

Canadian Kilometer Achiever Program (CKAP)

CKAP Member – No. 1133

Henry Berkenbos

BC Randonneurs



Henry 2004 Rocky Mountain 1200

Woody Graham International Olympic Goal Winner - 2008 = 30,812 Km:

Four Times Canadian Olympic Goal Winner 2002 – 2003 – 2004 – 2008

33rd Edition of the CKAP Annual Report – Year 2008

Cover Page

Another cycling year has past into the history book and sadly along with two of our Ontario members both due to health problems. Arnold C. Devlin CKAP 1157 author of the 6 Day Race web site <http://www.6dayracing.ca/> from Sudbury, Ontario and George Nicholson CKAP 1267 of St. Catharines, Ontario. They will sadly be missed by CKAP friends and family.

James has requested in the past and will again request that member please include there CKAP number with all communication with him, your CKAP Coordinator. All files, spread sheets, award list and data bases are listed by your CKAP number which is yours for life. If you just include your name I have to search through all members to find you, but with your number I have you at my finger tips in all records.

Lets all save a tree, please print page 2 of the cycling log and only if your going to use it, on the back of the cycling log, it will save postage, and space in the CKAP 4 drawer filing cabinet as each member has their own CKAP hard copy file, filed by CKAP number of coarse.

Members who send their logs in as attachment to an email need not send a printed copy by mail as I will print it as soon as received. Members can also include their comment for "From the Peloton" in the body of the email and I will print that email on the back of your log. Page 2 is only needed for members who are sending entries for the Tour du Canada award and using pen and ink for their comment. Please include all information in the address part of the CKAP cycling log, even if there is no change. This will tell me that there is no change. Please include all cycling clubs that you belonged to in the relevant year to avoid getting an email or phone call from James. If your membership status changed during the year please note this. If you all take a few moment to complete your log and send it in on time you will be giving James extra weeks to cycle, rather than spending his time sending unnecessary emails and phone calls. Thanks!

In this day of high cost with everything costing more each year, James would like to point out that if you agree to receive your CKAP annual report by web page address, sent to you by personal email you will be saving postage costs for CKAP. If you don't have internet mail is your only option. Internet users can view, print or burn a CD in colour, and if there's a typo that went undetected when proof reading the report, the mistake can be corrected after the web page report has been sent which is in PDF format. Members will be informed that it has been corrected. Only mistakes, if any, will be corrected as the report is a point in time and if you're late, you're late. James will update your files and the web page but the report will remain as sent. Late member may effect the placing of their club in the Hewes Club Challenge, but they will not lose their hard earned kms.

A partial list of current CKAP inventory includes the following:

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

624 light reflective heavy-duty, all weather, peel and stick **CKAP decals** at \$3.00 ea

Louis Garneau **CKAP cycling jerseys** - three styles: **Short sleeve**, heavy duty full zipper, 2 only size **L** open like windbreaker jacket \$75.00 ea.

Short sleeve – 15 inch hidden zipper, Sizes; **S** = 3 – **M** = 2 – **L** = 2 – **XL** = 5 – **XXL** = 5 – **XXXL** = NIL

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

Long sleeve – heavy duty full length zipper, Sizes = **S** = 1 – **M** = 3 – **L** = 3 – **XL** = 5 – **XXL** = NIL – **XXXL** =1 Cost = \$85.00 ea.

"Sir" James would like to see the Hewes Club Challenge trophy returned to Eastern Canada. It won't be easy but with a little effort from each Eastern Canadian member especially in the larger clubs like Niagara Freewheeler Touring Bicycle Club, Great Canadian Bicycle Tours, Toronto Bicycle Network, Randonneurs Ontario, Thunder Bay Cycling Club, Velo Halifax and the Ottawa Bicycle Club we should be able to give BC a run for its money. A little bad weather is not a valid excuse; BC gets rain often and we are tough and acclimatized. At present BC Randonneurs are riding further and they have more CKAP members so let's get out and cycle up km and find new members. "Sir" James is going to start riding again with the Ottawa Bicycle Club with the idea of finding new CKAP members. As I write Sheila Ascroft CKAP 1184 has completed the first draft of an article on CKAP for the Ottawa Outdoors Magazine February issue. Second place has never been an option so let's sign up and cycle and may the wind be always from your back.

Volunteer opportunity - "Sir" James would like to build up a list of cyclist's who are dedicated to CKAP, hard working, own a computer and are on the internet, have web page experience, have space for filing cabinets and several large trophies, live in Ontario but not a must, being retired would help. Who may be interested in taking over the job of CKAP Coordinator? If interested please send "Sir" James an email. No I'm not ready to hang up my hat yet but I will be 72 years young as you read this and I would rest better if I knew I had a few waiting in the wings to take over. Cheers, "Sir" James

2008 Donations by CKAP Members - Needed and Appreciated - CKAP Board of directors thanks you

- | | | |
|---------------------------------------------------------|---------------------------------------------------------------|----------------------------------|
| Edith Williams – 1271 | Gerd Neumann – 1304 | Catharine Vardy – 1242 |
| Dorothy & David Earnshaw – 737 – 738 | Jack D. Sharkey – 1269 | Dr. Pat Crosscombe – 1227 |
| Fletcher M. Thomson – 1245 | Isabell & Wolfgang Freudenberg – 1224 – 1225 | Peter G. Young – 1198 |
| Irene & Rene Arnolis – 1077 – 982 | Lucy Perri – 968 | Rob Zych – 1066 |
| Pauline & Dr. Goldwin McKinley – 1095 – 1096 | Jerry Ford – 321 | Beth Anne Hamon – |
| 1322 | | |
| Patsy & Keith W. Shealy – 354 – 356 | Brent Anderson – 1115 | Henry Berkenbos – 1133 |
| Frank Barnsley – 1182 | Frank A. "Woody" Graham – 274 | Lois MacDougall – 1198 |
| Maureen & Harold Lilly – 1378 – 1116 | Silvio Bestulic & Family, 1070 – 1069 – 985 – 1111 | Deborah T. O'Leary – 1067 |
| Jim Smith – 1118 | Cecil Bechamp – 1171 | Norma Moores – 1142 |
| Tim Rainey – 1194 | Haynesworth Van Epps IV - 1098 | |

Photo credit Front page goes to Don Hollingshead – 2004 Rocky Mountain 1200 km

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	

Pauline McKinley – CKAP 1095
Laurie Leslie Olympic Goal Winner
Year 2008 - 10,458 Km
Brighton, Ontario Canada



CKAP Bicycle – Handcycle Incentive Program Awards 1,000 to 25,000 km

1,000 km	Bronze Badge and Certificate = 8.00
2,500 km	Silver Badge and Certificate = 8.00
5,000 km	Gold Badge and Certificate = 8.00
10,000 km	Bronze Medal and Certificate = 18.00
15,000 km	Silver Medal and Certificate = 18.00
25,000 km	Gold Medal and Certificate = 18.00

CKAP has no annual fees and the incentive awards are part of the fee as a member of CKAP, all km are cumulative and award are only earned once on your way to 100,000 km

25,000 Km Plaque

A 25,000 km plaque is available at all levels, 25,000, 50,000, 75,000 etc. for those who wish to purchase one at \$ 35.00 ea. including certificate. 100,000 km plaques are free.

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 Handcycle 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.

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 email 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 = 8.00
1,000 km	Silver Badge and Certificate = 8.00
2,500 km	Gold Badge and Certificate = 8.00
5,000 km	Bronze Medal and Certificate = 18.00
10,000 km	Silver Medal and Certificate = 18.00
15,000 km	Gold Medal and Certificate = 18.00

Rules are few and easy to follow

1. All CKAP kilometers are cumulative, each year's 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 stationary indoor rollers, trainers or exercise bikes, indoors or outside count. Unless used to recover from serious injury or sickness at the CKAP coordinators discretion. After being discussed with CKAP board members.
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 at age 50 or over, 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

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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	

HENRY BERKENBOS – CKAP 1133**BC RANDONNEURS****WINNER****2008 – 30,812 KM****RICHMOND, BC CANADA**

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 1,280 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 44 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 2008 CKAP participants have cycled a distance greater than 20 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	843,056	843,056
1976	194	1,282,906	2,125,962
1977	44	573,113	2,699,075
1978	65	1,360,354	4,059,429
1979	25	412,391	4,471,820
1980	17	457,343	4,929,163
Hugh Hewes coordinator 419 registrations // CKAP total Tom Parry's members to date = 4,929,163			
1981	41	456,712	5,385,875
1982	102	954,950	6,340,825
1983	46	443,536	6,784,361
1984	74	580,334	7,364,695
1985	43	777,242	8,141,937
1986	32	319,567	8,461,504
1987	22	301,665	8,763,169
1988	29	420,032	9,183,201
1989	30	467,343	9,650,544
Tom Sylvester coordinator 91 registrations // CKAP total of Hugh's members to date = 4,261,941			
1990	19	444,661	10,095,205
1991	24	712,231	10,807,436
1992	12	530,062	11,337,498
1993	10	123,769	11,461,267
1994	26	635,079	12,096,346
James Wilson coordinator 416 registrations // CKAP total of Tom's members to date = 2,910,273			
1995	16	333,010	12,429,356
1996	11	580,965	13,010,321
1997	29	616,505	13,626,826
1998	40	955,173	14,581,999
1999	24	716,855	15,298,854
2000	20	592,496	15,891,350
2001	48	1,478,318	17,369,668
2002	41	1,086,326	18,455,994
2003	50	906,864	19,362,858
2004	40	578,993	19,941,851
2005	35	358,243	20,300,094
2006	20	228,986	20,529,080
2007	20	131,963	20,661,043
2008	12	63,791	20,724,834
Members numbers Started at 101 //CKAP total of Jame's members to date: 8,628,488			
Cyclists Total = 1,279 // Final Total of all CKAP members at the end of 2008 = 20,724,834			

WOODY GRAHAM**INTERNATIONAL OLYMPIC GOAL TROPHY**

YEAR	NAME	TOTAL Km		
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	

HENRY BERKENBOS CKAP 1133

**International Olympic
Goal Trophy**

2008 Winner – 30,812 Km

**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 - 2008

459,440 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
2008	43	Andre Marier	100,000 Km
2008	44	Irwin Nayer	100,000 Km



Canadian Female Olympic Goal



Canadian Male Olympic Goal



International Olympic Goal



Hewes Challenge Trophy

"Hewes" Challenge Challenge Trophy Year 2008 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	7,638	1358	8,685	1209	9,540	1255	29,124	1352	12,101	24	239,520	27,980	1
B C Randonneurs	1239	3,428	1249	7,132	1355	9,045	1356	10,325	1290	2,887				
B C Randonneurs	1327	14,649	1360	5,478	1336	10,290	1119	8,334	1133	30,812				
B C Randonneurs	1303	10,856	1082	2,942	1232	6,703	1297	8,520	730	8,291				
BC Randonneurs	1372	2,454	1215	14,547	1300	10,652	1301	5,087						
UMCA	1255	29,124	1132	343	1355	9,045	1356	10,325	1286	12,468	10	102,132	26,213	2
UMCA	1374	8,080	1312	2,415	1373	19,582	1379	6,585	1206	4,165				
Niagara Freewheelers	1339	11,138	885	1,052	1346	8,148	1369	17,551	941	18,550	14	100,153	25,154	3
Niagara Freewheelers	1051	9,779	1075	5,401	1096	7,813	1268	2,219	1182	5,139				
Niagara Freewheelers	774	5,119	1205	3,671	1216	3,673	1204	900						
Ottawa Bicycle Club	1245	6,073	989	9,989	940	14,482	1019	602	1184	1,641	14	83,576	23,970	4
Ottawa Bicycle Club	1201	4,557	1214	12,718	341	3,044	970	9,304	1113	4,017				
Ottawa Bicycle Club	1128	200	1076	146	1229	8,507	158	8,296						
Randonneurs USA	1255	29,124	1355	9,045	1356	10,325	1374	8,080	1379	6,585	5	63,159	22,632	5
Great Can. Bicycle Tours	1304	3,147	1148	4,007	1231	4,121	1066	4,695	321	1,935				
Great Can. Bicycle Tours	1095	10,458	988	10,216	1031	6,262	1160	6,512	1203	2,130				
Great Can. Bicycle Tours	1096	7,813												
Thunder Bay Cycling Club	1281	7,031	439	4,804	1195	3,311	1196	3,097	440	5,087	11	52,780	21,798	7
Thunder Bay Cycling Club	1108	3,700	1168	7,265	1029	8,695	1114	1,278	1062	6,600				
Thunder Bay Cycling Club	1144	1,912												
Toronto Bicycling Network	1305	7,833	1366	2,829	974	7,725	1226	12,826	462	8,233	9	59,910	21,657	8
Toronto Bicycling Network	1181	2,383	1363	6,613	1271	7,940	1172	3,528						
Randonneurs Ontario	878	3,311	879	3,388	1214	12,718	341	3,044	1013	2,013	7	32,576	17,654	9
Randonneurs Ontario	1014	4,574	1172	3,528										
Seattle Int. Randonneurs	1269	7,638	1356	10,325	1124	15,761					3	33,724	17,241	10
Carolina Cyclers	1118	738	356	8,283	274	25,328	1298	38	1109	767				
Tour du Canada	878	3,311	879	3,388	1086	5,100	1278	11,424	341	3,044	6	29,519	16,920	12
Tour du Canada	1299	3,252												
CrossCanada C.T.Society	1209	9,540	1265	3,432	1303	10,856	1370	6,042	1252	4,384	5	34,254	16,851	13
D'Ornellas Racing Team	1228	8,062	922	16,710	1363	6,613								
Velo Halifax	232	2,008	345	4,040	428	8,789	1169	26	708	1,857	6	17,180	14,863	15
Velo Halifax	1141	460												
Almonte Bicycle Club	1248	10,213	1348	2,483	158	8,296					4	26,000	14,500	16
GreaterVictoria C.Coalition	1259	8,344	1120	9,006	1217	4,506								
God-Spoke Cyclist AB	1345	2,401	1364	1,175	1365	1,153	1333	2,025	1334	2,007	5	8,761	11,752	18
Family Cycling Club 2	985	689	1069	76	1070	7,572	1111	213						
Fredericton Freewheelers	1162	3,703	1137	2,642	1291	1,902					3	8,247	8,746	20
Family Cycling Club 1	1072	65	1073	65	1142	1,873	1143	13						

