
2000	Adrienne Boudreau	1091	Dieppe, NB	4,842	0	4,842	
2000	Ken Elliott	1092	St. Catharines, ON	13,414	734	14,148	

2001	Fabio Zorzes	1108	Thunder Bay, ON	23,389	4,235	27,624	Gold Medal
2001	Alan Gentry	1109	Mt. Pleasant, SC	24,019	3,458	27,477	Gold Medal
2001	Scott Smithson	1110	Almonte, ON	17,706	4,165	21,871	
2001	Sergio Bestulic	1111	Hamilton, ON	1,876	233	2,109	
2001	John J. Barnhardt	1113	Ottawa, ON	25,744	2,786	28,530	
2001	Larry Ezack	1114	Thunder Bay, ON	6,260	1,096	7,356	
1999	Brent Anderson	1115	Antigonish, NS	20,924	1,003	21,927	
2001	Harold Lilly	1116	Burlington, ON	2,145	1,858	4,003	Silver Badge
2001	Jim Smith	1118	Gaston, SC	7,485	1,421	8,906	
2001	Larry Voth	1119	Langley, BC	62,071	6,556	68,627	
2001	Ed Dixon	1120	Victoria, BC	32,856	6,749	39,605	
2001	Joyce Cameron	1121	North York, ON	780	0	780	
2001	Kent Peterson	1124	Issaquah, WA	119,728	17,268	136,996	
1999	Alex M. Taylor	1125	Bellevue, WA	39,959			
2001	Paul Selzer	1126	Ottawa, ON	13,212	1,915	15,127	Silver Medal
2001	Stephen Penner	1127	Hamilton, ON	64,455	10,726	75,219	
2001	David McCaw	1128	Ottawa, ON	74,002	10,129	84,131	
2002	Wayne Harrington	1132	Vernon, BC	32,578	1,974	34,552	
2001	Henry Berkenbos	1133	Richmond, BC	171,365	30,258	201,623	200,000 Km Club
2001	Paul Buttitor	1134	Cavan, ON	41,022	7,090	48,112	
1999	Bill Wood	1137	Hanwell, NB	54,480	847	55,327	
1996	Dawn Gillingham	1141	Halifax, NS	62,979	3,599	66,578	
2001	Norma Moores	1142	Hamilton, ON	3,367	503	3,870	
2001	Shannon V. Buck	1143	Hamilton, ON	480	14	494	
2002	Ted Chamut	1144	Thunder Bay, ON	16,675	2,943	19,618	
2002	Freda Tomson	1148	Waterloo, On	11,630	4,940	16,570	Silver Medal
2002	Don Magie	1150	Mississauga, ON	37,505	10,066	47,571	
2003	Keith Beardsley	1151	Metcalfe, ON	1,823			
2002	Dennis W. Arpin	1156	Grand Falls, NB	26,101	7,309	33,410	
2000	Arnold Devlin	1157	Sudbury, ON	31,849	3,349	35,198	
2002	David Jolkowski	1160	Kitchener, ON	57,730	4,250	61,980	
2002	Lily I.M. Fraser	1162	Fredericton, NB	31,574	3,726	35,300	
2006	Manon Chamberland	1166	Casselton, ON	322	681	1,003	Bronze Badge
2002	Mike Thomas	1167	Edinburgh, Scotland	13,233	2,032	15,265	Silver Medal
2002	Eugene Vandal	1168	Thunder Bay, ON	30,164	7,354	37,518	
2001	Tess Cyrus	1169	Dartmouth, NS	2,314	153	2,467	
2003	Cecil Bechamp	1171	Brampton, ON	21,935	1,683	23,618	
2003	Phillip Piltch	1172	Scarborough, ON	37,595			
2002	Jean Winters	1175	Toronto, ON	2,771	25	2,796	
2003	Jim Hall	1177	Guelph, ON	5,774	8,003	14,900	Bronze Medal
2003	Cindy Bingham	1180	Bradford, ON	1,432			
2003	William Knowles	1181	Toronto, ON	11,840	3,174	15,015	Silver Medal
2003	Frank Barnsley	1182	St. Catharines, ON	15,777	1,439	18,475	
2003	Wayne Smith	1183	Caledon East, ON	2,532			
2001	Sheila Ascroft	1184	Ottawa, ON	22,602	2,806	25,408	
2001	Lorne Gutz	1185	Ottawa, ON	31,164	3,561	34,725	
2001	Kaz Bieniak	1189	Thornhill, ON	52,632	9,342	61,974	
2003	Jim Rainey	1190	Orleans, ON	486			
2002	Tim Rainey	1194	Bracebridge, ON	16,189	4,782	20,971	
2002	Sophie T. Young	1195	Thunder Bay, ON	14,436	4,020	18,456	Silver Medal
2002	Peter Young	1196	Thunder Bay, ON	15,723	4,001	19,724	
2003	Cameron Stephen	1197	Saskatoon, SK	2,004	7	2,011	
2001	Lois MacDougall	1198	Fredericton, NB	18,352	3,882	21,934	
2003	John Pritchard	1199	Carp, ON	13,764	872	14,636	
2004	Julie Starling	1200	London, ON	7,160			

2001	Kaz Bieniak	1189	Thornhill, ON	52,632	9,342	61,974	
2003	Jim Rainey	1190	Orleans, ON	486			
2003	Brad Simpson	1191	Hamilton, ON	861			
2002	Tim Rainey	1194	Bracebridge, ON	16,189	4,782	20,971	
2002	Sophie T. Young	1195	Thunder Bay, ON	14,436	4,020	18,456	Silver Medal
2002	Peter Young	1196	Thunder Bay, ON	15,723	4,001	19,724	
2003	Cameron Stephen	1197	Saskatoon, SK	2,004	7	2,011	
2001	Lois MacDougall	1198	Fredericton, NB	18,352	3,882	21,934	
2003	John Pritchard	1199	Carp, ON	13,764	872	14,636	
2004	Julie Starling	1200	London, ON	7,160			
2003	Dr. Michael Yachnin	1201	Ottawa, ON	12,490	3,804	16,294	Silver Medal
2001	Ken Frey	1203	Rockwood, ON	24,015	3,000	27,015	Gold Medal
2003	David K. Hicks	1204	St Catharines, ON	3,559	708	4,267	
2001	David L. Jordan	1205	Fonthill, ON	26,760	4,388	31,148	
2003	Paul M. Dicks	1206	Mississauga, ON	54,479	6,365	60,844	
2003	Roger Cormier	1207	Newport Corner, NS	5,537	200	5,737	
2003	Dorma Grant	1208	Kingston, ON	6,093	1,048	7,141	
2001	Harold James Bridge	1209	Port Coquitlam, BC	60,318	10,171	70,489	
2004	Stella Meades	1210	Parksville, BC	7,230	2,700	9,930	
2003	Bernie Danylyshen	1211	Coronation, AB	7,004			
2001	Ronald Amero	1214	Ottawa, ON	45,010	11,691	56,701	50,000 Certificate
2003	Craig Premack	1215	Burnaby, BC	52,179	12,163	64,342	
2003	Elizabeth Barber	1216	Beamsville, ON	20,157	3,906	24,063	
2004	Janet Besler	1217	Victoria, BC	12,128	3,967	16,097	Silver Medal
2003	Matthew Bergin	1219	Hamilton, ON	6,917			
2002	Brian Drew	1220	Oshawa, ON	6,737			
2004	Tim Zuidema	1223	Hamilton, ON	2,150			
2002	Isabell Freudenburg	1224	Brighton, ON	42,276	9,060	51,336	2 nd Place Female
2002	Wolfgang Freudenberg	1225	Brighton, ON	37,616	8,127	45,743	
2004	Sam Bootsma	1226	Toronto, ON	20,187	11,607	31,794	Gold Medal
2004	Dr. Patricia Crosscombe	1227	Ottawa, ON	8,583			
2004	David Kwan	1228	Thornhill, ON	17,273	7,305	24,578	
2003	Louise McLaren	1229	Ottawa, ON	29,470	8,011	37,481	
2004	Victor Reinberg	1230	Brampton, ON	4,738	3,147	7,885	
2002	Phil Merikle	1231	Waterloo, ON	20,551	4,974	25,525	Gold Medal
2004	Dan Devlin	1232	Victoria, BC	11,840	5,040	16,880	Silver Medal
2004	John V. Wilczynski	1234	Ancaster, ON	0	0	0	plans for 2008
1997	Mark Hulsebosch	1235	Cambridge, ON	7,601	100	7,701	
2002	Peter J. Bound	1237	Thunder Bay, ON	28,103	5,048	33,151	
2004	Jeffrey Crivellaro	1238	Toronto, ON	16,824	5,797	22,621	
2004	Ivan Andrews	1239	White Rock, BC	15,665	6,861	22,526	
2004	Ewan Burke	1240	Enniskillen, ON	19,836	7,398	27,234	Gold Medal
2004	Katherine Neufield	1241	Ottawa, ON	3,252			
2003	Catherine Vardy	1242	Monton, NB	11,148	2,307	13,455	
2004	Ron Baker	1243	Regina, SK	11,656	2,012	13,668	
2002	Tim Lutzac	1244	Riverview, NB	24,467			
2003	Fletcher Thomson	1245	Ottawa, ON	27,170	6,082	33,252	
2003	Jennifer Douglas	1247	Sardis, BC	32,510	5,579	38,089	
2004	David A. McAuslan	1248	Carleton Place, ON	20,950	11,557	32,507	Gold Medal
2002	Gary Baker	1249	Cultus Lake, BC	46,163	8,439	54,602	50,000 Certificate
2004	Michael L. Rasmussen	1250	Portland, OR	19,769	3,395	23,164	
2002	Bob White	1251	Dartmouth, NS	45,889	8,265	54,154	50,000 Certificate
2001	George I. Fralic	1252	Brooklyn, NS	24,714	4,286	29,000	Gold Medal
2004	Ron McCurdy	1253	Toronto, ON	628	0	628	
2002	Debra Victor	1254	Appleton, WI	6,941	580	7,521	