B.C. Randonneurs =

239,520 km divided by 24 members = 9,980 km + first 6 = 12,000 km = 21,980 km + next 6 = 6,000 km = 27,980

Ultra Marathon Cycling Association

102,132 km divided by 10 members = 10,213 km + first 6 = 12,000 km = 22,885 km + next 4 = 4,000 km = 26,213

Niagara Freewheelers Bicycle Touring Club

100,153 km divided by 14 members = 7,154 km + first 6 = 12,000 km - 19,154 + next 6 = 6,000 km = 25,154 km

Ottawa Bicycle Club

83,576 km divided by 14 members = 5,970 km + first 6 = 12,000 km = 17,970 + next 6 = 23,970 km = 23,791 km

Randonneurs USA

63,159 km divided by 5 members = 12,632 km + first 5 = 10,000 km = 22,632 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			
Kansas City Ultra Cycling	1375	20,876			20,876	22	Fortworth Bicycle Club	1357	2,562	2,562	57
St. Joseph Bicycle Club	1375	20,876			20,876	23	Dallas Off Road Bike Club	1357	2,562	2,562	58
Highlands Pedalers	1373	19,582			19,582	24	Birmingham Bicycle Club	1312	2,415	2,415	59
Scattalon Cycle	1095	10,458	1096	7,813	18,271	25	GCCBirminghamRaceClub	1312	2,415	2,415	60
International Cristian C.C.	1226	12,826			12,826	26	County Spin Ski	1156	2,324	2,324	61
Team Escape Velocity	1352	12,101			12,101	27	Ontario Masters C. A	973	1,801	1,801	62
Juventus Cycling Club	1376	10,276	1377	1,785	12,061	28	Edmonton Masters C. C.	1377	1,785	1,785	63
Nova Scotia Ramblers	1067	697	1251	10,549	11,246	29	Kingston Velo Club	1208	1,517	1,517	64
Vancouver Velo Vets	1303	10,856			10,856	30	TouringConceptC.Group	968	1,449	1,449	65
Fox Cities Cycling Club	1029	8,695	1254	730	9,425	31	Hub City Wheelers	949	526	526	66
Randonneurs Nova Scotia	428	8,789	1141	460	9,249	32	EdmontonBikeTouringClub	1211	482	482	67
Davis Bicycle Club	1320	9,039			9,039	33	OttawaPoliceCyclingClub	1024	415	415	68
Bayshore BC Green Bay	1029	8,695			8,695	34	Saskatoon Cycling Club	1197	16	16	69
Hub City Wheelers	1015	6,408	1242	1,625	8,033	35					
Bloomfield Cycling Club	1271	7,940			7,940	36					
Durham Touring Concept	1305	7,833			7,833	37					
Cascade Cycling Club	1269	7,638			7,638	38					
Cycle Solutions	981	3,990	1260	3,000	6,990	39					
SouthSimcoe Cycling Ass	878	3,311	879	3,388	6,699	40					
Paul Bunyan Cycling Club	1062	6,600			6,600	41					
NorthCarolinaBicycle Club	1379	6,585			6,585	42					
Hamilton Cycling Club	973	1,801	1066	4,695	6,496	43					
Velo Cape Breton	1015	6,408			6,408	44					
ExperienceCyclingClubBC	1360	5,478			5,478	45					
St.Catharines Cycling Club	774	5,119			5,119	46					
BrockvilleCycling Club	1086	5,100			5,100	47					
Muskoka Cycling Club	1194	4,575			4,575	48					
FrederictonFolksonSpokes	1198	3,112	1321	1,184	4,296	49					
Oregon Randonneurs	1322	4,168			4,168	50					
Outing Club of East York	1181	2,383	968	1,449	3,832	51					
UKHandcycleAssociation	1167	3,441			3,441	52					
Kawartha Cycling Club	1296	3,295			3,295	53					
Maple City Wheelers	183	3,230			3,230	54					
RV Pfeil Tubingen	1082	2,942			2,942	55					
Blizzard Bicycling Club	1290	2,887			2,887	56					
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		
			2008	British Columbia Randonneurs - Canada					239,520 km		

Canadian Kilometer Achiever Program (CKAP)

33 Edition of the CKAP Annual Report – Year 2008 Current Members

Year	Name Member	CKAP No.	Town – City Prov. – State	Grand Total 2007	Year 2008	Grand Total 2008	Award's 2008
1978	Les Humphreys	158	Almonte, ON	282,874	8,296	291,170	
1976	Orlando C. Goveia	183	Chatham, ON	257,639	3,230	260,869	
1976	Gary Conrod	232	Dartmouth, NS	157,229	2,008	159,237	
1975	Frank A. “Woody” Graham	274	Columbia, SC	731,537	25,328	756,867	3 rd Place Male
1977	Jerry Ford	321	Burlington, ON	124,384	1,935	126,319	
1991	“Sir” James Wilson	341	Ottawa, ON	90,381	3,044	93,425	
1977	Paul Davison	345	Wolfville, NS	180,050	4,040	184,090	
1978	Patsy Shealy	354	Newberry, SC	129,144	0	129,144	
1977	Keith W. Shealy	356	Newberry, SC	440,779	8,283	449,062	
1978	Ken Schakowsky	381	Winnipeg, MB	96,820	2,668	99,488	
1978	Dr. Tony Marriott	409	Millgrove, ON	213,753	4,841	218,594	
1979	Mark Beaver	428	Halifax, NS	220,477	8,789	229,266	
1980	Graham Stewart	439	Thunder Bay, ON	160,639	4,804	165,443	
1980	Laurie Leslie	440	Thunder Bay, ON	161,362	5,067	166,449	
1997	Douglas Yardley	462	Toronto, ON	134,845	8,233	143,078	
1981	Ron Newhook	488	Ottawa, ON	130,222	5,053	135,275	
1985	Fernando Goncalves	514	Scarborough, ON	179,477	4,351	188,695	
1984	Janet Pryer	649	Victoria, BC	17,360	48	17,408	
1983	James B. Smith	708	Halifax, NS	108,808	1,857	110,665	
1984	Bruce Meyers	716	Waterdown, ON	34,731	3,991	38,722	
1999	Manfred Kuchenmuller	730	Richmond, BC	90,693	8,291	98,984	
1985	Dorothy Earnshaw	737	Sarnia, ON	126,535	6,062	132,597	
1985	David Earnshaw	738	Sarnia, ON	201,082	7,237	208,319	
1986	Charles R “Charlie” Hand	774	St. Catharines, ON	164,184	5,119	169,303	
1988	Burns Anderson	827	Toronto, ON	7,189	0	7,189	disabled
1988	Judith Ducommun	834	Belleville, ON	55,307	9,261	64,568	
1988	Larry Ducommun	835	Belleville, ON	72,584	3,321	75,905	
1990	Keith McEwen	878	Cookstown, ON	103,407	3,311	106,718	
1990	Isabelle Sheardown	879	Cookstown, ON	82,086	3,388	85,474	
1990	Ross Kingdon	883	Grand Valley, ON	117,415	6,660	124,075	
1990	David Featherstone	885	St. Catharines, ON	30,231	1,052	31,283	
1992	Sylvia Walker	920	Peterborough, ON	154,370	5,195	159,565	
1989	Dr. Stan Skonieczny	922	Toronto, ON	442,730	16,710	459,440	
1997	Edwin Greenfield	924	Richmond Hill, ON	20,005	1,048	21,053	
1992	Bill Lucas	928	Brampton, ON	6,119	500	6,619	
1992	Elfi Lucas	929	Brampton ON	4,044	89	4,144	
1994	John Bos	940	Ottawa, ON	176,771	14,482	191,253	
1991	Albert Martz	941	St Catharines, ON	237,708	18,550	256,258	
1993	Emery Richard	949	Dieppe, NB	37,308	526	37,834	
1992	Valerie Copeland	955	Grimsby, ON	301,605	not sending 2008 log		
1994	Garry Buhler	961	Casselton, ON	17,753	323	18,076	
1994	Lucy Perri	968	Scarborough, ON	42,402	1,449	43,851	
1994	Jocelyn “Jess” Raymond	970	Ottawa, ON	118,305	9,304	127,609	
1994	Winston Stairs	971	Oshawa, ON	21,858	1,863	23,721	
1995	Phil Renaud	973	Brantford, ON	38,669	1,801	40,470	
1995	Bill Murray	974	Toronto, ON	37,512	7,725	45,237	
1995	James Smith	979	Ward Island, ON	52,575	3,946	56,521	
1999	John Wayne Parrish Jr.	980	Lexington, SC	52,755	587	53,342	
1995	Mark Kremblewski	981	Toronto, ON	76,640	3,990	80,630	

1996	Rene Arnolis	982	Hamilton, ON	36,370	2,139	38,509	
2002	Matthew Bestulic	985	Hamilton, ON	6,043	689	6,732	
1996	Phil Burgess	988	Dundas, ON	128,388	10,216	138,604	
1996	Andre Marier	989	Ottawa, ON	98,635	9,989	108,614	100,000 Km Club
1996	William “Wild Bill” Feere	990	Langton, ON	127,752	2,065	129,807	
1997	William Mercer	997	Oakville, ON	31,447	0	31,447	
1997	Irwin Nayer	1006	Mississauga, ON	95,529	12,090	107,619	100,000 Km Club
1997	Mel Slochowski	1009	Thornhill, ON	6,322	489	6,811	
1997	Steven Strahn	1010	Stratford, ON	29,157	783	29,940	
1994	Mariette Carbonneau	1013	Shawinigan, QC	68,547	2,013	70,560	
1995	Gaston Carbonneau	1014	Shawinigan, QC	78,210	4,574	82,784	
1997	Gerard Moss	1015	Moncton, NB	39,505	6,408	45,913	
1998	John Twemlow	1019	Ottawa, ON	43,668	602	44,270	
1998	Bob Reyburn	1021	North York, ON	6,325			
1997	Graydon Patterson	1024	Ottawa, ON	42,614	415	43,029	
1998	Carlene Mercer	1025	Oakville, ON	9,204	0	9,204	
1998	Bill Groves	1026	Vineland, ON	11,621	1,762	13,383	
1998	John Victor	1029	Appleton, WI	101,378	8,695	110,073	
1998	Carl Freeland	1031	Woodstock, ON	62,912	6,262	69,174	
1998	Fred T. Perel	1039	Kingston, ON	9,515	208	9,723	
1998	Scott N. McLeod	1040	Embro, ON	24,886			
1998	Otto Yung	1041	Oakville, ON	2,287	0	2,287	
1998	Robert L. Kay	1042	Kingston, ON	47,102	2,953	50,055	50,000 km
1998	Bernie Kay	1045	Kingston, ON	25,638	671	26,308	
1994	John Helm	1051	St. Catharines, ON	87,270	9,779	97,049	
1998	Jack Duchesne	1060	St. Catharines, ON	119,374			
1999	Andre Gauthier	1061	Ottawa, ON	18,675			
1999	Paul P. Kajmowicz	1062	Thunder Bay, ON	58,022	6,600	64,622	
1999	William J. Southcott	1064	North York, ON	21,884	4,508	26,392	Gold Medal
1999	Rob Zych	1066	Hamilton, ON	42,282	4,695	46,977	
1999	Deborah T. O’Leary	1067	Lower Sackville, NS	16,810	697	17,507	
1999	Cory Hancock	1068	Ennismore, ON	28,250	0	28,250	
2000	Veronica Bestulic	1069	Hamilton, ON	1,160	76	1,236	
1999	Silvio Bestulic	1070	Hamilton, ON	61,589	7,572	69,161	
1999	Erik Drukovskis	1071	Rockaway, NJ	3,425	179	3,604	
1999	Kelly Buck	1072	Hamilton, ON	1,045	65	1,110	
1999	Marcus Buck	1073	Hamilton, ON	2,297	65	2,362	
1999	John Siemens	1075	Niagara Falls, ON	44,654	5,401	50,055	50,000 Km
1999	Paul Marchard	1076	Ottawa, ON	21,064	146	21,210	
1999	Irene M Arnolis	1077	Hamilton, ON	23,508	2,099	25,607	Gold Medal
2000	Stephen Tosh	1079	Almonte, ON	15,632	443	16,075	
2000	Michael Poplawski	1082	Victoria, BC	70,971	2,942	73,913	
2000	Brian Watson	1084	Guelph, ON	12,219			
2000	Ernest Ruppenthal	1085	Ottawa, ON	24,096	2,813	26,909	Gold Medal
2000	Alan Medcalf	1086	Brockville, ON	54,544	5,100	59,644	
1998	Elfriede Ronson	1088	Perth, ON	24,853	264	25,117	Gold Medal
2000	Timothy J. Cobey	1089	Sumter, SC	37,659	6,165	43,844	
2000	Frances Sheasgreen	1090	Ft. Saskatchewan, AB	29,744	5,975	35,719	
2000	Adrienne Boudreau	1091	Dieppe, NB	4,842	600	5,442	Gold Badge
2000	Ken Elliott	1092	St. Catharines, ON	14,148	1,196	15,344	Silver Medal
2000	Paul Cadieux	1093	Ajax, ON	28,366	3,179	31,545	
2000	Pauline McKinley	1095	Dundas, ON	51,023	10,458	61,481	1 st Place Female
2000	Goldwin McKinley	1096	Dundas, ON	43,421	7,813	51,234	50,000 Km
2001	Haynesworth Van Epps	1098	Spartanburg, SC	9,686	3,692	13,378	Bronze Medal
2000	Gerald D. Irvine	1099	St. Catharines, ON	100,374			