2005	Tony Jinkinson	1270	Toronto, ON	1,526				
2003	Eidith Williams	1271	Markham, ON	23,724	8,217	31,941	Gold Medal	
2003	Cary Steinman	1274	Toronto, ON	13,152	2,939	16,091	Silver Medal	
2004	Germain M. Lepage	1275	Iroquois Falls, ON	4,061				
2003	John A Telfer	1278	Waterloo, ON	32,109	7,366	39,475		
2005	Elizabeth Psczcolko	1279	Thunder Bay, ON	1,377				
2003	Wendy Humphrey	1281	Thunder Bay, ON	24,479	7,310	31,789	Gold Medal	
2005	Wally Skinner	1283	Pasadena, NFLD	168				
2005	Curtis McCoy	1284	Guelph, ON	3,399	2,076	5,475	Gold Badge	
2005	Alison Skinner	1285	Guelph, ON	2,558	492	3,050		
2003	Jim Fidler	1286	Victoria, BC	60,087	18,347	78,434		
2003	Victor C. Pearson	1289	Parksville, BC	10,570	4,652	15,222	Silver Medal	
2003	E. W. (Wim) Kok	1290	Fort St. John, BC	22,908	6,411	29,319	Gold Medal	
2003	Barry Thompson	1291	Upper Kingsclear, NB	12,201	2,839	15,040	Silver Medal	
2005	Bret Waghorne	1292	Toronto, ON	18,744	12,896	31,640	Gold Medal	
2005	Joanne White	1293	Victoria, BC	9,984	5,993	15,977	Silver-Gold Medals	
2005	Sherry Scoville	1294	Dartmouth, NS	5,008	2,984	7,992		
2005	Peter Scoville	1295	Dartmouth, NS	9,203	6,369	15,572	Bronze-Silver Medals	
12003	Brian Devan	1296	Lindsay, ON	13,905	3,002	16,906	Silver Medal	
2003	Raymond Parker	1297	Victoria, BC	18,545	8,005	26,550	Gold Medal	
2005	Jamie L. Smith	1298	Gaston, SC	839	127	966		
2003	Erkan Sarioglu	1299	Oakville, ON	5,034	790	5,824		
2006	Michel Richard	1300	Vancouver, BC	7,377	11,847	19,224	Bronze-Silver Medals	
2006	Karen Smith	1301	Vancouver, BC	7,018	9,276	16,294	Olympic Goal – B.S. Medals	
2004	Norm Raffaele	1302	Grimsby, ON	3,862	1,754	5,616	Gold Badge	
2004	Dr. David A. Gillanders	1303	Vancouver, BC	25,164	12,672	37,836		
2005	Gerd Neumann	1304	Hamilton, ON	1,750	2,559	4,309	Silver Badge	
2004	Frederick V. Loftin	1305	Toronto, ON	28,172	10,102	38,274		
2006	Tracy Paul Barill	1306	N. Vancouver, BC	7,668				
2006	Valerie A. White	1307	Delta, BC	0				
2006	Matt W. Daley	1308	Fredericton, NB	0				
2004	Dr. Michael Holliday	1309	Ottawa, ON	8,534	5,823	14,357	Bronze Medal	
2006	Rachel Ducommun	1311	Oshawa, ON	36	12	48		
2006	Florence G. Bradley	1312	Birmingham, AL	3,156	3,027	6,183	Gold Badge	
2006	Denis Foster	1313	Simcoe, ON	733	260	993		
2004	Thomas Nelson	1314	Niagara Falls, ON	12,603	2,278	14,881		
2004	Gerald Garay	1315	Hamilton, ON	3,345	1,221	4,566		
2006	Douglas Bartholomew-Saunders	1316	Fonthill, ON	1,245	100	1,345		
2005	Wayne Harris	1317	Perth, ON	788	1,595	2,383	Bronze Badge	
2004	Ken Knutson	1320	Tracy, CA U.S.A.	28,868	8,236	37,104		
2005	Ruth Baird	1321	Fredericton, NB	3,668	2,645	6,313	Gold Badge	
2005	Beth Anne Hamon	1322	Portland OR	5,957	4,374	10,331	Bronze Medal	
2006	Al Gair	1323	N. Vancouver, BC	5,447	9,858	15,305	Bronze, Silver Medals	
2007	Martin Goslar	1324	Phoenix, AZ USA	1,328	1,771	3,099	Silver Badge	
2007	Donald Walter	1325	Musquodoboit, H. NS	0				
2007	Sharon Garay	1326	Hamilton, ON	0				
2005	Graham Fishlock	1327	Ladysmith, BC	14,351	15,263	29,614	Silver, Gold Medals	
2005	Dr. Steve Lonergan	1328	Victoria, BC	10,816	4,532	15,348	Silver Medal	
2007	Jon Bruce Walper	1329	Guelph, ON	0	3,572	3,572	Bronze, Silver Badges	
2007	Kristin Lutzac	1330	Lower Coverdale, NB	0				
2007	Kyle Lutzac	1331	Lower Coverdale, NB	0				
2007	Ruth Pantry	1332	Thunder Bay, ON	0	1,130	1,130	Bronze Badge	
2007	Sandra Greer	1333	Leduc, AB	0	1,997	1,997	Bronze Badge	
2007	Murray Greer	1334	Leduc, AB	0	1,997	1,997	Bronze Badge	
2005	Jean-Marc Desrochers	1335	Ottawa, ON	3,902	2,781	6,792	Gold Badge	

2005	Ruth Baird	1321	Fredericton, NB	3,668	2,645	6,313	Gold Badge
2005	Beth Anne Hamon	1322	Portland OR	5,957	4,374	10,331	Bronze Medal
2006	Al Gair	1323	N. Vancouver, BC	5,447	9,858	15,305	Bronze, Silver Medals
2007	Martin Goslar	1324	Phoenix, AZ USA	1,328	1,771	3,099	Silver Badge
2007	Donald Walter	1325	Musquodoboit, H. NS	0			
2007	Sharon Garay	1326	Hamilton, ON	0			
2005	Graham Fishlock	1327	Ladysmith, BC	14,351	15,263	29,614	Silver, Gold Medals
2005	Dr. Steve Lonergan	1328	Victoria, BC	10,816			
2007	Jon Bruce Walper	1329	Guelph, ON	0	3,572	3,572	Bronze, Silver Badges
2007	Kristin Lutzac	1330	Lower Coverdale, NB	0			
2007	Kyle Lutzac	1331	Lower Coverdale, NB	0			
2007	Ruth Pantry	1332	Thunder Bay, ON	0	1,130	1,130	Bronze Badge
2007	Sandra Greer	1333	Leduc, AB	0	1,997	1,997	Bronze Badge
2007	Murray Greer	1334	Leduc, AB	0	1,997	1,997	Bronze Badge
2005	Jean-Marc Desrochers	1335	Ottawa, ON	3,902	2,781	6,792	Gold Badge
2007	Bob Goodison	1336	Sorrento, BC	0	6,183	6,183	All 3 Badges
2007	Tyler McNabb	1337	Surrey, BC	0	1,974	1,974	Bronze Badge
2005	Robert Frankham	1338	Victoria BC	17,063	9,424	26,487	Gold Medal
2005	Chester Wormald	1339	St. Catharines, ON	14,020	6,019	20,034	Silver Medal
2005	William B. Fisher	1340	Toronto, ON	10,000	288	10,288	
2007	W. J. Fisher	1341	Toronto, ON	0			
2007	Dr. Nancy Fisher	1342	Sherwood Park, AB	0			
2007	Wayne Lessard	1343	Windsor, ON	0			
2007	John T. Meldrum	1344	Victoria, BC	0	299	299	
2006	Larry Hager	1345	Calmar, AB	1,895	1,612	3,507	Silver Badge
2007	Daphne Mary Armstrong	1346	St. Catharines, ON	0	5,000	5,000	3 Badges
2007	Shirley Walsh	1347	Carleton Place, ON	0			
2006	Anne-Marie Carter McAuslan	1348	Carleton Place, ON	1,678	2,200	3,878	Silver Badge
2007	Annette Bose	1349	Kinburn, ON	0			
2005	Bob V. Culp	1350	St. Helena Island, SC	16,426	4,715	21,141	
2007	Melanie Kempers	1351	Guelph, ON	0	355	355	
2007	Alexander Pope	1352	Maple Ridge, BC	0	13,988	13,988	3 Badges Bronze Medal
2008	Demian Seale	1353	Victoria, BC	0			
2007	Brian Gilchrist	1354	Winnipeg, MB	0	1,829	1,829	Bronze Badge