2001	Fabio Zorzes	1108	Thunder Bay, ON	27,624	3,700	31,324	
2001	Alan Gentry	1109	Mt. Pleasant, SC	27,477	767	28,244	
2001	Scott Smithson	1110	Almonte, ON	21,871	5,008	26,879	Gold Medal
2001	Sergio Bestulic	1111	Hamilton, ON	2,109	213	2,322	
2001	John J. Barnhardt	1113	Ottawa, ON	28,530	4,017	32,547	
2001	Larry Ezack	1114	Thunder Bay, ON	7,356	1,278	8,634	
1999	Brent Anderson	1115	Antigonish, NS	21,927	1,007	22,934	
2001	Harold Lilly	1116	Burlington, ON	4,003	2,609	6,612	Gold Badge
2001	Jim Smith	1118	Gaston, SC	8,906	788	9,644	
2001	Larry Voth	1119	Langley, BC	68,627	8,334	76,961	
2001	Ed Dixon	1120	Victoria, BC	39,605	9,006	48,611	
2001	Joyce Cameron	1121	North York, ON	780	372	1,152	Bronze Badge
2001	Kent Peterson	1124	Issaquah, WA	136,996	15,761	152,757	
1999	Alex M. Taylor	1125	Bellevue, WA	39,959			
2001	Paul Selzer	1126	Ottawa, ON	15,127			
2001	Stephen Penner	1127	Hamilton, ON	75,219	10,055	85,274	
2001	David McCaw	1128	Ottawa, ON	84,131	200	84,331	
2002	Wayne Harrington	1132	Vernon, BC	34,552	343	34,895	
2001	Henry Berkenbos	1133	Richmond, BC	201,623	30,812	232,435	1 st Place Male
2001	Paul Buttitor	1134	Cavan, ON	48,112	5,371	53,483	50,000 Km
1999	Bill Wood	1137	Hanwell, NB	55,327	2,642	57,969	
1996	Dawn Gillingham	1141	Kamloops, BC	66,578	460	67,038	
2001	Norma Moores	1142	Hamilton, ON	3,870	1,873	5,743	Gold Badge
2001	Shannon V. Buck	1143	Hamilton, ON	494	13	507	
2002	Ted Chamut	1144	Thunder Bay, ON	19,618	1,912	21,530	
2002	Freda Tomson	1148	Waterloo, On	16,570	4,007	20,577	
2002	Don Magie	1150	Mississauga, ON	47,571			
2003	Keith Beardsley	1151	Metcalfe, ON	1,823	0	1,823	
2002	Dennis W. Arpin	1156	Grand Falls, NB	33,410	2,324	35,734	
2000	Arnold Devlin	1157	Sudbury, ON	35,198	deceased April 2008 blood clot		
2002	David Jolkowski	1160	Kitchener, ON	61,980	6,512	68,492	
2002	Lily I.M. Fraser	1162	Fredericton, NB	35,300	3,703	39,003	
2006	Manon Chamberland	1166	Casselton, ON	1,003	470	1,473	
2002	Mike Thomas	1167	Edinburgh, Scotland	15,265	3,441	18,706	
2002	Eugene Vandal	1168	Thunder Bay, ON	37,518	7,265	44,783	
2001	Tess Cyrus	1169	Dartmouth, NS	2,467	26	2,493	
2003	Cecil Bechamp	1171	Brampton, ON	23,618	1,589	25,207	Gold Medal
2003	Phillip Piltch	1172	Scarborough, ON	41,076	3,528	44,604	
2002	Jean Winters	1175	Toronto, ON	2,796			
2003	Jim Hall	1177	Guelph, ON	14,900	2,868	17,768	
2003	Cindy Bingham	1180	Bradford, ON	1,432			
2003	William Knowles	1181	Toronto, ON	15,015	2,383	17,397	
2003	Frank Barnsley	1182	St. Catharines, ON	18,475	5,139	23,614	
2003	Wayne Smith	1183	Caledon East, ON	2,532			
2001	Sheila Ascroft	1184	Ottawa, ON	25,408	1,641	27,049	
2001	Lorne Gutz	1185	Ottawa, ON	34,725	3,672	38,397	
2001	Kaz Bieniak	1189	Thornhill, ON	61,974			
2003	Jim Rainey	1190	Peterborough, ON	486	400	886	
2002	Tim Rainey	1194	Bracebridge, ON	20,971	4,575	25,546	Gold Medal
2002	Sophie T. Young	1195	Thunder Bay, ON	18,456	3,311	21,767	
2002	Peter Young	1196	Thunder Bay, ON	19,724	3,097	22,821	
2003	Cameron Stephen	1197	Saskatoon, SK	2,011	16	2,027	
2001	Lois MacDougall	1198	Fredericton, NB	21,934	3,112	25,046	Gold Medal
2003	John Pritchard	1199	Carp, ON	14,636	1,197	15,833	Silver Medal
2004	Julie Starling	1200	London, ON	7,160			

2003	Dr. Michael Yachnin	1201	Ottawa, ON	16,294	4,557	20,851	
2001	Ken Frey	1203	Rockwood, ON	27,015	2,130	29,145	
2003	David K. Hicks	1204	St Catharines, ON	4,267	900	5,167	Gold Badge
2001	David L. Jordan	1205	Fonthill, ON	31,148	3,671	34,819	
2003	Paul M. Dicks	1206	Mississauga, ON	60,844	4,165	65,009	
2003	Roger Cormier	1207	Newport Corner, NS	5,737	50	5,787	
2003	Dorma Grant	1208	Kingston, ON	7,141	1,517	8,658	
2001	Harold James Bridge	1209	Port Coquitlam, BC	70,489	9,540	80,029	
2004	Stella Meades	1210	Parksville, BC	9,930			
2003	Bernie Danylyshen	1211	Coronation, AB	7,004	482	8,292	
2001	Ronald Amero	1214	Ottawa, ON	56,701	12,718	69,419	
2003	Craig Premack	1215	Burnaby, BC	64,342	14,547	78,889	
2003	Elizabeth Barber	1216	Beamsville, ON	24,063	3,673	27,736	Gold Medal
2004	Janet Besler	1217	Victoria, BC	16,097	4,506	20,603	
2003	Matthew Bergin	1219	Hamilton, ON	8,324			
2004	Tim Zuidema	1223	Hamilton, ON	2,150			
2002	Isabell Freudenburg	1224	Brighton, ON	51,336	8,038	59,374	4 th Place Female
2002	Wolfgang Freudenberg	1225	Brighton, ON	45,743	7,095	52,838	50,000 Km
2004	Sam Bootsma	1226	Toronto, ON	31,794	12,826	44,620	
2004	Dr. Patricia Crosscombe	1227	Ottawa, ON	10,921	3,662	14,583	
2004	David Kwan	1228	Thornhill, ON	24,578	8,062	32,640	Gold Medal
2003	Louise McLaren	1229	Ottawa, ON	37,481	8,507	45,988	3 rd Place Female
2004	Victor Reinberg	1230	Brampton, ON	7,885	401	8,286	
2002	Phil Merikle	1231	Waterloo, ON	25,525	4,121	29,646	
2004	Dan Devlin	1232	Victoria, BC	16,880	6,703	23,583	
2004	John V. Wilczynski	1234	Ancaster, ON	0			plans for 2008
1997	Mark Hulsebosch	1235	Cambridge, ON	7,701	199	7,900	
2002	Peter J. Bound	1237	Thunder Bay, ON	33,151	6,404	39,555	
2004	Jeffrey Crivellaro	1238	Toronto, ON	22,621	4,499	27,120	
2004	Ivan Andrews	1239	White Rock, BC	22,526	3,428	25,954	Gold Medal
2004	Ewan Burke	1240	Enniskillen, ON	27,234	4,556	31,789	
2004	Katherine Neufield	1241	Ottawa, ON	4,037			
2003	Catherine Vardy	1242	Monton, NB	13,455	1,625	15,080	Silver Medal
2004	Ron Baker	1243	Regina, SK	13,668			
2002	Tim Lutzac	1244	Riverview, NB	24,467			
2003	Fletcher Thomson	1245	Ottawa, ON	33,252	6,073	39,325	
2003	Jennifer Douglas	1247	Sardis, BC	38,089			
2004	David A. McAuslan	1248	Carleton Place, ON	32,507	10,213	42,720	
2002	Gary Baker	1249	Cultus Lake, BC	54,602	7,132	61,734	
2004	Michael L. Rasmussen	1250	Portland, OR	23,164			
2002	Bob White	1251	Dartmouth, NS	54,154	10,549	64,703	
2001	George I. Fralic	1252	Brooklyn, NS	29,000	4,384	33,384	
2004	Ron McCurdy	1253	Toronto, ON	628			
2002	Debra Victor	1254	Appleton, WI	7,521	730	8,551	
2002	Kenneth R. Bonner	1255	Victoria, BC	167,878	29,124	197,002	2 nd Place Male
2004	Susan Gillingham	1256	Toronto, ON	7,049	0	7,049	
2004	Joshua Dicks	1257	Mississauga, ON	1,820	153	1,973	
2002	Neil Honkanen	1259	Victoria, BC	24,051	8,344	32,395	Gold Medal
2002	Jordan Kremblewski	1260	Toronto, ON	11,762	3,000	14,762	
2004	Marian Bergin	1261	Hamilton, ON	2,053			
2005	Jean F. Richard-Carter	1265	Calgary, AB	8,398	3,432	11,830	Bronze Medal
2005	Dan Williams	1266	Burlington, ON	0			
2004	George Nichlson	1267	St. Catharines, ON	25,200	died suddenly fall 2008 heart		
2005	Ron Matsushita	1268	Niagara Falls, ON	7,331	2,219	9,550	
2005	Jack Sharkey	1269	Burnaby, BC	27,565	7,638	35,203	

2005	Tony Jinkinson	1270	Toronto, ON	1,526	618	2,144	
2003	Eidith Williams	1271	Markham, ON	31,941	7,940	39,881	
2003	Cary Steinman	1274	Toronto, ON	16,091	2,828	18,919	
2004	Germain M. Lepage	1275	Iroquois Falls, ON	4,061			
2003	John A Telfer	1278	Waterloo, ON	39,475	11,424	50,899	50,000 Km
2005	Elizabeth Psczcolko	1279	Thunder Bay, ON	1,377			
2003	Wendy Humphrey	1281	Thunder Bay, ON	31,789	7,031	38,820	
2005	Wally Skinner	1283	Pasadena, NFLD	168			
2005	Curtis McCoy	1284	Guelph, ON	5,475			
2005	Alison Van Alten	1285	Carlisle, ON	3,050	1,165	4,215	
2003	Jim Fidler	1286	Victoria, BC	78,434	12,468	90,902	
2003	Victor C. Pearson	1289	Parksville, BC	15,222	4,001	19,223	
2003	E. W. (Wim) Kok	1290	Fort St. John, BC	29,319	2,887	32,206	
2003	Barry Thompson	1291	Upper Kingsclear, NB	15,040	1,902	16,942	
2005	Bret Waghorne	1292	Toronto, ON	31,640	11,787	43,427	
2005	Joanne White	1293	Victoria, BC	15,977	3,325	19,302	
2005	Sherry Scoville	1294	Dartmouth, NS	7,992			
2005	Peter Scoville	1295	Dartmouth, NS	15,572			
2003	Brian Devan	1296	Lindsay, ON	16,906	3,295	20,201	
2003	Raymond Parker	1297	Victoria, BC	26,550	8,520	35,070	
2005	Jamie L. Smith	1298	Gaston, SC	966	38	1,004	Bronze Badge
2003	Erkan Sarioglu	1299	Oakville, ON	5,824	3,252	9,076	
2006	Michel Richard	1300	Chilliwack, BC	19,224	10,652	29,876	Gold Medal
2006	Karen Smith	1301	Chilliwack, BC	16,294	5,087	21,381	
2004	Norm Raffaele	1302	Grimsby, ON	5,616	3,822	9,438	
2004	Dr. David A. Gillanders	1303	Vancouver, BC	37,836	10,856	48,692	
2005	Gerd Neumann	1304	Hamilton, ON	4,309	3,147	7,456	Gold Badge
2004	Frederick V. Loftin	1305	Toronto, ON	38,274	7,833	46,107	
2006	Tracy Paul Barill	1306	N. Vancouver, BC	7,668			
2006	Valerie A. White	1307	Delta, BC	0	0	0	
2006	Matt W. Daley	1308	Fredericton, NB	0			
2004	Dr. Michael Holliday	1309	Ottawa, ON	14,357	3,810	18,167	Silver Medal
2006	Rachel Ducommun	1311	Oshawa, ON	48	45	93	
2006	Florence G. Bradley	1312	Birmingham, AL	6,183	2,415	8,598	
2006	Denis Foster	1313	Simcoe, ON	993			
2004	Thomas Nelson	1314	Niagara Falls, ON	14,881	1,859	16,740	Silver Medal
2004	Gerald Garay	1315	Hamilton, ON	4,566	1,358	5,924	Gold Badge
2006	Douglas Bartholomew-Saunders	1316	Fonthill, ON	1,345			
2005	Wayne Harris	1317	Perth, ON	2,383	889	3,272	Silver Badge
2004	Ken Knutson	1320	Tracy, CA U.S.A.	37,104	9,039	46,143	
2005	Ruth Baird	1321	Fredericton, NB	6,313	1,184	7,497	
2005	Beth Anne Hamon	1322	Portland OR	10,331	4,168	14,499	
2006	Al Gair	1323	N. Vancouver, BC	15,305	0	15,305	
2007	Martin Goslar	1324	Phoenix, AZ USA	3,099	5,085	8,184	Gold Badge
2007	Sharon Garay	1326	Hamilton, ON	0	172	172	
2005	Graham Fishlock	1327	Ladysmith, BC	29,614	14,649	44,263	
2005	Dr. Steve Lonergan	1328	Victoria, BC	15,348			
2007	Jon Bruce Walper	1329	Guelph, ON	3,572			
2007	Kristin Lutzac	1330	Lower Coverdale, NB	0			
2007	Kyle Lutzac	1331	Lower Coverdale, NB	0			
2007	Ruth Pantry	1332	Thunder Bay, ON	1,130			
2007	Sandra Greer	1333	Leduc, AB	1,997	2,025	4,022	Silver Badge
2007	Murray Greer	1334	Leduc, AB	1,997	2,007	4,004	Silver Badge
2005	Jean-Marc Desrochers	1335	Ottawa, ON	6,792			
2007	Bob Goodison	1336	Sorrento, BC	6,183	10,290	16,473	Bronze - Silver Medals