Canadian Kilometer Achiever Program (CKAP) Total Kilometers for the Year 2007 =	1,197,420
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2007 Donations from CKAP members – Needed and Appreciated - Thank You! From the CKAP Board of Directors
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Frank A. “Woody” Graham III –Columbia, SC	274	John Barnhardt – Ottawa, ON	1113
Jerry Ford – Burlington, ON	321	Brent Anderson – Antigonish, NS	1115
James D. Wilson – Ottawa, ON	341	James B. Smith – Gaston, SC	1118
Keith and Patsy Shealy – Newberry, SC	354 – 356	Henry Berkenbos – Richmond, BC	1133
Mark Beaver – Halifax, NS	428	Freda Thomson-Phil Merikle - Waterloo, ON	1148 - 1231
Albert Martz – St. Catharines, ON	941	Francis Barnsley – St. Catharines, ON	1182
Lucy Perri – Scarborough, ON	968	Tim Rainey – Bracebridge, ON	1194
Robert Zych – Hamilton ON	1066	Lois MacDougall – Fredericton, NB	1198
Deborah O’Leary – Lower Sackville, NS	1067	Harold Bridge – Port Coquitlam, BC	1209
Timothy Corby – Sumter, SC	1089	Isabell - Wolfgang Freudenberg -Brighton, ON	1224 1225
Frances Sheasgreen – Fort. Saskatchewan, AB	1090	Tim Lutzac – Riverview, NB	1244
Pauline and Goldwin McKinley – Dundas, ON	1095 - 1096	Beth Hamon – Portland, OR	1322

**Canadian Kilometer Achiever Program
Statement of Operations
For the year ended February 29th 2008**

<u>Revenues</u>	<u>2008</u>	<u>2007</u>
Membership including exchange	\$ 689	\$686
Medals/badges/Decals	1,448	1,126
Donations	507	445
Jerseys	695	1,631
T-shirts	53	43
Postage	<u>49</u>	<u>32</u>
	<u>3,441</u>	<u>3,963</u>
 <u>Expenses</u>		
Office expenses	468	236
Postage	585	655
Jerseys	1,720	1,634
CKAP Badges	1,154	0
Internet service/domain charges	242	68
Bank charges	70	61
Trophies/Plaques/medals	393	628
Incorporation	<u>30</u>	<u>30</u>
	<u>4,662</u>	<u>3,312</u>
 <u>Surplus (Deficit)</u>	 <u>(\$1,221)</u>	 <u>\$652</u>

Notes

This year 26 individuals paid life membership vs. 25 the previous year.

Inventory consists of following –

Medals –	35
Badges –	573
Decals –	633
T-shirts	62
Jerseys –	34

The total value of inventory at sale price approx. \$10,646.

The approximate cash balance at year end is \$280.

**Canadian Kilometer Achiever Program
(C-KAP)**

**C-KAP – AGM Will be held in the basement reception room at
170 Booth Street.**

**Down town Ottawa, Ontario at the corner of Booth and Albert
Wednesday 07th May 2008**

Time: 6:30 PM Social – 7:00 PM AGM

**See Rosmarie at the Ottawa Bicycle Club office, which will be open from
3:00 PM to 8:00 PM the same night for assistance if needed**

Proxy

I hereby appoint, (print name) _____

**To be my representative at the Annual General Meeting of CKAP on the
07th May 2008 and at any adjournment thereof, and to vote on my behalf.**

Member's name (print): _____

Member's signature: _____

Date: _____

**Only Current Members are allowed to vote or appoint a member as their
proxy, Current member of CKAP are members who have not missed
submitting two consecutive cycling logs and are on the CKAP mailing list.**

Please inform James if you plan to attend:

Email: james.wilson@primus.ca

Phone: (613) 523-3012

***(Proxy must be submitted to a CKAP Board of Director and be in an
Ottawa Directors hands prior to the start of the AGM.)***

Year 2007 Listing by km

1	2002	Ken Bonner	– Victoria, BC	1255	30,677
2	2001	Henry Berkenbos	– Richmond, BC	1133	30,258
3	1975	Woody” Graham	– Columbia, SC	274	27,627
4	1992	Dr. Stan Skonieczny	- Toronto, ON	922	20,080
5	2003	Jim Fidler	- Victoria, BC	1286	18,347
6	1991	Albert Martz	– St. Catharines, ON	941	17,814
7	2001	Kent Peterson	– Issaquah, WA	1124	17,268
8	1994	John Bos	– Ottawa, ON	940	15,935
9	2005	Graham Fishlock	– Ladysmith, BC	1327	15,263
10	2007	Alexander Pope	– Maple Ridge, BC	1352	13,988
11	2005	Bret Waghorne		1292	12,896
12	2005	Jack Sharkey	– Burnaby, BC	1269	12,790
13	2004	Dr. David Gillanders	Vancouver BC	1303	12,672
14	1979	Mark Beaver	– Halifax, NS	428	12,555
15	2003	Craig Premack	– Burnaby, BC	1215	12,163
16	2006	Michel Richard	– Vancouver, BC	1300	11,847
17	2001	Ronald Amero	– Ottawa, ON	1214	11,691
18	2004	Sam Bootsma	– Toronto, ON	1226	11,607
19	2004	David McAuslan	– Carleton Pl, ON	1248	11,557
20	2001	Stephen Penner	– Hamilton, ON	1127	10,726
21	1998	Jack Duchesne	– St.Catharines, ON	1060	10,623
22	1994	“Jess” Raymond	– Ottawa, ON	970	10,552
23	1997	Irwin Nayer	– Mississauga, ON	1006	10,213
24	2001	Harold Bridge	– Port Coquitlam, BC	1209	10,171
25	2001	David McCaw	- Ottawa, On	1128	10,129
26	2004	Fred Loftin	– Toronto, ON	1305	10,102
27	1996	Phil Burgess	– Dundas, ON	988	10,100
28	1999	Paul Kajmowicz	– Thunder Bay, ON	1062	10,086
29	2002	Don Magie	– Mississauga, ON	1150	10,066
30	2006	Al Gair	– N. Vancouver, BC	1323	9,858
31	2000	Gerald Irvine	– St. Catharines, ON	1099	9,748
32	1997	Douglas Yardley	– Toronto, ON	462	9,602
33	1976	Orlando Goveia	– Chatham, ON	183	9,598
34	2005	Robert Frankham	– Victoria, BC	1338	9,424
35	2001	Kaz Bieniak	– Thornhill, ON	1189	9,342
36	2006	Karen Smith	– Vancouver, BC	1301	9,276
37	1976	Les Humphreys	– Almonte, ON	158	9,162
38	2002	Isabell Freudenberg	Brighton, ON	1224	9,060
39	2000	Pauline McKinley	– Dundas, ON	1095	8,956
40	1985	Fernando Goncalves	– Scarborough	514	8,950
41	1999	Manfred Kuchenmuller	Richmond BC	730	8,936
42	1988	Judith Ducommun	– Belleville, ON	834	8,846
43	1999	Silvio Bestulic	– Hamilton, ON	1070	8,543
44	2002	Gary Baker	– Cultus Lake, BC	1249	8,439
45	2002	Bob White	– Dartmouth, NS	1251	8,265
46	2004	Ken Knutson	– Tracy, CA	1320	8,236
47	2000	Alan Medcalf	– Waterloo, ON	1086	8,230
48	2003	Edith Williams	– Markham, ON	1271	8,217
49	2002	Wolfgang Freudenberg	Brighton, ON	1225	8,127
50	1991	James Wilson	– Ottawa, ON	341	8,015

First 100 Logs by Km

51	2003	Louise McLaren	– Ottawa, ON	1229	8,011
52	2003	Raymond Parker	– Victoria, BC	1297	8,005
53	2003	Jim Hall	– Guelph, ON	1177	8,003
54	1998	John Victor	– Appleton, WI	1029	7,853
55	1995	Gaston Carbonneau	– Orleans, ON	1014	7,735
56	1985	David Earnshaw	– Sarnia, ON	738	7,549
57	1998	Robert Kay	– Kingston, ON	1042	7,500
58	2004	Ewan Burke	– Enniskillen, ON	1240	7,398
59	2000	Michael Poplawski	– Victoria, BC	1082	7,394
60	2003	John Telfer	– Waterloo, ON	1278	7,366
61	2002	Eugene Vandal	– Thunder Bay, ON	1168	7,354
62	2003	Wendy Humphrey	– Thunder Bay, ON	1281	7,310
63	2002	Denis W. Arpin	– Grand Falls, NB	1156	7,309
64	2004	David Kwan	– Thornhill, ON	1228	7,305
65	1996	Andre Marier	– Ottawa, ON	989	7,279
66	1994	John Helm	– St. Catharines, ON	1051	7,114
67	2001	Paul Buttimor	– Cavan, ON	1134	7,090
68	2004	Ivan Andrews	– White Rock, BC	1239	6,861
69	2000	Dr. Goldwin McKinley	– Dundas, ON	1096	6,839
70	1977	Keith Shealy	– Newberry SC,	356	6,834
71	2001	Larry Voth	– Langley, BC	1119	6,944
72	2001	Ed Dixon	– Victoria, BC	1120	6,749
73	2003	E.W. (Wim) Kok	– Fort St. John, BC	1290	6,411
74	2005	Peter Scoville	– Dartmouth, NS	1295	6,369
75	2003	Paul Dicks	– Mississauga, ON	1206	6,365
76		Bob Goodison	– Sorrento, BC	1336	6,183
77	2000	Frances Sheasgreen	– Ft. St. Sask., AB	1090	6,095
78	2003	Fletcher Thomson	– Ottawa, ON	1245	6,082
79	1999	Rob Zych	– Hamilton, ON	1066	6,021
80	2005	Chester Wormald	– St.Catharines, ON	1339	6,019
81	1995	Bill Murray	– Toronto, ON	974	6,015
82	2005	Joanne White	– Victoria, BC	1293	5,993
83	2000	Timothy Cobey	– Sumter, SC USA	1089	5,904
84	1997	Gerard Moss	– Moncton, NB	1015	5,875
85	2004	Michael “Doc Holliday”	Ottawa, ON	1309	5,823
86	2004	Jeffrey Crivellaro	– Toronto, ON	1238	5,797
87	2002	Neil Honkanen	– Victoria, BC	1259	5,789
88	1985	Dorothy Earnshaw	– Sarnia, ON	737	5,737
89	1994	Mariette Carbonneau	– Orleans, ON	1013	5,617
90	2003	Jennifer Douglas	– Sardis, BC	1247	5,579
91	1996	William Feere	– Langton, ON	990	5,519
92	1990	Ross Kingdon	– Grand Valley, ON	883	5,515
93	1998	Carl Freeland	– Woodstock, ON	1031	5,410
94	1999	John Siemens	– Niagara Falls, ON	1075	5,212
95	1986	Charles Hand	– St. Catharines, ON	774	5,202
96	2004	George Nicholson	– St.- Catharines, ON	1267	5,100
97	2002	Peter Bound	– Thunder Bay, ON	1237	5,048
98	2004	Dan Devlin	– Victoria, BC, ON	1232	5,040
99	2007	Daphne Armstrong	– St. Catharines, ON	1346	5,000
100	2002	Phil Merikle	– Waterloo, ON	1231	4,974

Complete listing of Members 2007 Logs by Total Km

is on the CKAP web site www.ckap.ca

CKAP Members by Total Km

1	1975	“Woody” Graham – Columbia, SC	274	731,537
2	1992	Dr. Stan Skonieczny – Toronto, ON	922	442,730
3	1977	Keith W. Shealy – Newberry, SC	356	440,779
4	1992	Valerie Copeland – Grimsby, ON	955	301,605
5	1976	Les Humphreys – Almonte, ON	158	282,874
6	1978	Hugh “Bill” Hewes – Caledon E., ON	412	279,322
7	1976	Orlando C. Goveia – Chatham, ON	183	257,639
8	1991	Albert Martz – St. Catharines, ON	941	237,708
9	1979	Mark Beaver – Halifax, NS	428	220,477
10	1978	Dr. Tony Marriott – Millgrove, ON	409	213,753
11	1982	Murray Dean – Napanee, ON	503	202,678
12	2001	Henry Berkenbos – Richmond, BC	1133	201,623
13	1985	David Earnshaw – Sarnia, ON	738	201,082
14	1977	Paul Davison – Wolfville, NS	345	180,050
15	1985	Fernando Goncalves Scarborough, ON	514	179,477
16	1994	John Bos – Ottawa, ON	940	176,771
17	2002	Kenneth Bonner – Victoria, BC	1255	167,878
18	1998	Lawrence Schwartz – Wylie, Texas	1023	166,755
19	1986	Charles R. Hand – St. Catharines, ON	774	164,184
20	1980	Laurie Leslie – Thunder Bay, ON	440	161,362
21	1980	Graham Stewart – Thunder Bay, ON	439	160,639
22	1976	Gary Conrod – Dartmouth, NS	232	157,229
23	1992	Sylvia Walker – Scarborough, ON	920	154,370
24	1976	Bruce Timmermans – Ottawa, ON	134	152,844
25	2001	Kent Peterson – Issaquah, WA	1124	136,996
26	1997	Douglas Yardley – Scarborough, ON	462	134,845
27	1981	Ron Newhook – Ottawa, ON	488	130,222
28	1984	Brian McGrath – Caledon East, ON	714	130,178
29	1978	Patsy Shealy – Newberry, SC	354	129,144
30	1996	Phil Burgess – Dundas, ON	988	128,388
31	1996	“Wild” Bill Feere – Langton, ON	990	127,752
32	1985	Dorothy Earnshaw – Sarnia, ON	737	126,535
33	1977	Jerry Ford – Burlington, ON	321	124,384
34	1988	Tom Sylvester – Stella, ON	839	123,689
35	1998	Jack Duchesne – St. Catharines, ON	1060	119,374
36	1994	Jocelyn Raymond – Ottawa, ON	970	118,305
37	1990	Ross Kingdon – Grand Valley, ON	883	117,415
38	1982	David Young – Halifax, NS	595	114,933
39	1983	James Smith – Halifax, NS	708	108,808
40	1990	Keith McEwen – Cookstown, ON	878	103,407
42	1998	John Victor – Appleton, WI	1029	101,378
41	2000	Gerald Irvine – St. Catharines, ON	1099	100,374
43	1996	Andre Marier – Ottawa, ON	989	98,635
44	1978	Ken Schykulski – Brandon, MB	381	96,820
45	1997	Irwin Nayer – Mississauga, ON	1006	95,529
46	1999	Manfred Kuchenmuller Richmond, BC	730	90,693
47	1991	James D. Wilson – Ottawa, ON	341	90,381
48	1994	John Helm – St. Catharines, ON	1051	87,270
49	2001	David McCaw – Ottawa, ON	1128	84,131
50	1990	Isabelle Sheardown – Cookstown, ON	879	82,086

The First 100 Members List

51	1991	Sandy Stewart – Lindsey, ON	897	82,082
52	1982	Bruce Reid – Etobicoke, ON	593	80,862
53	1991	Marcel Belanger – Hull, Quebec	892	79,901
54	2003	Jim Fidler – Victoria, BC	1286	78,434
55	1995	Gaston Carbonneau – Orleans, ON	1014	78,210
56	1982	Joe Gmerek – Halifax, NS	571	77,138
57	1995	Mark Kremblewski – Toronto, ON	981	76,640
58	2001	Stephen Penner. – Hamilton, ON	1127	75,219
59	1988	Larry Ducommun – Bellville, ON	835	72,584
60	1983	John Ryan – Toronto, ON	646	71,688
61	2000	Michael Poplawski – Victoria, BC	1082	70,971
62	2001	Harold Bridge – Port Coquitlam, BC	1209	70,489
63	1996	Gerald Hooper – Mississauga, ON	1034	70,226
64	1981	Roy S. Bourke – Willowdale, ON	470	69,327
65	1977	Donald Sherriff – Etobicoke, ON	312	68,854
66	2001	Larry Voth. – Langley, BC	1119	68,627
67	1994	Mariette Carbonneau, - Orleans, ON	1013	68,547
68	1991	Tim DeRose – Odessa, ON	911	68,166
69	1996	Dawn Gillingham – Halifax, NS	1141	66,578
70	1998	Bob Garnett, - Kanata, ON	1033	66,185
71	2003	Craig Premack, - Burnaby, BC	1215	64,342
72	1987	Jimmie Georgas – Collingwood, BC	916	63,185
73	1998	Carl Freeland – Woodstock, ON	1031	62,912
74	2002	David Jolkowski – Kitchener, ON	1160	61,980
75	2001	Kaz Bieniak – Thornhill, ON	1189	61,974
76	1999	Silvio Bestulic, - Hamilton, ON	1070	61,589
77	2003	Paul Dicks – Mississauga, ON	1206	60,844
78	1982	Allan Jackson – Pickering, ON	501	58,809
79	1984	Serge Boudreau – Ottawa, ON	687	58,659
80	1999	Paul Kajmowicz – Thunder Bay, ON	1062	58,022
81	1979	Ray Wylie – Greenville, SC	413	57,717
82	1990	Thomas Marshall – Brockville, ON	873	56,741
83	2001	Ronald Amero – Ottawa, ON	1214	56,701
84	1999	Bill Wood – Hanwell, NB	1137	55,327
85	1988	Judith Ducommun – Bellville, ON	834	55,307
86	2002	Gary Baker – Cultus Lake, BC	1249	54,602
87	2000	Alan Medcalf – Waterloo, ON	1086	54,544
88	2002	Bob White – Dartmouth, NS	1251	54,154
89	1980	Dorothy Newhook – Ottawa, ON	487	52,780
90	1999	John Parrish – Lexington, SC	980	52,755
91	1995	James Smith Wards Is. Toronto, ON	979	52,575
92	1991	Mike McInnis – Halifax, NS	913	51,897
93	2002	Isabell Freudenberg – Brighton, ON	1224	51,336
94	2000	Pauline McKinley – Dundas, ON	1095	51,023
95	1987	Rene De Jonghe – St. Catharines, ON	804	48,234
96	2001	Paul Buttimor – Cavan, ON	1134	48,112
97	2002	Don Magie – Mississauga, ON	1150	47,571
98	1998	Robert Kay – Kingston, ON	1042	47,102
99	2002	Wolfgang Freudenberg Brighton, ON	1225	45,743
100	1977	Harold DeKleer – Georgetown, ON	326	45,130

Not Active - Complete Listing of Members by Total Km is

on the CKAP web site “History” www.ckap.ca



From the Peloton Year 2007

Frank A. “Woody” Graham III – 274 – Columbia, South Carolina USA: Dear Sir James, 2007 was not one of my good years cycling. I seem to be slowing down. - On April 29th I separated my right shoulder attempting a 400 km brevet from Dawsonville, Georgia. - Rode the Northern Transcontinental PAC Tour in July and August and was usually the last rider to finish each day. I had to be sagged more days than ever before. I did manage to do at least 100 miles each day. – Attempted my 6th PBP in August and made it to Mortagne-Au-Perche where they refused to swipe my card. Hope 2008 will be better! As ever Woody

Jerry Ford – 321 – Burlington, Ontario Canada: I am happy to be a member of Great Canadian Bicycle Tours after so many years starting with the Great Canadian Bicycle Rally in Woodstock circa 1976.