2007	Tyler McNabb	1337	Surrey, BC	1,974	3,245	5,219	Silver – Gold Badges
2005	Robert Frankham	1338	Victoria BC	26,487	0	26,487	
2005	Chester Wormald	1339	St. Catharines, ON	20,034	11,138	31,172	
2005	William B. Fisher	1340	Toronto, ON	10,288			
2007	W. J. Fisher	1341	Toronto, ON	0			
2007	Dr. Nancy Fisher	1342	Sherwood Park, AB	659	307	966	
2007	Wayne Lessard	1343	Windsor, ON	0			
2007	John T. Meldrum	1344	Victoria, BC	299	174	473	
2006	Larry Hager	1345	Calmar, AB	3,507	2,401	5,908	Gold Badge
2007	Daphne Mary Armstrong	1346	St. Catharines, ON	5,162	8,148	13,310	Bronze Medal
2007	Shirley Walsh	1347	Carleton Place, ON	0			
2006	Anne-Marie Carter McAuslan	1348	Carleton Place, ON	3,878	2,483	6,361	
2007	Annette Bose	1349	Kinburn, ON	0			
2005	Bob V. Culp	1350	St. Helena Island, SC	21,141	6,430	27,571	Gold Medal
2007	Melanie Kempers	1351	Guelph, ON	355	315	670	
2007	Alexander Pope	1352	Maple Ridge, BC	13,988	12,101	26,089	Silver - Gold Medals
2008	Demian Seale	1353	Victoria, BC	0	0	0	
2007	Brian Gilchrist	1354	Winnipeg, MB	1,829	2,023	3,852	Silver Badge
2006	Ali Holt	1355	Delta, BC	9,385	9,045	18,430	Bronze - Silver Medals
2006	Roger Holt	1356	Delta, BC	11,760	10,325	22,085	Silver Medal
2008	Jeff Campbell	1357	Benbrook, TX	0	2,562	2,567	Bronze-Silver Badges
2008	Douglas “Dug” Andrusiek	1358	N. Vancouver, BC	0	8,685	8,685	3 Badges
2008	Ken teGrotenuis	1359	Hamilton, ON	0	2,143	2,143	Bronze Badge
2006	Dave Macmurchie	1360	Shawnigan Lake, BC	6,609	5,478	12,087	Bronze Medal
2008	Aaron Davis	1361	Sheridan, MT	0	4,747	4,747	Bronze–Silver Badges
2008	Pat Fralic	1362	Brooklyn, NS	0			
2006	James “Ed” Herage	1363	Toronto, ON	14,995	6,613	21,608	Silver Medal
2008	Carol Garstad	1364	Leduc, AB	0	1,175	1,175	Bronze Badge
2008	Lyle Garstad	1365	Leduc, AB	0	1,153	1,153	Bronze Badge
2006	Barry Pinsky	1366	Toronto, ON	6,648	2,829	9,447	
2008	John Van Alten	1367	Carlisle, ON	0	1,177	1,177	Bronze Badge
2008	Nick J. Parker	1368	North Vancouver, BC	0			
2006	Marcel Gingras	1369	Port Colborne, ON	20,593	17,551	38,144	Gold Medal
2008	Deborah Chamitoff	1370	Victoria, BC	0	6,042	6,042	3 Badges
2008	Jerome Lavigne	1372	Vancouver, BC	0	2,454	2,454	Bronze Badge
2007	Leonard W. Wright	1373	Sebring, FL	3,701	19,582	23,283	GBBronzeSilverMedals.
2007	Paul Defeo	1374	Huntington Beach CA	8,761	8,080	16,841	Bronze - Silver Medals
2008	Spencer Klaassen	1375	Saint Joseph, MO	0	20,876	20,876	4 th Place Male
2008	Sandy Williamson	1376	Edmonton, AB	0	10,276	10,276	2 nd Place Female
2008	Dr. Kate Reed	1377	Edmonton, AB	0	1,785	1,785	Bronze Badge
2008	Maureen Lilly	1378	Burlington, ON	0	519	519	
2007	Dean Furbish	1379	Raleigh, NC	5,302	6,585	11,887	Bronze Medal
2008	Nicole Ouston	1380	Casselman, ON	0	192	192	

Canadian Kilometer Achiever Program (CKAP) Total Kilometers for the Year 2008 = 1,202,912



CKAP Members by Total Km

1	1975	“Woody” Graham – Columbia, SC	274	756,867
2	1992	Dr. Stan Skonieczny – Toronto, ON	922	459,440
3	1977	Keith W. Shealy – Newberry, SC	356	449,062
4	1992	Valerie Copeland – Grimsby, ON	955	301,605
5	1976	Les Humphreys – Almonte, ON	158	291,170
6	1978	Hugh “Bill” Hewes – Caledon E., ON	412	279,322
7	1976	Orlando C. Goveia – Chatham, ON	183	260,869
8	1991	Albert Martz – St. Catharines, ON	941	256,258
9	2001	Henry Berkenbos – Richmond, BC	1133	232,435
10	1979	Mark Beaver – Halifax, NS	428	229,266
11	1978	Dr. Tony Marriott – Millgrove, ON	409	218,594
12	1985	David Earnshaw – Sarnia, ON	738	208,319
13	1982	Murray Dean – Napanee, ON	503	202,678
14	2002	Kenneth Bonner – Victoria, BC	1255	197,002
15	1994	John Bos – Ottawa, ON	940	191,253
16	1985	Fernando Goncalves Scarborough, ON	514	188,695
17	1977	Paul Davison – Wolfville, NS	345	184,090
18	1986	Charles R. Hand – St. Catharines, ON	774	169,303
19	1998	Lawrence Schwartz – Wylie, Texas	1023	166,755
20	1980	Laurie Leslie – Thunder Bay, ON	440	166,449
21	1980	Graham Stewart – Thunder Bay, ON	439	165,443
22	1992	Sylvia Walker – Scarborough, ON	920	159,565
23	1976	Gary Conrod – Dartmouth, NS	232	159,237
24	1976	Bruce Timmermans – Ottawa, ON	134	152,844
25	2001	Kent Peterson – Issaquah, WA	1124	152,757
26	1997	Douglas Yardley – Scarborough, ON	462	143,078
27	1996	Phil Burgess – Dundas, ON	988	138,604
28	1981	Ron Newhook – Ottawa, ON	488	135,275
29	1985	Dorothy Earnshaw – Sarnia, ON	737	132,597
30	1984	Brian McGrath – Caledon East, ON	714	130,178
31	1996	“Wild” Bill Feere – Langton, ON	990	129,807
32	1978	Patsy Shealy – Newberry, SC	354	129,144
33	1994	Jocelyn Raymond – Ottawa, ON	970	127,609
34	1977	Jerry Ford – Burlington, ON	321	126,319
35	1990	Ross Kingdon – Grand Valley, ON	883	124,075
36	1988	Tom Sylvester – Stella, ON	839	123,689
37	1998	Jack Duchesne – St. Catharines, ON	1060	119,374
38	1982	David Young – Halifax, NS	595	114,933
39	1983	James Smith – Halifax, NS	708	110,665
40	1998	John Victor – Appleton, WI	1029	110,073
41	1996	Andre Marier – Ottawa, ON	989	108,614
42	1997	Irwin Nayer – Mississauga, ON	1006	107,619
43	1990	Keith McEwen – Cookstown, ON	878	106,718
44	2000	Gerald Irvine – St. Catharines, ON	1099	100,374
45	1978	Ken Schykulski – Brandon, MB	381	99,488
46	1999	Manfred Kuchenmuller Richmond, BC	730	98,984
47	1994	John Helm – St. Catharines, ON	1051	97,049
48	1991	James D. Wilson – Ottawa, ON	341	93,425
49	2003	Jim Fidler – Victoria, BC	1286	90,902
50	1990	Isabelle Sheardown – Cookstown, ON	879	85,474

The First 100 Members List

51	2001	Stephen Penner. – Hamilton, ON	1127	85,474
52	2001	David McCaw – Ottawa, ON	1128	84,331
53	1995	Gaston Carbonneau – Shawinigan, QC	1014	82,784
54	1991	Sandy Stewart – Lindsey, ON	897	82,082
55	1982	Bruce Reid – Etobicoke, ON	593	80,862
56	1995	Mark Kremblewski – Toronto, ON	981	80,630
57	2001	Harold Bridge – Port Coquitlam, BC	1209	80,029
58	1991	Marcel Belanger – Hull, Quebec	892	79,901
59	2003	Craig Premack, - Burnaby, BC	1215	78,889
60	1982	Joe Gmerek – Halifax, NS	571	77,138
61	2001	Larry Voth. – Langley, BC	1119	76,961
62	1988	Larry Ducommun – Bellville, ON	835	75,905
63	2000	Michael Poplawski – Victoria, BC	1082	73,913
64	1983	John Ryan – Toronto, ON	646	71,688
65	1994	Mariette Carbonneau Shawinigan, QC	1013	70,560
66	1996	Gerald Hooper – Mississauga, ON	1034	70,226
67	2001	Ronald Amero – Ottawa, ON	1214	69,419
68	1981	Roy S. Bourke – Willowdale, ON	470	69,327
69	1998	Carl Freeland – Woodstock, ON	1031	69,174
70	1999	Silvio Bestulic, - Hamilton, ON	1070	69,161
71	1977	Donald Sherriff – Etobicoke, ON	312	68,854
72	2002	David Jolkowski – Kitchener, ON	1160	68,492
73	1991	Tim DeRose – Odessa, ON	911	68,166
74	1996	Dawn Gillingham – Kamloops, BC	1141	67,038
75	1998	Bob Garnett, - Kanata, ON	1033	66,185
76	2003	Paul Dicks – Mississauga, ON	1206	65,009
77	2002	Bob White – Dartmouth, NS	1251	64,703
78	1999	Paul Kajmowicz – Thunder Bay, ON	1062	64,622
79	1988	Judith Ducommun – Bellville, ON	834	64,568
80	1987	Jimmie Georgas – Collingwood, BC	916	63,185
81	2001	Kaz Bieniak – Thornhill, ON	1189	61,974
82	2002	Gary Baker – Cultus Lake, BC	1249	61,734
83	2000	Pauline McKinley – Dundas, ON	1095	61,481
84	2000	Alan Medcalf – Waterloo, ON	1086	59,644
85	2002	Isabell Freudenberg – Brighton, ON	1224	59,374
86	1982	Allan Jackson – Pickering, ON	501	58,809
87	1984	Serge Boudreau – Ottawa, ON	687	58,659
88	1999	Bill Wood – Hanwell, NB	1137	57,969
89	1979	Ray Wylie – Greenville, SC	413	57,717
90	1990	Thomas Marshall – Brockville, ON	873	56,741
91	1995	James Smith Wards Is. Toronto, ON	979	56,521
92	2001	Paul Buttitor – Cavan, ON	1134	53,342
93	1999	John Parrish – Lexington, SC	980	53,342
94	2002	Wolfgang Freudenberg Brighton, ON	1225	52,838
95	1980	Dorothy Newhook – Ottawa, ON	487	52,780
96	1991	Mike McInnis – Halifax, NS	913	51,897
97	2000	Goldwin McKinley – Dundas, ON	1096	51,234
98	2003	John A. Telfer – Waterloo, ON	1278	50,899
99	1998	Robert Kay – Kingston, ON	1042	50,055
100		John Siemens – Niagara Falls, ON	1075	50,055

Not Active - Complete Listing of Members by Total Km is

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

Year 2008 Listing by km

1	2001	Henry Berkenbos	- Richmond, BC	1133	30,812
2	2002	Kenneth Bonner	- Victoria, BC	1255	29,124
3	1975	“Woody” Graham	- Columbia, SC	274	25,328
4	2008	Spencer Klaassen	- St. Joseph, MO	1375	20,876
5	2007	Leonard W. Wright	- Sebring, FL	1373	19,582
6	2006	Albert Martz	- St. Catharines, ON	941	18,550
7	2006	Marcel Gingras	- Port Colborne, ON	1369	17,551
8	1989	Stan Skonieczny	- Toronto, ON	922	16,710
9	2001	Kent Peterson	- Issaquah, WA,	1124	15,761
10	2005	Graham Fishlock	- Ladysmith, BC	1327	14,649
11	2003	Craig Premack	- Burnaby, BC	1215	14,547
12	1994	John Bos	- Ottawa, ON	940	14,482
13	2004	Sam Bootsma	- Toronto, ON	1226	12,826
14	2001	Ronald Amero	- Ottawa, ON	1214	12,718
15	2003	Jim Fidler	- Victoria, BC,	1286	12,468
16	2007	Alexander Pope	- Maple Ridge, BC	1352	12,101
17	1997	Irwin Nayer	- Mississauga, ON,	1006	12,090
18	2005	Bret Waghorne	- Toronto, ON	1292	11,787
19	2003	John A. Telfer	- Waterloo, ON	1278	11,424
20	2005	Chester Wormald	- St. Catharines, ON	1339	11,138
21	2004	Dr. David Gillanders	- Vancouver, ON	1303	10,856
22	2006	Michel Richard	- Chilliwack, BC	1300	10,652
23	2002	Bob White	- Dartmouth, NS,	1251	10,549
24	2000	Pauline McKinley	- Dundas, ON	1095	10,458
25	2006	Roger Holt	- Delta, BC,	1326	10,325
26	2007	Bob Goodison	- Sorrento, BC	1336	10,290
27	2008	Sandy Williamson	- Edmonton, AB,	1376	10,276
28	1996	Phil Burgess	- Dundas, ON	988	10,216
29	2004	David McAuslan	- Carleton Place, ON	1248	10,213
30	2001	Stephen Penner	- Hamilton, ON	1127	10,055
31	1996	André Marier	- Ottawa, ON,	989	9,989
32	1994	John Helm	- St. Catharines, ON	1051	9,779
33	2001	Harold Bridge	- Port. Coquitlam, BC	1209	9,540
34	1994	Jocelyn “Jess” Raymond	- Ottawa, ON	970	9,304
35	1988	Judith Ducommun	- Bellville, ON	834	9,261
36	1985	Fernando Goncalves	- Vancouver, BC	1301	9,276
37	2006	Ali Holt	- Delta, BC	1355	9,045
38	2004	Ken Knutson	- Tracy, CA	1320	9,039
39	2001	Ed Dixon	- Victoria, BC	1120	9,006
40	1979	Mark Beaver	- Halifax, NS	428	8,789
41	1998	John Victor	- Appleton, WI	1029	8,695
42	2008	“Dug” Andrusiek	- N. Vancouver, BC	1358	8,685
43	2003	Raymond Parker	- Victoria, BC	1297	8,520
44	2002	Louise McLaren	- Ottawa, ON	1229	8,507
45	2002	Neil Honkanen	- Victoria, BC	1259	8,344
46	2001	Larry Voth	- Langley, BC	1119	8,334
47	1976	Les Humphreys	- Almonte, ON	158	8,296
48	1999	Manfred Kuchenmuller	- Richmond, BC	730	8,291
49	1977	Keith W. Shealy	- Newberry, SC	356	8,283
50	1997	Douglas Yardley	- Toronto, ON	462	8,233

First 100 Logs by Km

51	2007	Daphne Armstrong	St. Catharines, ON	1346	8148
52	2007	Paul Defeo	- Huntington Beach, CA	1374	8,080
53	2004	David Kwan	- Guelph, ON	1228	8,062
54	2002	Isabell Freudenberg	- Brighton, ON	1224	8,038
55	2003	Eidith Williams	- Markham, ON	1271	7,940
56	2004	Frederick V. Loftin	- Toronto, ON	1305	7,833
57	2000	Dr. Goldwin McKinley	- Dundas, ON	1096	7,813
58	1995	Bill Murray	- Toronto, ON	974	7,725
59	2005	Jack Sharkey	- Burnaby, BC	1269	7,638
60	1999	Silvio Bestulic	- Hamilton, ON	1070	7,572
61	2002	Eugene Vandal	- Thunder Bay, ON	1168	7,265
62	1985	David Earnshaw	- Sarnia, ON	738	7,237
63	2002	Gary Baker	- Cultus Lake, BC, NB	1249	7,132
64	2002	Wolfgang Freudenberg	- Brighton, ON	1225	7,095
65	2003	Wendy Humphrey	- Thunder Bay, ON	1281	7,031
66	2004	Dan Devlin	- Victoria, BC	1232	6,703
67	1990	Ross Kingdon	- Grand Valley, ON	883	6,660
68	2006	Ed Herage	- Toronto, ON	1363	6,613
69	1999	Paul P. Kajmowicz	- Thunder Bay, ON	1062	6,600
70	2007	Dean Furbish	- Raleigh, NC,	1379	6,585
71	2002	David Jolkowski	- Kitchener, ON	1160	6,512
72	2005	Bob V. Culp	- St. Helena Island, SC	1350	6,430
73	1997	Gerard Moss	- Moncton, NB	1015	6,408
74	2002	Peter J. Bound	- Thunder Bay, ON	1237	6,404
75	2000	Timothy J. Cobey	- Sumter, SC	1089	6,165
76	2003	Fletcher Thomson	- Ottawa, ON	1245	6,073
77	1985	Dorothy Earnshaw	- Sarnia, ON	737	6,062
78	2008	Deborah R. Chamitoff	- Victoria, BC	1370	6,042
79	2000	Frances Sheasgreen Ft-	Saskatchewan, AB	1090	5,975
80	2006	Dave Macmurchie	- Shawnigan Lake, BC	1360	6,478
81	1999	John Siemens	- Niagara Falls, ON	1075	5,401
82	2001	Paul Buttitor	- Cavan, ON	1134	5,371
83	1992	Sylvia Walker	- Peterborough, ON	920	5,195
84	2003	Frank Barnsley	- St Catharines, ON	1182	5,139
85	1986	Charles R. Hand	- St. Catharines, ON	774	5,119
86	2000	Alan Medcalf	- Brockville, ON	1086	5,100
87	1980	Laurie Leslie	- Thunder Bay, ON	440	5,087
88	2006	Karen Smith	- Chilliwack, BC	1301	5,087
89	2006	Martin Goslar	- Phoenix, AZ	1324	5,085
90	1981	Ron Newhook	- Ottawa, ON	488	5,053
91	2001	Scott Smithson	- Almonte, ON	1110	5,008
92	1978	Dr. Tony Marriott	- Millgrove, ON	409	4,841
93	1980	Graham Stewart	- Thunder Bay, ON	439	4,804
94	2008	Aaron Davis	- Sheridan, MT	1361	4,747
95	1999	Roy Zych	- Hamilton, ON	1066	4,695
96	2002	Tim Rainey	- Bracebridge, ON	1194	4,575
97	1995	Gaston Carbonneau	- Shawinigan, QC	1014	4,574
98	2003	Dr. Michael Yachnin	- Ottawa, ON	1201	4,557
99	2004	Ewan Burke	- Enniskillen, ON	1240	4,556
100	1999	William J. Southcott	- North York, ON	1064	4,508

Complete listing of Members 2008 Logs by Total Km

is on the CKAP web site www.ckap.ca

**Canadian Kilometer Achiever Program
Statement of Operations
For the year ended February 28, 2009**

<u>Revenues</u>	<u>2009</u>	<u>2008</u>
Membership including exchange	\$ 844	\$689
Medals/badges/Decals	1,839	1,448
Donations	667	507
Jerseys	320	691
T-shirts	12	53
Postage	<u>6</u>	<u>49</u>
	<u>3,688</u>	<u>3,441</u>
 <u>Expenses</u>		
Office expenses	171	468
Postage	450	585
Jerseys	-	1,720
CKAP Badges	-	1,154
Internet service/domain charges	241	242
Bank charges	63	70
Trophies/Plaques/medals	1,366	393
Incorporation	<u>30</u>	<u>30</u>
	<u>2,321</u>	<u>4,662</u>
 <u>Surplus (Deficit)</u>	<u>\$1,367</u>	<u>(\$1,221)</u>

Notes

This year 26 individual's paid life membership vs. 26 the previous year.

Inventory consists of following -

Medals -	130
Badges -	502
Decals -	624
T-shirts	61
Jerseys -	35

The total value of inventory at sale price approx. \$11,678.

The approximate cash balance at year end is \$1,600.

From the Peloton Year 2008



Orlando Goveia – 183 – Chatham, Ontario Canada: Here's my file, 2008 was not a good year for me. Hoping for better things in '09, 'speshully meh cyclin'. Cheers, Orlando

Gary Conrod – 232 – Dartmouth, Nova Scotia Canada: I got to follow the coast of Labrador – very tough ride! – Better health, better hopes for 2009 – Sheet attached, Gary

Janet Pryer – 649 – Victoria, British Columbia Canada: My bike was stolen early in 2008.

Frank “Woody” A. Graham III - 274 – Columbia, SC U.S.A.: had a good year starting with the Lighthouse Tour in Puerto Rico in January. – In March I was in Fredericksburg, Texas for Hell Week. – Last day of April thru May 3rd. did The Dave Sutton Memorial Ride. – In April I completed the 200 km, 300km, 400km and 600 km brevet series which began in January. – In June I rode Bicycle Ride across Georgia (“BRAG”) with my 6 year old granddaughter, Laurel Bradley. Will try to email photo – In August 2nd I was hit by mirror. Broke mirror off SUV but I was not hurt, didn't even fall. – For balance of year I did various centuries around the south east.

Jerry Ford – 321 – Burlington, Ontario Canada: The km's are gently dropping down each year but I hang in there. The monthly distances are similar which shows that I am a milk route cyclist now. That is not all bad. T didn't burn 350 liters of gas that way.

James D. Wilson – 341 - Ottawa, Ontario Canada: I never made 100,000 km in 2008, but I did get a lot of catching up on work around the house and garden which I had been putting off since my 2005 accident. Work included a new high efficiency furnace and central air, landscaping in the patio area, a new cement walkway, repairs to the driveway. 2009 means I have to cycle 6,600 km paint the garage and train our new Airedale Royal English Gent aka Max. who at one year has 3 point towards his Canadian Championship and towers over Good Golly Miss Molly our 6 ½ year Airedale. I completed my first 200 km brevet in 2008, first try at age 71. Never to old for new tricks, Looking forward to cycling in 2009 if for no other reason than to be done with the -27 degrees c of this winter, Cheers:-))) “Sir” James

Paul Davison – 345 – Wolfville, Nova Scotia Canada: This year went on the eastern section of the Orient Express Tour, from Budapest to Istanbul. It was easier than previous trips due to shorter daily km and a large number of nights in hotels. I'm thinking of doing the western section in 2009. – The other highlight was a fully-loaded tour on dirt roads in Labrador with 2 other Velo Halifax members and CKAP riders, Gary Conrod and Mark Beaver.

Patsy & Keith W. Shealy – 354 - 356 – Newberry, South Carolina USA: I did not get as many miles/Km as I'd liked, but guess I should be happy to cycle as much as I do. Usually 35 miles is my maximum and most days I turn from 25 to that amount. I miss Patsy being along very much. It gets lonesome out there. I purchased Patsy a recumbent exercise bicycle, PacMaster, Bronze Model for Mother's Day. – She quickly became an addict. She rides it an hour or more each day.

Ken Schykowski – 381 – Winnipeg, Manitoba Canada: An uneventful year, a few great days cycling the Trans – Canada Trail at Spruce Woods Provincial Park. – Couldn't quite cap the 100,000 mark in my 30th year with CKAP. Next year for sure!

Dr. Tony Marriott – 409 – Millgrove, Ontario Canada: In February I rented a bicycle instead of a car for transportation in Australia, in September I was fortunate to participate in the world age group Duathlon Championships in Rimini, Italy

Mark Beaver – 428 – Halifax, Nova Scotia Canada: Another pretty good year, although I missed my club's 400 and 600 km brevets because I was helping organize the world's first 5-day, 800km unicycle stage race, called Ride the Lobster, which attracted 140 unicyclists from all over the world to Nova Scotia last June. I spent three weeks in March doing “spring training” with Lon Haldeman's PAC-Tour group, which resulted in a 2,000km March. Not bad at all. I rolled over the 225,000 km CKAP figure this year, but it is barely a milestone, the big one is the quarter-of-a-million, probably in two year's time. Thanks for all your hard work keeping CKAP going, we all appreciate it! – Mark Beaver

Graham Stewart – 439 – Thunder Bay, Ontario Canada: Year started off late with Lousy spring weather. Highlights of year where trip to Vegas in April for great hilly riding. I rode indoor track in London 6 times during the year, great fun and a beautiful track the Forest Veledrome. – Finally I had my best Time Trial year with lower milage I seem to be going faster and beat my old personal best on our 20 K course by over 1 minute, pervious best was in 1993.

Laurie Leslie – 440 – Thunder Bay, Ontario Canada: 1. Very happy to report that my Time Trial results were significantly faster than they have been in several years. Yeah! 2. Also had the pleasure of riding the Forest City Veledrome at Easter and at Christmas. An excellent track that is really taking off in popularity. 3. Thoroughly enjoyed a wonderful week of riding near Las Vegas. It's cheap, the riding is fabulous and the desert flowers are gorgeous in April! 4. Finally. Discovered some more unbelievably quiet, scenic and challenging roads in Trempealeau County, Wisconsin. Good riding never ends in this state!

Ron Newhook – 488 – Ottawa, Ontario Canada: It's that time of year again. Here is my cycling log for 2008. I recycled the log from 2007 early in the year, and only used the front page – so my 2008 log is in the worksheet labelled (**footer**) 2007. Hope this is not confusing... (**No**)

James B. Smith – 708 – Halifax, Nova Scotia Canada: 702 km in the Dominican Republic in April., coast to coast with Iguana Mama over 4 mountain passes, then a few days on my own over some more mountain., amazing mountain scenery.

Manfred Kuchenmuller – 730 – Richmond, British Columbia Canada: I tandem cycled the 200 and 300 k brevets with my wife. All are rides are memorable and particularly those that have either exceptional good or bad weather. The spring brevets in Vancouver area are often wet and cold and our 300 last year was no exception. Thoroughly wet and with not a lot of time to spare we stopped at the Mission City Tim Horton's at 7:00 PM (sixty km from the finish) to warm up and to consider an earlier confrontation with a car load of young looking for cyclists to harass. As we sat in Tim Horton my wife leaned over to me and said I quit and the Best Western a few blocks away is where you can find me. After a relaxing evening in the hotel, a wonderful breakfast the next morning we were on our way home on a sunny and much warmer day. Finishing brevets is important, but knowing when it's time to quit a brevet is even more important.