341 - James D. Wilson – Ottawa, Ontario Canada: Another interesting cycling year has past for “Sir” James, never made the hope for 10,000 km but 8,015 was a third place in my personal record of 18 years, not bad considering, but now I have over 9,000 km to do to reach 100,000 km in 2008. I’m still riding solo since my accident in 2005; however, I seem to be riding further and have expanded the rectangle route to include the St. Lawrence River for a loop of 200 km. with lesser loops through Winchester and always lunch at Tim Horton’s. - I hope this year to do a few official 200 km brevets, I’m starting this at the young age of 71 but allowed to cycle at my own pace I seem to be able to go forever, or maybe I just like to suffer I have endured allot of that, however 2008 should be a very interesting cycling year for me with I hope the biggest problem being to just get out the door and the first 15 km warming up, Cheers:-))) “Sir” James

Paul Davison – 345 – Wolfville, Nova Scotia Canada: Most of my km this year was in Asia. I went on the first 2 sections of the inaugural Silk Run Tour from Istanbul to Beijing. I covered 3,000 km in Turkey, Georgia, Azerbaijan and Turkmenistan - 44 countries and counting, I’m planning to go back for more in 2008.

Patsy & Keith W. Shealy – 354 - 356 – Newberry, South Carolina USA: My km was very low, but I can’t complain due to my heart problem in March and April; then Vertigo in May. I’m sure I still have some Vertigo as I become slightly dizzy at times and can not get my feet off the ground or floor. No more climbing for me. Patsy was not able to get in any km due to my condition; then selling the tandem. I’d like to purchase a tandem with the same set up as my Tour Easy.

Ken Schykulski – 381 – Winnipeg, Manitoba Canada: Hi James, Happy New Year to all the CKAP riders. Ken

Dr. Tony Marriott – 409 – Millgrove, Ontario Canada: I will respond with my worst cycling moment which was coming off the bicycle in the World’s age group Duathlon Championships in Gyor, Hungary in May 2007. Best Cycling moment: Being able to take my wife out on the Duet Tandem (News clipping photo enclosed) Tony **will be scanned and put on the CKAP web page “Current Member 409”**

Mark Beaver – 428 – Halifax, Nova Scotia Canada: Another good cycling year with a two week trip to Arizona with my wife, bagged 1400 early season k’s in March. Rode the brevet series with Randonneurs Nova Scotia (200-300-400-600) then went to France and completed Paris-Brest-Paris, in the wind and rain! Then off to the Pyrenees in the south of France for two weeks r&r (recuperation and riding), a thousand k’s in the mountains. All in all, a great year and my personal best year’s distance ever, 12,345 km and 27 century rides. Cheers! Mark Beaver.

Graham Stewart – 439 – Thunder Bay, Ontario Canada: Rode a little less than normal this year due to having to go on a cruise in early April which took up 2 weekends. Highlights of the year where the Horribly Hilly Hundred the toughest ride I have ever done. GRABRAAW in June, which had great weather and then Colorado in August. Along with great riding we enjoyed several Hot Springs and Vapor Caves along the way. We spent one week of our Colorado Trip on the Heat Cycle (heartcycle.org) Summit County Tour. It was a great week with 30 other riders doing very tough Mountain Passes every day and staying in Frisco at 9,000 ft. every night and going up from there each day. Laurie reached her 100,000 miles on the first day of the ride so we celebrated at the rest stop with a little champagne. We also did the trip with 5 other riders from the club. Finally I achieved my 100,000 milestone late in the year and more celebrating. Overall a very good year in spite of the under mileage.

Laurie Leslie – 440 – Thunder Bay, Ontario Canada: 2007 was a landmark cycling year for me, because I finally accepted the fact that I needed a bike with a triple chain ring. Yes, perhaps sooner than later, it happens to the best & worst of cyclists, However, triple chain ring or not, I still was unsuccessful in my 2nd bid to complete the 200 KM “Horribly Hilly Hundred” in Mt. Horeb, Wisconsin. I rode much better and further than in 2006 (174 km), but I still failed to fully complete the final section. Oh well, I saved my best riding for the “Tour des Passes” in Summit County, Colorado in August. I’ve ridden Colorado several times, but believe me, “there’s no place like this that I’ve been or seen!” Superbe cycling. Superbe scenery, I’ve still got several passes left to climb. My highlight for 2007 was reaching 160,000 km 100,000 miles which I memorably did in Colorado, rocky mountain high.

Ron Newhook – 488 – Ottawa, Ontario Canada: Well it is that time of year again. Here is my completed 2007 log. – This was not a great year for kilometres cycled. I ran a marathon in the spring, so concentrated on running at that time. Then I followed the marathon up with bunion surgery which slowed me up for a couple of months. The good news is, I can only recycle the bunion surgery excuse once.... Though I notice that the other foot has developed a suspicious bump....See you on the road, or at the local bike shop (their new digs look pretty nice!).

Janet Pryer – 649 – Victoria, British Columbia Canada: Maybe 2008 will be the year that I ride my bike a bit more, Janet

Bruce Meyers – 716 – Waterdown, Ontario Canada: James: Thanks for looking after this each year. It is about 23 years I've been part of CKAP and it is one of my motivators to cycle more. Bruce

Manfred Kuchenmuller – 730 – Richmond, British Columbia Canada: I am enclosing my K's for 2007 a little earlier than last year. I have about the same number of k's as last year and will make an effort to get the 100,000 k's this year. - **So will "Sir" James** – I have filled the gaps in my riding with rowing, kayaking, hiking and this time of year with skiing. I am still working part time in my psychology practice and love to get out in my garden in the summer. This year I plan to ride another full season of rando brevets including the Rocky Mountain 1200, which the BC Randonneurs are organizing again this year. This will also be my fourth year of rowing with the Delta Deas Rowing Club in their Master's program and hope to row in a few regattas this year. I found that rowing and cycling complement each other quit well. When I have rowed hard my cycling is a little less vigorous and vice versa. Skiing (telemark) is right in there too.

Charles Hand – 774 – St. Catharines, Ontario Canada: Attached is my 2007 cycling log....I trust that you had a good Christmas and a nice new year....Did you make the kilometers you wanted for 2007....I did okay at 5,202 kms...little less than I wanted to do but better than 2006....grand total is 164,184 so I am inching closer to 200,000 kms....It may take a few years but I intend to reach that goal....maybe a few longer rides this year would help....no plans yet....I rode this week when the temperature hit a record 18C in St. Catharines.... Unbelievable and felt like spring...I was actually sweating under my shell...could have ridden with a jersey only and shorts but chose to bundle up just a little to much got wet as it started to rain approx. 15 minutes after I got on the bike...today is approx. 3C with sunshine so maybe a good day to get out again...I want to do better than I did last year at this time....Have a good one, Charlie

Burns Anderson – 827 – Toronto, Ontario Canada: I'm afraid that CKAP has taken a back burner in my life. I did not ride at all in 2007 and therefore, did not think about sending in the log. It seems the best I can do for exercise is a short workout in the gym 3 times a week. Cycling is now strictly on the stationary bike. However, I am still thinking about a 3-wheeler due to my balance problem (a souvenir from my Guillain-Barre Syndrome). I've seen some seniors around here on some pretty snazzy trikes! – I do regret saying good-bye to the penguins, (**web page**) but they need a good home and I know you will find one. Although I am no longer an active cyclist, I do enjoy getting the emails and photos of those who are. I hope this email will suffice in lieu of a proper log. Mark me down as zero km for 2007.

Judith Ducommun - 834 – Belleville, Ontario Canada: This was a banner year for me on the bike. I met all of my goals and exceeded all my expectations. The bike has kept me feeling really good and we've been able to do a lot of traveling. The highlights of my season were cycling Sanibel Island last winter and cycling Stanley Park last summer. Despite having turned 60 this year and battling Scleroderma daily, life is very good.

Larry Ducommun - 835 – Belleville, Ontario Canada: This was a great year for me. Despite having two rounds of cancer surgery I still had great milage. Most of my kilometres were on the tandem as Judy felt really strong and we cycled every single day this summer. Niagara still holds the spot as the best part of Ontario for cycling. We were able to explore several wonderful trails there in October. We're hoping that 2008 is good for both of us as 2007 was.