Charles Hand – 774 – St. Catharines, Ontario Canada: I am slowly inching towards that elusive 200,000 kms level...I am hoping to ride a better year of cycling but I find that golf has been getting in the way of that. Now if someone invented a golf cart with pedals, then I would have no excuses. – Good luck on reaching your 100,000 kms level. Let me know when you reach that level and when I am in Ottawa next, I will make a point of taking you out for a cold one. I am hoping that Debbie and I will get down this summer for a couple of days. You haven't mentioned anything of the bicycle show in Toronto. Are you still having insurance issues? (yes) I am not sure if I will go this year. I have found other things to spend money on lately, mostly related to wood and stuff like that. Hobbies and golf can take one away from cycling that is for certain. My thoughts are to start a small business making scroll patterns. I seem to have a knack for doing this but it is time consuming. I am hoping by this year sometime, with the help on my son Terry, I will have a web site...patterns seem to be where it is at. Very few people make them and I don't usually see new people designing them. I love to take photos of scenery or whatever catches my eye. Of the photos I have already taken, there are a few that can be turned into wood design. I am always thinking of alternative work or stuff to do. I love spending time in the shop throughout the winter months... sure beats being in the house all day during those cold winter days. It is usually too snowy or too cold for riding. I don't have the same enthusiasm as I once did with winter riding. I am turning into one of those people who often think "Weather Permitting" before getting on my bicycle now. To think, I rode 10 years back and forth to work, 12 month per year through all sorts of weather... I once thought it was fun to ride in snow...For some reason, I now think that I must have been nuts... take care, Charlie

Judith Ducommun - 834 – Belleville, Ontario Canada: I've had a really great year on the bike and have logged in my greatest mileage ever. Unfortunately I shattered my left wrist in August painting our church but thanks to a wonderful surgeon and a titanium plate and pins, he had back on the bike in no time. My favorite holiday this year was cycling in Hilton Head for 11 days. The weather was gorgeous and the sights were unbelievable. I am looking forward to another great year in 2009.

Larry Ducommun - 835 – Belleville, Ontario Canada: 2008 was a great year for cycling. We were able to take our bike to Hilton Head, Cape Cod and rent a tandem in Florida. I even got extra miles while Judy was "slacking off" while her arm was healing. We plan to cycle Stanley Park in Vancouver this summer and do some cycling in Florida in the near future.

Keith McEwen & Isabelle Sheardown – 878 – 879 Cookstown, Ontario Canada: Keith & I left Cookstown, Ontario, April 15/08 in a snow storm to drive to Louisiana, with four other people to bicycle the Natchez Trace Parkway. The Trace is a recreational highway, 444 miles (715 Km) from Natchez, Mississippi to Nashville Tennessee. There are no stop signs or commercial traffic the only billboards are there with historical information. The weather is perfect for cycling at this time of year. It's recommended you bicycle from South to North; the big hills are at the north end. For info you can go to the web site of Natchez – www.cityofnatchez.com.

Sylvia Walker – 920 – Peterborough, Ontario Canada: The cold snap seems to be breaking – now if the snow would stop we could all get riding. Have a good year. Good Luck on your 6,600 km goal, Sylvia, (thanks!)

Dr. Stanislaw Skonieczny – 922 – Toronto, Ontario Canada: Last year was not very good for me. I was recovering from my surgery and had to take it easy. Moreover, I travelled and I could not travel by bike. – Now I am on sabbatical leave from the University of Toronto. I stay with my daughter in California (San Francisco area) and I lecture one course at the nearby university. Oh God and I'm able to cycle...The weather is fabulous. – I am going to print my report and send it to you with a postcard. Best wishes, Stan

John Bos - 940 – Ottawa, Ontario Canada: Total km down this year – mostly because of the snow in Mar. and Apr. and summer vacation. I did manage to cycle 53 km in NL and 419 km in Quebec, balance in Ontario. Don't think that's worth anything. I do keep track of mileage with a speedometer. I think that is all your questions on the back of the form. I don't qualify for any awards this year. I hope to make it to 200k next year some time. – All in all considering the weather and the conditions of the roads this past year I am pleased I got as many km's as I did. Hopefully 2009 will be better but the past month has not been too good. Perhaps if the bus strike continues may not have too much choice. Thanks again for all your hard work keeping track of everything including the website. You will notice I did you a favor by using your Excel spreadsheet. - All the best to you, June and the rest of your family, including the Airedales.

Lucy Perri – 968 – Toronto, Ontario Canada: This year's kilometres have been the lowest of all past years because of orthoscopic surgery on my left knee. But once I got back on the saddle, I cycled part of The Great Waterfront Trail Adventure Tour. I would highly recommend to do. Cheers Lucy.

Bill Murray – 974 – Toronto, Ontario Canada: Cycling across the Pyrenees and especially tackling the Col d' bisque and the Tourmalet on the same day was my high point for 2008.

Phil Renaud - 973 – Brantford, Ontario Canada: This was my second worst cycling year since I joined CKAP in 1995. Whiplash, foot problems and a couple of other problems increased my riding time. The New Year hopefully will prove to be better. Commuting will be high on the cycling agenda. – That's all I have to say for this year. Keep the rubber side down fellow CKAPers. Have a great year.

Mark Kremblewski – 981 – Toronto, Ontario Canada: Hello James, here my log and some pics. – My son Jordan Kremblewski (CKAP 1260) is still cycling and racing but no longer keeping a kilometer log. Instead he is chasing O-Cup points – he finished 7th in Ontario last year as Cadet. We still do training rides together and weekly criterions at Midweek Club in Mississauga. Then of course we travel to the O-Cup races on the weekends.

Philip Burgess – 988 – Dundas, Ontario Canada: Hope we are surviving this cold snap, all the best in 2009, Phil

André Marier – 989 – Ottawa, Ontario Canada: Self supported adventure cycle touring continues to be majority of my bicycle riding. Of 9,989 total 2008 kilometers, 7,655 consisted of fully loaded touring. I spent January in Southern Spain and Portugal and September, October and November riding across and around America, through 18 different Eastern and Central States. The rest of my mileage was in Eastern Ontario on my road bike. This has been most satisfying cycling as, not only did I manage almost 10,000 kilometers, in 2008 I also reached the 100,000 CKAP kilometer milestone in early January. Although I've just recently returned home, (Dec.) I'm already planning and looking forward to my next cycle adventure Have bike. Will travel. Anywhere and Everywhere by Bicycle! Andre CKAP # 989.

William “Wild Bill” H. Feere – 990 – Langton, Ontario Canada: Hi James, I have had a lot of trouble this year with arthritis. I will have to have surgery and am seeking a second opinion. I hope you are doing better than me. Happy New Years Sir James

Irwin Nayer – 1006 – Mississauga, Ontario Canada: This was a year of highlights. June 27th saw the culmination of a 5 – year plan to reach 100,000 CKAP kilometres. On July 6th. I had the pleasure of joining Sir James for a sedate 137 km ride in rural area south of Ottawa. It was a lovely, sunny day with good roads, good riding and good company. To top off the year, 2008 was my best in 12 years with CKAP at 12,090 km

Mel Slochowski – 1009 – Thornhill, Ontario Canada: I am pleased to announce, that I DID break my 2007 km record, by almost 100 km... I know it is not a lot compared to your other riders, but... at least I feel that I am on the right track! Please confirm reception of attached Cycling Log, and that you will update my file to show my new total. I guess we will all start if and when the temperature ever gets over -25 degrees

Steven Strahm – 1010 – Stratford, Ontario Canada: All I have is my small total from 2008 which is 783 km. I just kept track of it on my cycle computer. My real log and from 2007 have been lost when my old computer died. I did not belong to any clubs last year our local club in Stratford folded a few years ago, could not afford the insurance. Hope this still works; sorry for being late have been busy skiing. Steve

John Victor – 1029 – Appleton, Wisconsin U.S.A.: I was riding along in the rural of Wisconsin. In the distance saw a bike rider coming my way. Thought I would stop to chat. Picture This!!! Old work boots – holes in dirty jeans – an old Pepsi Cola jacket worn and tattered – A fishing ball cap – his teeth were missing except for 2 top fangs – this fellow was 80 years old – rode every day – no matter what the weather in all seasons - - Really liked like a vampire – A really great visit - To top the whole experience off – It was the day after Halloween – Cold be me when I'm 80.

Carl Freeland – 1031 – Woodstock, Ontario Canada: Another good year cycling, I enjoyed a 1 week trip (600+) km along north shore of Lake Erie, (Woodstock to Pelee Island & back), unforgettable peach cream pie in a small gas station restaurant at Wallace Town.

Fred T. Perel – 1039 – Kingston, Ontario Canada: It was a tough year for me in 2008. I went on a bicycle ride with a group of people, I completely lost control. Thank goodness that I landed on a grassy field instead of the unforgiving road. I wouldn't cycle again until autumn, as I was training in preparation for the 2008 Scotia Bank Toronto Half – Marathon. Unfortunately, everything had gone wrong again. Both of my legs got stiff and I was unable to complete the course. While I have announced that I'll be in Toronto for another shot at the half-marathon, I'm uncertain about my commitment to cycling. Right now, I'm receiving free fitness classes at St. Lawrence College, so I'll leave it at that. Fred

Deborah O'Leary – 1067 – Lower Sackville, Nova Scotia Canada: My highlight was cycling in Western Newfoundland, from Red Deer to St. Anthony with Atlantic Cycling, Deborah

John Siemens - 1075 – Niagara Falls, Ontario Canada: There was lots of great riding again, even in the wettest summer on record. My one mishap was in November when I wiped out on a patch of slimy mud, lost some skin, and separated my shoulder. It cost me three weeks of riding, but in my sling I was a sports hero at work, so all was not lost. I also added 2 bikes to my stable in 2008. I'm a happy man! Cheers, John

Marcus Buck – 1073 – Hamilton, Ontario Canada: 2008 logs attached(four in one file) Norma had a good year but the rest of us struggled to get on our bikes. Maybe 2009 will be better.

Paul Marchand – 1076 – Ottawa, Ontario Canada: My cycling total for 2008 is 146 km in June. It was all training for the River Keeper Tri., this June; Regards, Paul Marchand.

Ernest Ruppenthal – 1085 – Ottawa, Ontario Canada: Attached is my log for 2008. I've finally achieved 25,000 km and will send you a cheque for \$53.00 for the plaque and medal. I believe that's the correct amount (yes), let me know if I'm wrong. Cheers Ernest

Alan Medcalf – 1086 – Waterloo, Ontario Canada: I had a slow year in 2008, largely due to much time taken renovating a house in Brockville, selling one in Waterloo and then moving to Brockville in October. In 2009 I'll enjoy exploring Eastern Ontario in search of country bakeries and coffee shops. – All the best for 2009, Alan.

Elfriede Ronson – 1088 – Perth, Ontario Canada: 2008 was a great year! we had wonderful visits with children and grandchildren. We welcomed my brother and his family from Germany and my 4 cousins from the USA. The Ruby – Ronson family reunion saw 21 people in our house. Good thing we have a brand new hotel on the corner to set all up for the night. There was no cycling, little wandering, no fishing and swimming. There were a mere 6 days at Algonquin Park; our canoe broke after 2 days and we had to rent one. – I am looking forward to some cycling this year, but will I ever catch up? Hope you are well and hope to see you and June this year. best wishes Elfriede

Ken Elliott – 1092 - St. Catharines, Ontario Canada: I guess I'm done for the season so I'm attaching my log for the year. the bike is hanging up in the basement. I did get past 15,000 km this year so I'll put a cheque for \$18. in the mail to you along with a printed copy of the log so you'll know what it's for. – I started off slow this year after the doctors said I could start cycling again. I was told to keep the rides short and not to go up the escarpment. I have gone up by car with the bike on the rack to ride along the new section of the Welland Canal Trail that I love. I find the restrictions on where to ride is not my heart but my arthritis. My knees get quite sore after about 30 km. I've even ended up pushing down and pulling up with my left leg because the right knee was too sore to push down on the pedal. I'm going to keep on going and try to keep my legs in shape over winter on an exercise bike. Before the heart problems I quite often pedaled over 100 km in a day, this year it took me a whole week to get 100 km in and I only did that once. **(Ken spinning using a lower gear may help the knee mend?)**

Paul Cadieux – 1093 – Ajax, Ontario Canada: Hope all is well with you. - Not a banner year. – I tired of the rain and cold this year, really fast. – Hopefully next year will be better weather. – Here's hoping for a dry winter and spring 2009. – Paul **(Not great so far Nov. & Dec.)**

Pauline & Goldwin McKinley -1095 - 1096 – Dundas, Ontario Canada: The finest cycling moments occurred on a 2 week cycling adventure in Italy in the Apennine Hills. I met many wonderful cyclist from Europe and learned to cycle 10 km downhill switchbacks in the rain with coaching from Goldwin and some new-found cycling buddies. – Again it is so nice to have such a programme – the incentive and goal setting are wonderful. This year (2008) having reached 65 years old in January my goal was to cycle 10,000 km – what an achievement with twp sons encouraging me and a wonderful husband cycling with me, Pauline

Vann Epps – 1098 – Spartanburg, South Carolina U.S.A.: I had a great year overall but going to school for MRI has taken me away from riding I did in the spring and summer. I trained a friend who rode 70 miles on her 70th birthday and raised \$70,000 for cancer. Actually Catherine raised about 80 to 90 K...WOW! I have not ridden in a while now but will soon. School is almost over.

Fabio Zorzes – 1108 – Thunder Bay, Ontario Canada: 2008 was a good cycling year, despite the low mileage totals due to out of town commitments. Highlights include RAGBRAI (across Iowa); with fellow TBCC friends – Paul Bunyan – Heartland Rails to Trails rides in Minnesota. Hoping to log lots more km in '09. Fabio Zorzes.

Kent Peterson – 1124 – Issaquah, Washington U.S.A.: Most of my cycling kilometers in 2008 was commute trips between Issaquah and Seattle. In April I took over management of the Bike Works shop in Seattle. Bike Works is a 501c3 non-profit business that has been working for kids, bikes, and the community in the Columbia City neighborhood of Seattle since 1996. Our programs invest in young people and encourage bicycling as a clean and healthy transportation alternative. – I did manage some short cycling trips with my friends in June my wife and I presented at the Towards Carfree Cities Conference in Portland Oregon. In October, Christine and I took a lovely 3 day cycling and camping vacation here in the Cascade foothills.

David McCaw – 1128 – Ottawa, Ontario Canada: Sorry James, I am going to pass on the 2008 cycling log submission. The only major cycling I did was the Rideau Lakes Cycling Tour from Perth with my daughter Alexander (age 7) on the tandem, it was her 3rd RLCT. Most of my focus last year was on running Marathons – Boston, Ottawa and NYC – I am currently training for the Canadian Ski Marathon Gold Coureur des Bois – I will get back into more cycling next year (2010). I will still be cycling in 2009 (in fact I already have with my studded tire bike) – but no major kilometers.

Wayne Harrington – 1132 – Vernon, British Columbia Canada: An early season crash, mechanical problems and illness, thanks you Maple Leaf Foods, resulted in a dismal cycling season. On the plus side, I did a lot of walking this year. I expect to complete The Vernon Challenge, of walking the equivalent distance of Vernon to Halifax, about 6.9 million steps, in early 2009.

Dawn Gillingham – 1141 – Kamloops, British Columbia Canada: This past summer I was in Saskatchewan and did not have a lot of free time to cycle. I broke my right hand. My km are the lowest ever, they were all cycled in Saskatchewan (there for six months) and none of them were cycled in a club. I recently moved to Kamloops, BC and I have not had the time to complete a proper sheet. However I did keep a log.

Dennis W. Arpin – 1156 – Grand Falls, New Brunswick Canada: Dennis was hit by a car whose driver claimed he did not see him and as a result Dennis is still recuperating. Many thanks for your thoughts and concerns about the accident. Ironically Dennis has worked countless years for the local Police Dept. with their annual bike rodeo as a volunteer. – Dennis has talked to teachers he personally knows and offered to promote the safety of cycling either in the school or at future bike rodeos. Simply put, try to educate and promote safety on the roads and the sharing of the road... and respect cyclists. Dennis followed all the rules but in the end we are no match for an automobile. We will keep you posted on Dennis' rehab and we certainly wish you and your family good health and endless energy during the Holiday Season. Bernadette and Dennis

Jim Hall – 1177 – Guelph, Ontario Canada: "Greatest Moment" – Day 2 of Ottawa, Kingston, Ottawa. Departed Kingston @ 6AM, arrived Perth @ 10AM, Ottawa @ 12:30 AM Terrific scenery and roads, will do in 2009.

Mike Thomas – 1167 - Edinburgh, Mid Lothian United Kingdom: Hi Sir James, here is my log for last year, a much better year where I managed over 2,000 miles for the first time and my new handcycle is working really well and has taken me to some exciting places. The most exciting little ride was Bealach na Ba, up in the Highlands which rise to 626 meters in less than 6 kilometres. Going up was slow and hard but coming down was exhilarating, particularly as I got serious brake fade! – I managed to get out at least once every week last year aside from the two weeks we were in South Africa on holidays. It was also the first year since 1992 that I haven't been to North America at least once, so less travelling with work has meant more cycling.

Phil Pilch – 1172 – Scarborough, Ontario Canada: Hi Sir James, It's been a crazy couple of years with other things on the go and I wound up focusing on other things, among them getting married August of last year. My yearly distance has been on the low side the last couple of years (under 4,000), however there have been some memorable rides during that time, including Cyclone 2007, where I finally had the chance to ride the Kingston area, including one along Desert Lake Rd. (very hilly but lovely) and then September of last year, Randonneurs Ontario celebrated its 25th year with the Loyalist 200, followed by a dinner on the club. That was your first 200, if I recall – congratulations once again.

Jean Winters – 1175 – Toronto, Ontario Canada: Took me awhile to figure out how to send the log. Hope to do more cycling this year.

Sheila Ascroft – 1184 – Ottawa, Ontario Canada: Regretfully, I didn't do much mileage. Sure hope 2009 turns out to be a better year for cycling. I'm determined to get in more mileage! Did you make the 100,000 goal? (**no but determined**).

Sophie Young – 1195 – Thunder Bay, Ontario Canada: Enjoyed our clubs Double Century ride again (200 km!) down the shore of Lake Superior into Minnesota. I leave early, knowing the rest of our group will be behind me in case of emergency.

Lorne Gutz - 1185 – Kanata, Ontario Canada: Didn't get much biking in as I had planned, but I think I did all right. Lorne.

Tim Rainey – 1194 – Bracebridge, Ontario Canada: In touring news, I did a trip from Bracebridge to Parry Sound sully loaded in black fly season – dumb idea. I have proof that black flies can fly at 12 kph and when I climb hills at 10 kph it ain't no fun. – In time trialing, I got a year older at 62 years but took 25 seconds off my 25 km time and 36 seconds off my 38 km time. So maybe training with heavy loads and black flies really works!

Sophie Young – 1195 – Thunder Bay, Ontario Canada: Enjoyed our club Double Century Ride again (200 km!) down the shore of Lake Superior into Minnesota. I leave early, knowing the rest of our group will be behind me in case of emergency.

Peter Young – 1196 – Thunder Bay, Ontario Canada: Toured Keweenaw (?) Peninsula in Upper Michigan – through Copper Country and around Lake Superior for 4 days. Also got in a golf game – Great group, great weather & winds, great scenery & even enjoyed an Edgar Winters concert in the Calumet theatre. – also took an Alaska Cruise in June and did the cycling side trips, lots of fun – One was a bike and brew through Juneau and another was a ride down the highway from Yukon to Skagway, about 30 k, about 30 km without pedaling!

Lois MacDougall – 1198 – Fredericton, New Brunswick Canada: my goal for this year was to bike 4,000 kilometers but due to weather, gardening and family visiting, I didn't make it Oh well next year I might. I hope you had a good year biking and that your health is good and that your garden was a success. As usual I am plagued with late blight on my tomatoes but still got some tomatoes to eat and some to freeze. Happy biking to you and everyone in the CKAP family, Lois MacDougall.

Paul Dicks – 1206 – Mississauga, Ontario Canada: No fine moments for 2008; broke a toe in March, then another late April, causing me to miss all of spring, then during the first 200 km brevet, I passed a kidney stone and DNF. About the only highlight was getting my fixed gear bike back from the thief, courtesy of the Toronto Metropolitan Police. Of course, T had replaced it, So now I have 2 the same.

Harold James Bridge – 1209 – Port Coquitlam, British Columbia Canada: How Many Kilometres In A Life I know of people, Brits of course, who conscientiously throughout their lives record every mile they cycled. I regret I only did it sporadically. The 300,000 Mile Club consists of members who can show records of at least that distance. – For many year's the Scot, Tommy Chambers, was the top scorer who was looking at achieving 800,000 miles (1,287,440 km) when he died in 1984 with 799,405 miles. He not only recorded miles, he also kept, in true Scottish fashion, a record of every chain, tire, or other part he brought for his single fixed wheel driven bike. Since then Chris Davies, has become top mileater. Now well into his 70's he has amassed something well over 1, 3 million km. In comparison to these notables my record is unspectacular. But I think I can assess my life's total km with some degree of accuracy. Grand Accessed total = **667,693 km**.

Bernie Danylyshen – 1211 - Coronation, Alberta Canada: attached is my short cycling log for 2008. Now that retirement is here I'm hoping to put on a few more km. Bernie

Janet Besier – 1217 – Victoria, British Columbia Canada: Finest cycling moment for 2008; my bi-annual trip to Oregon, August for the Providence Bridge Pedal in Portland. Part of the city is closed to vehicle traffic and 17 thousand cyclists Ride! Auh, the music of that many Bikes. – Worst moment: 3 weeks off the bike in December as we got record snowfalls. Looking ahead - Bike trip on the Danube, 2009

Isabell Freudenberg – 1224 Brighton, Ontario Canada: Dear Sir James, it is that time of year, the weather this year was not good for us it cold or rain. We did not go so far this year. I sure hope you are okay and had a good year. Wolf would like his 50,000 km plaque this year and his certificate and I don't get anything this year, to bad it will not be long for my 75,000 km plaque.

John Pritchard – 1199 – Carp, Ontario Canada: Nice to reach 15,000 Km milestone. Keep on Biking!

Mark Hulsebosch – 1235 – Cambridge, Ontario Canada: Sir James, while I did not ride as much as I would have liked, the riding I did was along side and on miles of golden sand as the waves counted the seconds and the sun wrote in color across the sky. No better way to relax and see the sights. Mark

Jeffrey Crivellaro – 1238 – Toronto, Ontario Canada: My total clicks were down this past year due to all the snow last Feb, and Mar. combined with a busy year of moving / renovations. I'm hoping to put in a lot more road clicks in 2009. Happy trails!

Catherine Vardy – 1242 – Moncton, New Brunswick Canada: I had a rough year in terms of running and cycling, since I had an abdominal hysterectomy in April and ended up with several complications from the surgery. I am still in physio, but optimistic that I will regain my core strength and be pain free in the coming weeks/months. I found a new physio a month ago who specializes in pelvic injuries and she seems to know what is going on. It's been a slow process, as I'm sure you can relate. – Gerard and I signed up to ride from Yarmouth to Sydney, NS next summer, close to 800 km in 7 days, so I am hoping to be ready for that in late July. If not, I will take the car and cycle what I can each day and enjoy the landscape.

David A. McAuslan – 1248 – Carleton Place, Ontario Canada: For the record my total includes 1095 km in the UK in June and 445 km in BC in August. – Getting to a CKAP grand total of 40,000 km, once around the world, was a significant milestone for me and I am now aiming to complete the second 40,000 by the end of 2011! Take care, all the best in 2009, Dave McAuslan.

Gary Baker – 1249 – Cultus Lake, British Columbia Canada: getting back on the bike after the 2007 accident was a long slow process. I think it went rather well and although we were out of the country (trekking and touring by bus for the better part of 3 months) and December was a complete "snow out" I'm pleased with how it went. I'm looking forward to a big year in 2009. I plan to ride the Granite Anvil so I'll be out your way in August. Happy New Year and the very best for the year to come!

Bob White – 1251 – Dartmouth, Nova Scotia Canada: 2008 was a very good year for me in cycling satisfaction. Looking back, my involvement as VP, Touring and trails with Bicycle Nova Scotia has presented many opportunities to me, indeed opened many doors.- It certainly helped me in deciding to form The Nova Scotia Ramblers Bicycle Club; it was designed after an old cycling club in the Halifax area in the 1880's and 1890's that rode high wheelers and pneumatic safeties, they usually started from The Public Gardens and rode to Point Pleasant Park on Tuesday evenings and on Saturday, out Windsor Street to the Bedford Basin, reaching their club house – Princes Lodge/ Music House – constructed by the Prince of Wales (father of Queen Victoria), circa 1799. They would quite often go for a swim, eat lobsters and stay the night, making the 14k return trip the following day. I patterned the present day Ramblers the same way, laid back, fairly short tours on trails and quiet back road's, all in a very social manner. The Ramblers grew beyond expectations – there are now over 130 new members and several pending for 2009 – we are I believe the largest cycling club in the Halifax area. I still had time to cycle over 10,000 ks, lots of touring, camping and wonderful company! Life is sweeeeeest in the sloooooow lane! Tailwinds!! Bob White.

George Fralic.- 1252 – Brooklyn, Nova Scotia Canada: My wife Pat and I spent time cycling in Texas during Feb. & Mar. In July we cycled the South Western part on Nova Scotia, and in Sept. we cycled Prince Edward Island, tip to tip, while there we got caught in hurricane Ike. All in all we had a very good year. George I. Fralic.

Ken Bonner – 1255 – Victoria, British Columbia Canada: Thank-you for all your work on behalf of those of us 'addicted' to cycling. Hope 2009 brings you good health and happiness, Cheers...Ken

George Nicholson – 1267 – St. Catharines, Ontario Canada: (from Norma Moores) James: I was just looking at the CKAP web site and noticed that George Nicholson had passed the 25,000 km milestone. George died suddenly from heart problems this fall (2008) he was a true advocate of cycling and his commitment personally and professional resulted in the Niagara Great Circle Route becoming a reality. Just thought you would want this sad news of a CKAP member.

Ron Matsushita – 1268 – St. Catharines, Ontario Canada: Hi Sir James! Happy new Year! Hope the new one provides lots of good health and good weather so we can all enjoy the outdoors. I was in Ottawa in the summer and found that the city is very bike friendly. – really enjoyed the river trail, canal trails and even cycling downtown. – I am attaching my 2008 log – not very high but somehow I did not list many individual training rides that my computer picked up. I did a couple of duathalons so many of my rides were not with the club. Not a problem.