Stanislaw Skonieczny – 922 – Toronto, Ontario Canada: I am sending my 2007 cycling log to you. In February 2007 I spent my Reading Week with my daughter in California. On December 6, 2007 I had a knee operation and I "practiced" only at home on my trainer. I am all right now but the weather in Toronto does not allow me to go out as much as I used to do. Best wishes and kind regards, Sincerely, Stan

John Bos - 940 – Ottawa, Ontario Canada: I almost made 16,000 but have been away for the last 4 days – so no cycling. I did walk around 20 km but unfortunately can't count those. At least I did get some exercise. Happy Cycling in 2008, John Bos

Albert Martz – 941 – St. Catharines, Ontario Canada: Hi Sir James, Sorry, I am a bit late sending my km log in. My total km is a bit down from last year. I try to be out on a ride every day, weather permitting, but my rides become shorter (getting older?). Also we were on a few vacations. I even rode 25 km in Alaska last summer (Alaska Cruise), looking forward to another good cycling year. All the best, Albert Martz.

Lucy Perri – 968 – Toronto, Ontario Canada: I have never cycled out west, especially The Great Divide; it was breathtaking one beautiful scenery after another. We cycled 536 km in 6 days. I would highly recommend. Cheers Lucy

Phil Renaud - 973 – Brantford, Ontario Canada: The highlight of the year was not getting lapped for the first time ever in a cyclocross race. Also my wife's new bike was a high point. I am glad to read that you are active and still going strong Sir James. My kilometer age was down this year, for the third year in a row. Happy New Year fellow CKAPers keep the rubber side down.

Andre Marier – 989 – Ottawa, Ontario Canada: I started out the 2007 year by cycling 1,320 km in Australia. - Approximately 3,100 km in France and Spain from end of October to years end 2007. The rest of my mileage was mostly in Ottawa area. - The away from Ottawa cycling was fully loaded, adventure touring; by far, what I find most pleasant. In all cases the scenery was fantastic. The numerous sites I visited (some dating back to 2,500 BC) were most interesting and educational. - I have a start of almost 1,500 kilometers for 2008. – I would say that the highlight or finest cycling moment was on February first 2008, while blasting down a 20 kilometers long downhill in southern Spain, I crossed the 100,000 km mark since joining CKAP in 1997. This will of course have to wait until the 2008 report to be officially recognized. I did however want to get this last statement out, in case I become a hood ornament on a Mack truck during my next adventure!

William “Wild Bill” Freer - 990 – Langton, Ontario Canada: Hi James, here is my 2007 log. My Fibro acted up and I had a lot of bad days. I had a lot of trouble with my feet hurting and was diagnosed with “Diabetic Neuropathy” which is the nerve endings in your feet. As you can see I had a bad year, I didn’t get too many miles in. So take care, be safe, not so Wild Bill.

Irwin Nayer – 1006 – Mississauga, Ontario Canada: My only highlight for 2007 is that I stayed on plan to hit the 100,000 km mark in 2008. With only 4,471 km to go it looks fairly certain barring injury or illness. This year four of a five year plan that began when I was at 53,584 km.

Mel Slochowski – 1009 – Thornhill, Ontario Canada: I have doubled my 2006 km, and my new year’s resolution is to always ride 200 km more than the previous year...

Steven Strahm – 1010 – Stratford, Ontario Canada: this is my log. Not very consistent year for riding. Hopefully 2008 will be better.

Bill Groves – 1026 – Vineland, Ontario Canada: “When I was a little kid I used to pray every night for a new bicycle. Then I realized that the Lord doesn’t work that way so I stole one and asked Him to forgive me.”

John Victor – 1029 – Appleton, Wisconsin U.S.A.: Well its been a good year of cycling ...met the Thunder Bay group in southern Wisconsin at Fathers Day for the Horrible...congratulations to Fabio for a job well done and a ride not to be forgotten...in late October Fabio and I did our first loaded ride in northern Minnesota...rode my I speed daily to work...which helped put me in the upper echelon of CKAP...I now have passed 100,000 clicks....and look forward to my next pinnacle....John

Carl Freeland – Woodstock, Ontario Canada: This year was not as great as I had hoped. Still looking for a 10,000 km year. all the best. Carl

Deborah T. O’Leary – 1067 – Lower Sackville, Nova Scotia Canada: I enjoyed participating during the Halifax Regional Municipality Bike Week 2 rides and a super bike trip with Velo Halifax to Vermont for 12 days, and then I hurt my back. Will be back to biking in 2008. Deborah.

John Siemens - 1075 – Niagara Falls, Ontario Canada: Hiya, James! – In 2007, I only cycled in Ontario. It was a year of half dozens: I got caught in the rain half a dozen times; I got chased by dogs a half dozen times; I was forced off the road about a half dozen times. May we all have a better 2008! Cheers, John

Paul Marchand – 1076 – Ottawa, Ontario Canada: 2 commutes in May that resulted in one flat tire; and 1 tour and 1 leisure ride in June. for a total of 105.0 km, hopefully better in 2008 Thanks Paul.

Michael Poplawski – 1082 – Victoria, British Columbia Canada: The cycling adventure for me this year was fulfilling a longtime dream of cycling throughout Germany and as luck would have it, I rode Randonneur brevets in the spring which included ride segments in France, Poland, Switzerland, Austria and Liechtenstein. I joined a cycling club in Tubingen shortly before a weeklong tour in the Alps of Austria and Italy during July. I made an attempt at the Paris-Brest-Paris in August, just as I had in 2003. A great experience once again, even though I was unable to finish. Happy cycling everyone!

Alan Medcalf – 1086 – Waterloo, Ontario Canada: Of note in 2007, my two artificial hips passed 50,000 km mark. They’re now gunning for 100,000 km! Cheers, Alan

Ken Elliott – 1092 – St. Catharines, Ontario Canada: It was a big disappointment in early July with only 852 km left to get to a silver medal when the doctors ordered no more bike riding. I had congestive heart failure and had problems breathing. Now in November I’m starting to get my breathing going. I’m doing some walking exercise and a bit of spinning on an exercise bike. I’m looking forward to next spring when I’ll be out riding again and can put in that extra 852 km.

Pauline McKinley – 1095 – Dundas, Ontario Canada: All my rides were fine cycling moments! – I was safe, strong and in control, it was my most pleasurable year. Pauline McKinley

Van Epps – 1098 – Spartanburg, South Carolina U.S.A.: I finally graduated from a very stressful radiography program and am now a RT (R). I am planning to start MRI school in August but need a job for now!!! – A dear friend asked me to train her for a bike ride. – she wants to ride 70 miles on her 70th birthday and raise \$70,000 to help fight cancer. Katherine is an amazing person and 70 miles is way short for her ability!!!! Being free from school has gotten me back to riding and I hope to ride much more this year and have fun!!!

Gerald D. Irvine – 1099 – St. Catharines, Ontario Canada: Presently in Honduras and wont be able to send in accrual's, but I know my accumulative to date is approx 100,200 as I finished it in Dec to get 100,000 min, so if you give me credit for 100,100 acc ending in 2007 that is less than my actual. Likewise Daphne Armstrong finished her first year with 5,000 plus so if you could credit her for that it will be lower than our actual. km. We are both members of the Niagara Freewheelers, Thanks Gerry. **CKAP will expect logs when they return to Canada.**

Jim Smith – 1118 – Gaston, South Carolina U.S.A.: Happy New Year Sir James! I hope '08 is off to a good start. I need to spend more time on my bike this year. Bicycling has taken a back seat to everything else this past year and my log proves it! Thank you Jim and Jamie Smith.

Kent Peterson – 1124 – Issaquah, Washington U.S.A.: Attached is my 2007 cycling log. A bit less riding this year, no real big events and I telecommute one work day per week now, so that cuts down the total commuting kilometers. I did take a few weeks in July for a lovely tour of Washington State and also got in some wonderful short bicycle camping trips. Wishing you and all the CKAP folks the very best for 2008.

David McCaw – 1128 – Ottawa, Ontario Canada: Sorry James, too much going on and I had to go back and check several other computers and logs. I did most of my riding with Randonneurs Ontario, the only OBC ride I did was with my daughter on Rideau Lakes. – I completed the Paris Brest Paris again. – This year will be easier to log, since all my running, skiing and cycling is downloaded with the Garmin 305. Again, I appreciate your hard work, I have finally a night I can rest, I finished doing the Canadian Ski Marathon Gold last week and in training for the Boston Marathon now.

Wayne Harrington – 1132 – Vernon, British Columbia Canada: 2007 was a good year. I completed seven UMCA events and one charity ride. I have corporate sponsors for the charity ride; all funds go to the Vernon Disability Resource Center. All I have to do is cycle 50 km. I enjoyed cycling this year as I believe that I have recovered from the illness and injuries of the previous two seasons, Look forward to the 2008 season.

Henry Berkenbos – 1133 – Richmond, British Columbia Canada: Dear James! I did one of my favorite BC Randonneurs rides this year, a beautiful ride from Maple, ride east to Hope and then north thru the Fraser Canyon to Spences Bridge. The rest of my cycling year was within 100 km from home. We did get some snowy days in January and December, but it was an enjoyable year. Best wishes to all. Henry

Ted Chamut – 1144 – Thunder Bay, Ontario Canada: Sorry a little late...I get busy with X-country skiing (500 and counting) and forget about cycling...here's my 2007 log...have a great day...TED...(only 17 km cycling this year... and counting...our annual new year's day ride...)

Arnold Devlin – 1157 – Sudbury, Ontario Canada: settling into Sudbury after a move from Thunder Bay in 2006. Lots of new routes to explore. Manitoulin Island in particular has some of the nicest routes in the province. - Broke my clavicle in a bike crash in September that's slowing me down. – Highlight of the cycling season was in November when my daughter and I saw the Gent 6-day Bicycle race. Fantastic! One of the key cycling experiences you need to do at least once. Check out the Canadian Six Day Bicycle Race www.6dayracing.ca

David Jolkowski – Kitchener, Ontario Canada: Hi James, Mileage for last year was 4,250 km. I am in Portugal right now.

Mike Thomas – 1167 - Edinburgh, Mid Lothian United Kingdom: a quiet year for me, my handcycle frame cracked whilst I was doing 30 km + along the road. Luckily I wasn't hurt (or run over!) but it did mean that most of July and all of August was wiped out. – The frame was replaced under guarantee but I took the opportunity to upgrade and my new handcycle arrived yesterday. – It wasn't my Canadian Varna frame that broke; I went for a US made Invacare Top End XLT handcycle around 3 years ago. Much lighter and slightly quicker but obviously with some design flaws. They replaced all the broken bits without any problem but I don't trust it anymore and have just received a new UK built handcycle that is lighter and quicker again. All the best Mike

Cecil Bechamp – Brampton, Ontario Canada: I cannot believe the snail mail is so slow. I sent my summary and a cheque to "Sir James" to cover some expenses IN JANUARY (Feb. 18th) the envelope was not returned so it must be in the system somewhere. Do you want a copy of my report? So sorry for this problem which you do not need considering the many tasks you have, Cec Bechamp.

Jim Hall – 1177 – Guelph, Ontario Canada: 2007: What a remarkable and memorable year, once I got on the bike, I could not get off! The weather co-operated almost everyday. Enjoyed some terrific charity rides, including Pedal 100. My 2 week vacation saw 1,472 km of Wellington and Halton County roads. Recorded 35 metric century rides during the season. The last 500 km was the most challenging, - cold, damp, wind, rain and snow. I am looking forward to 2008 and riding Ottawa, Kingston, Ottawa, Jim Hall. **"Watch for Sir James in a CKAP Jersey"**

Tim Rainey – 1194 – Bracebridge, Ontario Canada: Highlights of the 2007 Season: 1) Some nice riding with guys from the Low Country Bicycle Shop out of Beaufort, South Carolina in March. 2) A great 4 day tour from Bracebridge to Georgian Bay and return. 3) My friend Dennis blacks out while we are climbing a steep Muskoka hill. It was very unusual since he never had trouble before. I had to administer a frantic blend of C.P.R. and A.R. A quick 911 call on the cell phone and an ambulance was there in 15 minutes. – 5 weeks later he has two angioplasties of the arteries and is recovering exceptionally well. I fear that he is really going to make me suffer in 2008. – Moral of the story Review your C.P.R., Carry a cell phone, Travel with a buddy, Do regular stress test with a specialist. – Ride in Good Health – Tim

Peter G. F. Young – 1196 – Thunder Bay, Ontario Canada: Went to Atlanta for Christmas and rode around Stone Mountain with my wife Sophie CKAP 1195.

Lois MacDougall – 1198 - Fredericton, New Brunswick Canada: My goal for this past year was to bike 4,000 km but missed out on some excellent biking weather when we were in Guelph helping look after our grandson plus gardening and so on. – You were in my thoughts many times this year James and these thoughts keep saying: “Just do it for I’ll bet James is out there on his bike right now” – It was a wonderful year for biking and a few of us biked some remote biking trails in isolated parts of New Brunswick which was a lovely experience. Biking back country along river banks is truly an experience not to be missed. A few in our group also participated in the Atlantic Canada Bike Rally out of St. George, N. < which was very nice as well. . I hope your health was good this past year and that you enjoyed your biking trips with your group. Go Well, keep well – Lois MacDougall

Paul Dicks – 1206 – Mississauga, Ontario Canada: Not a good year; recurring tendonitis wiped out April, May, & June. No accidents at least

Harold James Bridge – 1209 – Port Coquitlam, British Columbia Canada: Sir James! HNY! – Enclosed please find my 2007 CKAP log and for your amusement, interest or disinterest, my 2007 daily log. If I find out what ails my computer in time I will also send an electronic version of these charts, **No need CKAP files a hard copy only** despite the date above, it will obviously be the 02nd before this is mailed. – There are times I think I will go “off line” and use a fax machine instead. It is frustrating when one is not well enough versed in diagnosis to be able to solve these problems. And I am afraid of becoming a “Geek”, but there seems to be no in-between. – I have aged much more than 5 years since my 75th. I celebrated my 75th with a 75 km ride over hill and dale inside 3 hours (2-58). My 80th was on a hot enough day that I went out int’ morning for 45 kms and again int’ evening for the remaining 35 kms. – A few days before my 80th we had the Canada Day 140 km randonnee. A couple of photos were taken of me during that ride. If you’re interested in an up to date photo for your records: www.reandonneurs.bc.ca (this should have gone “blue”), 2007 results, Canada Day pictures. I would have enclosed a print if I could access the website. – Story from Ireland: - We did the soggy slog from Kenmare to Mol’s gap. I walked into the café at the top of the climb to be met by another OAP on his way out. He: “you look, as I do, as if you are old enough to have monuments named after you” Me: “Oh, I have thousands of them all over the world” He: “Really, what is your name?” Me: “Bridge!” Cheers, Harold Bridge.

Craig Premack – 1215 – Burnaby, British Columbia Canada: 2007 Provincial Duathlon Champion Male 45 - 49

Janet Besier – 1217 – Victoria, British Columbia Canada: the finest cycling moment for me was touring Central and Western Cuba Feb. / 07 on BIKE. Cubans excel at sharing the road which made for cycling paradise, never mind the beautiful scenery!

Sam Bootsma – 1226 – Toronto, Ontario Canada: I have attached my cycling log for 2007. to bad we had so much snow in December; otherwise I might have reached 12,000 km for the year. Thanks, Sam.

Louise McLaren – 1229 – Ottawa, Ontario Canada: the CKAP program has helped me go out for an extra kilometer or two on days when I know a ride would be fun but I feel lazy or it is cold or raining. It is one motivator. The season keeps going strong as I strive to keep the km’s increasing in hope of meeting last year’s total. I had health concerns, mostly in winter and spring (a nasty bug); riding helped me be stronger and happier. CKAP has connected me to people across Canada, North America and the world. I have enjoyed the discussions and interesting articles from the web site. I am amazed at what others do in terms of kilometers. – Thanks for the work Sir James and other board members. As well, a thank you to my dearly departed brother who was an example to me in his youth in saying how far he bicycled and how much he trained for other sports, pushing his limits. “May he ride in peace.”

John V. Wilczynski – 1234 – Ancaster, Ontario Canada: I plan to start cycling this spring when the weather improves, Thanks for keeping me in mind. John

Mark Hulsebosch – 1235 – Cambridge, Ontario Canada: Greetings James. My apologies for not getting back to you sooner, I did very minimal riding this year, in fact, only when at the beach and put on not more then 100 Kms. Since the bike and computer, are at the beach and I am not I will not be able to fill n this years log. Keep me on the list as I hope that my life (work) will settle down and I will have time once again to ride. Mark

Jeffrey Crivellaro – 1238 – Toronto, Ontario Canada: the past year saw a decline in my total km due to the large amount of snowfall we received in Toronto. (If I’m to stay in wedded bliss-“NO RIDING WHEN THERE IS SNOW ON THE GROUND”) My health picked up this year so I’m hoping to get more clicks on the road for 2008. (Plus, we purchased a tandem-fun, fun, fun!) All the best and ride on! Jeff.

Gary Baker – 1249 – Cultus Lake, British Columbia Canada: DISASTER! When we last corresponded I was recovering from a car/bike accident that occurred May 9th 2006. Both I and my cycling friends were delighted that I had been able to get back on the bike and ride so well. But on July 24th it came to a very abrupt stop. I was hit again (crash experts think it was hit and run). This time it was potentially life threatening, Let’s just say I was rather banged up. No PBP! November, more surgery, hopefully the last of it! This week I got back on a bike (well mountain bike) and rode the local dikes. It’s a start. Gary Baker garybaker@shaw.ca

Victor Reinberg – 1230 – Brampton, Ontario Canada: I am terribly sorry for being the laggard in the bunch. Family illness and a job change has messed up my creature of habit habits. Paper copy will be in the mail tonight. Do stay well James. Kindest Regards Victor Reinberg

Michael Rasmussen – 1250 – Portland, Oregon U. S. A.: What a year. It was marked by fits and starts and not riding at the levels I have over the past years. Until October 22, on that day I put the ignition keys in escrow with my wife. - I don't get them back unless I have a good reason to drive someplace. Being late for work is not a good reason. Before that happened I averaged about 50 km a week, since that moment I've averaged nearly 150km a week. - It's not a motivational tool I'd recommend to everyone. It does work for me. - It certainly does clear the "get out of the house and ride the first block" hurdle. Riding is always more fun after warning up. 2008 is looking good.