Jim Fidler – 1286 – Victoria, British Columbia Canada: my distance for 2008 was not as high as I would have liked but I decided to take the summer off from cycling (except for commuting to and from work) and get the exterior of my house painted. Painting is definitely less fun than cycling! – However, I'm back in the saddle again, and barring any problems, should reach my 100,000 kms. this year. The London-Edinburgh-London 1400K is on my calendar so that should make for some good mileage in the week of July 26 – 31. Many thanks for your tireless efforts regarding CKAP. Your work is greatly appreciated, Jim

Erkan Sarioglu – 1299 – Oakville, Ontario Canada: My sincere apologies for a very delayed response. Unfortunately, things are petty hectic here but that's not an excuse to compile my results and send it to you on time. I hope it's not too late. Next year, I promise I will be on time as I notice that last year; I've done the same and submitted my logs on the very last day. – I'd like to wish you the best of luck in reaching your 100,000 km goal. I'm sure a person with your dedication and determination like you will reach it this year (if not, next year for sure). Thanks for taking care of this task, which I appreciate that is a humongous task Cheers, Erkan **I could not resist including Erkan's comments,**
www.ckap.ca

Gerd Neumann – 1304 – Hamilton, Ontario Canada: We got hit with close to 30 cm of snow plus drifting the last couple of days, so cycling is now officially over for me for the season. – Was hoping for one more ride this year but things don't look to promising for that to happen. So I'm sending my 2008 cycling log. (mid December) Things have been fairly quiet lately on the yahoo email site, except for you with some interesting hints - How was your year on the bike? Hope you achieved your goals. – Wishing you and your family a MC & a H Healthy NY.

Fred Loftin – 1305 – Toronto, Ontario Canada: my distance was down this year because I was hit by a car in November 2008 which put me out of action for almost four months and that accident happened at the end of a 125 kilometer ride when I was just two blocks from home. I'm banking on 2009 being a much better year with many more safe and easy pedal revolutions.

Dr. Michael Holliday – 1309 – Ottawa, Ontario Canada: Hi Sir James, Sorry I missed you when you dropped off Gerard's jerseys the other day but my "hat off to you" for making the delivery by bike. – Attached is my cycling log for 2008. Disappointed myself (as I was aiming for 6,000 + km), but my fall cycling was spoiled by having too much out-of-town work. Ah well, there's always next year! Cheers, "Doc Holliday"

Martin Goslar – 1324 – Phoenix, Arizona U.S.A.: "sir" James, You may notice that the last week in each month contains a significantly larger number of kilometers. These systematic anomalies reflect including total month kilometers completed on my city bike. I use the city bike for doing errands, riding short distances for various meetings and events, shopping, etc and seldom use my SUV if possible. Since I have 8 bicycles (one for every reason and others for no reason at all!), I select certain bikes for particular task. The Phoenix metropolitan area is very dangerous for street biking so my city bike is specially designed and equipped to deal with nasty / careless / preoccupied / dangerous drivers, road debris, dogs and the intermittent thief. – Thank you for your time and dedicated effort for us cyclist and the CKAP. Without your devoted hard work and CKAP motivation, my cycling would not yield the miles needed to maintain great health and recreation -.With best wishes.

Ken Knutson – 1320 – Tracy, California U.S.A.: hi Sir James, It has been a challenging year. After taking 3 months off from cycling after the rainy 2007 PBP, I started the new year hoping to get back into action and achieve 10,000k for the new year. Living in California, it is possible to cycle almost every day. – A combination of wet weather and business travel hindered progress during the first few months. When brevet season started in March, I was still out of shape. Although I was able to complete the four ride brevet series, I was Lanterne Rouge in each event. – Sometime in June everything fell together and by the time the Rocky Mountain 1200k rolled around in Kamloops, I was in my best shape. Feeling strong, I decided to rededicate myself to the 10,000k goal. From September through mid-October I was on track with my plan. Unfortunately, work related travel restricted my cycling to weekends and by mid-November it was obvious that a 9,000k year was the best I could achieve. – As the holiday season approached, it looked like even 9,000k might be tough. With heavy December rains and family commitments occupying most of my time, it looked like I wasn't going to make this goal. On Sunday December 20th, my luck changed. I was transferring data from my Polar software program to the CKAP spreadsheet and noticed a discrepancy. I had forgotten to log an 80k ride which I had done before leaving for Thanksgiving. I had reached the 9,000k goal. – It's a new year and time to set goals again. At this time I'm aiming for 10,000k again. The wildcard is work related travel. In November, my position changed and as a result it is possible that I might be traveling more than the 30% I have in the past. If I can stay healthy and find the time to ride, I'll make it this year! Regardless of whether or not I reach this goal, I'll continue to ride and log my results for 2009. thanks for continuing to coordinate this excellent program. Cheers! Ken

Beth Anne Hamon – 1322 – Portland, Oregon U.S. A.: Hi James – Please find enclosed my tally sheet for 2008 CKAP, plus a small donation to help defray expenses, Please just email me the link to the PDF report. When you post it online as you can see, the year end snow & ice storms did a number on my riding. Better luck next year! Thanks and best wishes for a great 2009 – Beth.

Chester Wormald - 1339 – St. Catharines, Ontario Canada: James – sorry about the messy km page, I'm not very good at adding figures. I hope when you add it up it comes to what my computer reads 11,138 km. **I took one look at this log and said Wow! I'm going to use a whole roll of adding machine paper before I get this one right. Surprise first try it did add up to 11,138 km Good show!**

John Meldrum – 1344 – Victoria, British Columbia Canada: Embarrassingly low km for 2008 but already have a good start to 2009.

Larry Hager –1345 - Calmar, Alberta Canada: I can't believe how surprised I was on Canada Day around 5:00 PM, to discover that I could achieve my first Standard century of 100 miles (165 km). I had started out the day with a group doing about 75 km loop east on the Idaho centennial trail, from Kellogg, Idaho to Mulan, Idaho. When we returned to our hotel around 1:30 PM I was still ready for more km. so I told my wife I would head west on the Idaho Centennial trail for a bit and return in a couple hrs while she took a nap. I rustled up another rider who also wanted, to do some more riding and off we went. Well, the trail was gorgeous! We lost track of time and when we realized it was time to return, we had gone further and faster than we thought, So we grabbed a milkshake at a local eatery and headed back up the trail. By the time we arrived back at the hotel around 7 PM, we had completed another 90 km or a total of 100 miles. I was so amazed how easy it was to do with a good bike (long wheel based recumbent) and a good riding partner, a few pit stops and great weather. I was tired but not sore, due to my Easy Racer Tour Easy! That was my highlight this year! Larry.

Robert V. Culp – 1350 – St. Helena Island, South Carolina U.S.A.: Happy New Year! If I do this properly the CKAP Log will be attached. - I did not make my goal of 5,000 miles this year. had a bicycle accident and broke my elbow. It put me out of commission for about five weeks. I made 4,200 miles though. I will try to make that 5,000 miles next year (2009). I would like to order a 25,000 KM plaque. Thank you.

Brian Gilchrist – 1354 – Winnipeg, Manitoba Canada; Enclosed is my 2008 cycling log. Hard copy along with \$8.00 to follow for the silver crest. Unfortunately, although I broke 2,000 km, I did not make my target of 3,000 km. A very , very cold February makes cycling in that month difficult (although I did get one day in, so I can say I cycled in every month). As well, I took a nasty head first fall from a 6 ft. ramp when mountain biking in September that put me out for a month. – Planning on breaking the 3,000 km with lots to spare in 2009, however the weather lately in Winnipeg (-40 with wind chill) hasn't been very conducive for riding my 17 km commute! Cheers, Brian Gilchrist.

Dug Andrusiek – 1358 – North Vancouver, British Columbia Canada: This year I completed the Rocky Mountain 1200 in July. I began my cycling with the Brampton Cycling Club in the early 80's (when Bill Hewes and Al Jackson still rode with the club) and I was fascinated with the thought of traveling such long distances. I attempted a 12 hour time trial when I was 18 and DNF'd at 5 hours. In 2004 I started doing some Randonneurs rides and then eventually graduated to the longer distances. The RM 1200 was Fantastic.

Aaron Davis – 1361 – Sheridan, Montana USA: This summer I completed a 27 mile ride over a mountain pass in under 2 hours. I had given myself 3 hours to do it. I had a gradual climb for the first 11 miles followed by 5 miles of greater than 8% grade and then a 5 mile decent and additional 5 miles of flat into town. MHR reached 99% for several minutes at the peak.

Barry Pinsky – 1366 – Toronto, Ontario Canada: 2008 was plagued by bad weather and bad knees – expect to be near the bottom of your table this year. Happy Holidays, Barry.

Leonard W. Wright – 1373 – Sebring, Florida USA: How about “Worst” cycling moment – You will notice, there is a 7 week gap where I didn't ride at all. On July 10 I flipped over my handlebars and broke my hip (of course I didn't know it was broken so I got back on the bike and finished the last 15 miles of the ride). Found out I could not walk when I got home. It was almost 8 weeks before I could walk again. NOT my “Finest” cycling moment.

Sandy Williamson – 1376 – Edmonton, Alberta Canada: Finest cycling moment was doing the Tour du Canada in 2008.

Dr. Kate Reed – 1377 – Edmonton, Alberta Canada: Lesson for the coming year will be to make sure I record my mileage each time I ride, something that I didn't always include in my workout log. Ah, live and learn! And now my cross bike has a computer on it, so I will be able to include the distance covered during future cross rides in my totals. I didn't really do nothing in Spring and Fall! Unfortunately, the year was highlighted by a string of injuries.

That's all they wrote for 2008! 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. Cheers:-))) “Sir” James

**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 06th May 2009
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 AGM of CKAP on the 06th 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, are on the CKAP current mailing list and web page.

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 a Ottawa Directors hands prior to the start of the AGM.)

Canadian Kilometer Achiever Program (CKAP)

CKAP #		2009 Cycling Distance Log, In Kilometres Please					
Week Of	Totals	Week Of	Totals	Week Of	Totals	Week Of	Totals
Sunday January 04 =		Sunday April 05 =		Sunday July 05 =		Sunday October 04 =	
Sunday January 11 =		Sunday April 12 =		Sunday July 12 =		Sunday October 11 =	
Sunday January 18 =		Sunday April 19 =		Sunday July 19 =		Sunday October 18 =	
Sunday January 25 =		Sunday April 26 =		Sunday July 26 =		Sunday October 25 =	
Monthly Total		Monthly Total		Monthly Total		Monthly Total	
Sunday February 01 =		Sunday May 03 =		Sunday August 02 =		Sunday November 01 =	
Sunday February 08 =		Sunday May 10 =		Sunday August 09 =		Sunday November 08 =	
Sunday February 15 =		Sunday May 17 =		Sunday August 16 =		Sunday November 15 =	
Sunday February 22 =		Sunday May 24 =		Sunday August 23 =		Sunday November 22 =	
		Sunday May 31 =		Sunday August 30 =		Sunday November 29 =	
Monthly Totals		Monthly Totals		Monthly Totals		Monthly Totals	
Sunday March 01 =		Sunday June 07 =		Sunday September 06 =		Sunday December 06 =	
Sunday March 08 =		Sunday June 14 =		Sunday September 13 =		Sunday December 13 =	
Sunday March 15 =		Sunday June 21 =		Sunday September 20 =		Sunday December 20 =	
Sunday March 22 =		Sunday June 28 =		Sunday September 27 =		Sunday December 27 =	
Sunday March 39 =						Thur. December 31 =	
Monthly Totals		Monthly Totals		Monthly Totals		Monthly Totals	
Quarterly Totals		Quarterly Totals		Quarterly Totals		Quarterly Totals	
		Grand Total 2008 =		Year 2009 =		Grand Total 2009 =	
<p>If earned, please enclosed funds for your awards in the incentive part of CKAP - Certificate included for highest yearly award earned.</p> <p>CKAP is funded by your one time membership fee and payment of badges and medals in the Incentive part of CKAP The certificate is only issued if you purchase the award you have earned // Would like a 25,000 km plaque @ \$35.00 ea. If earned []</p> <p>Name: _____ Address: _____</p> <p>Town / City : _____ Province / State : _____ Postal Code / Zip: _____</p> <p>Country : _____ Phone No: _____ E-mail address : _____</p> <p>Bicycle & Handcycling Incentive Programs 25,000 Km () Special Needs Incentive Program 15,000 Km ()</p> <p>Choose to receive the CKAP annual report in PDF format from supplied web site () or black & white hardcopy by mail ()</p> <p>List of Cycling Clubs that you belong to for the Hewes Challenge Trophy:</p> <p>List the Canadian Provinces you cycled in and the % of your total km cycled in each Prov. If more than one on the back of this log.</p> <p>Information will only be used by the board of Directors of Tour du Canada to determine winner of the annual Tour du Canada Award</p> <p>Do you use a bicycle computer to record your km's - yes () No () If no please explain your method _____</p> <p>Please remit your completed log, with any fees payable to CKAP before January 31, year 2010, to insure you meet C-KAP deadline</p> <p>To: James D. Wilson CKAP Coordinator - 1249 St. Paul Avenue - Ottawa ON Canada K1V 6V8</p> <p>Web page address: http://www.ckap.ca E-mail address: james.wilson@primus.ca</p>							

INFORMATION REQUIRED TO COMPETE FOR THE "TOUR DU CANADA AWARD"		
List	Provinces visited below	Date started & completed tour
		percent of annual km 1 to 100 %
	Cross Canada Cycling Trips	Dates not required
	Other than Canadian Cycling	Dates not required
	Home Province	Dates not required
	Total of all cycling	should equal 100 percent
Rules:		
The Tour du Canada Award is sponsored by Tour du Canada .		
The award hopes to encourage members to visit and cycle in Provinces other than their home Province.		
For the purposes of the Tour du Canada award only. Cross Canada cycling trips alone, in groups, supported or non-supported and cycling outside Canada do not count.		
All information provided will be held in the strictest confidence by CKAP		
CKAP and it's associates agree that it will not sell, rent, or otherwise disclose information provided in this log to any third party except that CKAP and it's associates may use the information to determine or present the awards as outlined in the program and to promote CKAP through their various publications.		
CKAP will continue to stock short sleeve 15" zipper & long sleeve full zipper jerseys.		
Please pay for incentive awards when earned as this will enable CKAP to purchase CKAP cycling cap and socks and future new clothing but it requires all members to pay for earned awards.		
Notes for the CKAP annual report "From the Peloton" keep short, your finest cycling moment		