Ron McCurdy – 1253 – Toronto, Ontario Canada: I thank you for your patience but I just am not going to be able to keep track and send in the information. I ride many trikes so I just can't do it. – Thanks for making your club available to my clients. I have not been able to get any of them into your very worthy project. Ron. **McCurdy Products Freedex** – Adapted and Electric Tricycles – www.freedextrikes.com

Ken Bonner – 1255 – Victoria, British Columbia Canada: Glacier 1000 km brevet (Portland, Oregon to Whitefish, Montana)(Oregon, Washington state, Idaho, Montana) - My 5th Paris–Brest–Paris 1200 km – Over 19,000 brevet km in BC, plus 117 imperial centuries. The Paris-Brest-Paris 1200 km is always a great event 5000 cyclist this year. In spite of getting lost twice (added an extra 30 k to the ride by getting lost and then I rode past a control without signing in and did not realize it until 10k down the road. The next day I lost about 7 hours sitting on the side of the road waiting for help after my rear wheel pretzied so badly it would not pass through the rear stays. Although I had been hoping for about a 55 hour finish, given the circumstances I was happy with a 69 hour finish. - PS CKAP rider Jim Fidler has been riding for the last few weeks of 2007 and even now, with one hand. He cut all the tendons in a finer on his right hand and the repair has disabled his whole right hand. Even managed to ride a couple of imperial centuries in this sad condition. (Jim is also a Year-Rounder with the Ultra Marathon Cycling Association). Ken Bonner.

Joshua Dicks – 1257 – Mississauga, Ontario Canada: Daddy started taking me to school in the fall, when I started JK, then after we ride to the swings or slides, or down to Lake Ontario to see the ducks, geese and boats. I like riding in my trailer and I always wear my helmet. I hope my daddy takes me on enough rides for my silver badge this year. - Mommy - 1263 – did not ride any km in 2007, Joshua Dicks, 4 yrs old.

Edith Williams – 1271 – Markham, Ontario Canada: It's not how fast you go that counts but how far you really get for the ride's not just for the swift or strong but for those who never quit.—Iron Tortoise Credo

Jim Fidler – 1286 – Victoria, British Columbia Canada: Attached are my numbers for 2007 – my best year thanks to Paris – Brest – Paris and a few weeks of touring in France with my wife following PBP. Have a Happy and Healthy 2008! Jim.

Raymond Parker – 1297 – Victoria, British Columbia Canada: Hi "Sir" James: Happy 2008! May it be healthy and prosperous one? I don't mind saying I wasn't so sad to see the end of 2007, as I saw it out in the local emergency ward, getting my chin stitched back together, after my front wheel shot out from under me on black ice! – New Year's Day was a better experience, on Victoria New Year's Populaire. The weather warmed and we had a record turnout for the event: <http://tinyurl.com/27o8g4> - As you will see, I just managed to break – or should that be "slash?" – 8,000 km. I should have left it at 8,002, which I broke on the 30th, but decided to brave the cold on my commute to work on Monday. Never did get there. So, I lost a day's pay and gained a face-full of stitches! :-) Cheers Raymond, 61 km in 2008 and counting.

Gerd Neumann - 1304 – Hamilton, Ontario Canada: 2007 bicycle season came to a sudden stop in our area. Leafs, rain snow and minus temperatures don't make for fun cycling weather.

Denis Foster – Simcoe, Ontario Canada: I have been trying to send you my KM's but it keeps coming back to me. I'm not sure of the total kms I did but I know for sure that my grand total is 993KM. I remember this because I needed the same number as my daughters age, the only thing that I can do, I mail it in or if there is a fax number that I can Fax it to you. Also you can subtract my total this year from the previous year. ☺ **Hmmm... Sorry no fax number - check address book insure correct email address.**

Ken Knutson – 1320 – Tracy, California U.S.A.: I can't believe how quickly the days are passing. It's already getting towards the end of January and I'm just wrapping up my data crunching for 2007. Like yourself, I had hoped to reach 10,000 km in 2007, and ended the year with slightly over 8,000 km. After hitting my peak at PBP, I knew it was time to take a break from the bike. I'm getting back to riding again and have 90 km so far this year. Work related travel and chest colds have slowed my progress. Have a great cycling season! Ken Knutson.

Ruth Baird – 1321 – Fredericton, New Brunswick: Canada: Thanks for your help. I will send my money off this week. As usual I was in a big hurry to do km. as I still work full time – This past summer (2007) I went out with Folks on Spokes most Tuesday's after mid July. Lois McDougal who is a member of Folks on Spokes and CKAP, together with another fellow biker who spends summers in N.B. from Calgary went on two fun long trips with me. Lois and I planned the trail trips. - #1 Aroostock to Woodstock 92 km - # 2 Boiestown to Renous 88 km – Both of these trips were on trail systems and some rough and secluded areas on trail # 2. – Have you biked in N.B.? I do a lot of highway biking but really enjoyed the above.

Beth Anne Hamon – 1322 – Portland, Oregon U.S. A.:

1. Completing my first brevet (Snoozeville Populaire, 3/07); within the time limit.
2. Completing “Get Your Gut In Gear” a charity ride funding, Crohn’s and colitis research. I rode 141 miles over 3 days and met some great folks along the way, and I proved that people with Crohn’s disease – like me, for instance – can manage their disease and live vital, active lives. (for more info, see www.ibdride.org).
3. Setting a goal of riding 2,400 miles in 2007 – and surpassing it by over 300 miles!

Martin Goslar – 1324 – Phoenix, Arizona U.S.A.: Greetings and best wishes from sunny and drought plagued Arizona! I hope you are all well and warm, either on the bike or off. – Enclosed is my completed 2007 Cycling Distance Log. Since this is my first year with, I should mention that in the past I’ve eschewed using cycling logs with the thought that the miles themselves weren’t important; the enjoyment of the trip/ event was what mattered. Of course I used a bicycle computer to keep track of trip mileage average speed, etc., but CKAP has now motivated me to keep that journal and document the data. – CKAP is a worthy program and my sincere appreciation to you and all those who donate their time and resources.

Sandra & Murray Greer – 1333 - 1334 – Leduc, Alberta Canada: (July 2007 – 19 people from Leduc, AB went on a cycling holiday to the Kootney Valley in BC.) Our Bittersweet Day on the CNW Trail – Bitter that our bikes had 3 flat tires, a continual slow leak, a broken frame, a wrecked penne and a broken axle. Bitter that our bodies suffered with cramping, swelling, sore spots, numbness, migraines, spandex rash, crotch welts, sunburn and emotional breakdowns as we persevered the 53 km rocky, pounding, exhausting and demoralizing climb to the 53 km summit at Pulson Bridge in close to 30 degree C weather and didn’t get off the mountain until it was getting dark! Sweet was the incredible scenery, 4 tunnels, 1 being 900 m long , the many trusses, the amazing view’s of God’s awesome landscapes, the “angels” who led us through the long tunnel, the camaraderie we developed and now the sense of accomplishment, the story and the PRIDE we have, in completing the 107 km day!! We can’t wait to go again! – Sandy Greer – Godspoke Cyclists – Leduc

Jean-Marc Desrochers – 1335 – Ottawa, Ontario Canada: hi James, congratulations on you achievement. It makes me humble. Sorry for the delay. Just returned from an extended trip to Africa. No I didn’t bike there! Too busy working. Here is my log. Not sure what award I am entitle too. Am sure you will let me know, total 2,781 km. Out of province (1,137 km) Vancouver, BC to Canmore, AL – Vancouver, Maple Ridge Hope, EC Manning PP, Princetown, Ossoyoo, Kelowna, Salmon Amr, Revelstoke, Rogers Pass, Golden, Lake Louise, Canmore. – Never had to wear rain gear once. Slept in tent without fly. (6 cyclist with a sagwago)

Chester Wormald - 1339 – St. Catharines, Ontario Canada: In late Feb. 2005 – at age 75 I received a letter from the Canadian Bible Society (CBS) saying they were going to raise funds for bibles by cycling across Canada. I hadn’t ridden a bicycle since 1948 but was interested in giving it a try. I got on a bike to see if I could still balance on one, so I went for a ride. In 2005 I practiced riding 1,282 km. During the winter my Y trainer put me on a body strengthening program, early spring of 2006 I joined the Niagara Freewheelers Bicycle Touring Club and continued training, cycling 4,216 km. On the ride across Canada starting on Victoria Island Mile 0 ending at the top of Signal Hill Newfoundland I traveled 6,875 km, after returning home I cycled 1,647 km to finish the year. In 2007 at age 77 I rode 6,019 km – 3 yrs. Of riding grand total = 20,034 km.

Robert V. Culp – 1350 – St. Helena Island, South Carolina U.S.A.: I slowed down a lot in 07. Decided not to ride during the summer. To hot down here so I only rode about 3,200 miles. Goal for 08 is 5,000 miles. I have about 150 miles thus far. We will see whether I make that or not. Hope the new year is going well for you so far and continues that way.

Melanie Kempers – 1351 – Guelph, Ontario Canada: Please find attached my 2007; hopefully this year will see me on the road more often.

Unnamed CKAP Member – Canada: Hi James – Thank you for correcting and making adjustments to my 2007 log. To make one error can be expected but five....WoW! Regardless, I want to thank you again and appreciate your effort and attention to detail, I will remember to triple check the 2008 log upon completion. – Regards.



That’s all they wrote for 2007! All mistakes and typos are not the fault of Sir James but rather were copied from the many letters, cycling logs and emails of varied degrees of legibility. There were many, to many; Thank You to Sir James and the CKAP Board of Directors to include all as they would become boring to the mostly healthy lot of members so I only used them the fill a line if needed but I wish to thank all the members who wished me well and thanked the CKAP Board of Directors for their hard work and dedication to CKAP. I hope I and the Board have not let them down. Keep the rubber side down, which I did in 2007 and hope to in 2008. Cheers:-))) “Sir” James