

## What is CKAP

CKAP is an incentive cycling program offered by the Canadian Kilometer Achiever Program. Our goal is to inspire all cyclists in Canada and beyond to ride and reach their goal of improved health and lifestyle.

The program grew out of the vision of one man, Tom Parry, who metaphorically challenged, all cyclists to join teams cycling from all parts of Canada to the 1976 Montreal Olympics.

You can set yourself distance goals each year and work to achieve them. Each kilometer you cycle adds to your CKAP total. The kilometers keep building for you and for everyone in the program.

As of the end of year **2022** participants have logged over **36** million kilometers.

## How does CKAP Work

As you reach recognized CKAP km totals you become eligible to receive awards.

Send your registration form to the CKAP Coordinator and attach any fees payable to CKAP. You will receive an email or mail confirmation letter, CKAP number and annual cycling log with instructions. Each March you will receive an annual report and a new cycling log by attachment to a personal email or by mail.

Using your bicycle computer, keep track of how many kilometers you cycled each week. Record your results in your cycling log. You may record your km by the week or month the choice is yours to make. All totals should be in whole kilometers. Only km on the road, track or hills count no indoor trainers or rollers.

Handcyclist and Special Needs may use the sidewalk where appropriate. They may also count training and sports in a gym or track. Handcyclist's and Special Needs must use their judgment as to what is appropriate for them to count,

At the end of each year, you submit your log to the CKAP Coordinator and you will receive any awards you may have earned upon payment, or free if a major award is won as shown on page two.

## Ride for fitness



design by Charles R. Hand #774

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## How Do You Register

Cyclists in both programs receive a Lifetime Membership in CKAP by paying a one-time registration fee of \$30.00 Canadian – \$35.00 USA in U.S.A. funds - UK members and all other countries cost \$40.00 in U.S.A. funds to cover the extra cost of postage.

Badges \$10.00 and medals \$20.00 in the incentive part of the programs must be paid for as earned. They are considered part of your registration fee as CKAP has no annual fees.

The price of one computer printed and gold embossed certificate for the highest level reached each year is included in the cost of the award. You must pay for a badge or medal to receive a free certificate. Extra certificates cost \$3.00 each.

Please make sure that all cheque is payable to:  
The Canadian Kilometer Achiever Program or CKAP  
Mark in the memo area what the payment is for.  
Payments can also be made in Canada by Bank (E)  
Transfer or by **PayPal** anywhere.

# Canadian Kilometer Achiever Program



**Challenges you  
to improve your  
health & lifestyle  
by cycling**

## CKAP Registration Form

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Prov. State: \_\_\_\_\_

Country: \_\_\_\_\_ P. Code/Zip: \_\_\_\_\_

Phone #: \_\_\_\_\_ E-mail: \_\_\_\_\_

Birth Date: \_\_\_\_\_ Age: \_\_\_\_ Sex: M / F

Bicycle - Handcycle Program [ ] 25,000 Km

Special Needs Program [ ] 15,000 Km

Members Cycling Club: for Hewes Challenge

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Where did you learn about CKAP?

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### Receive annual report:

[ ] PDF colour format by downloading from the CKAP web site [www.ckap.ca](http://www.ckap.ca)

[ ] no internet, black & white photo copy by mail.

I understand that CKAP is an incentive program to encourage me to set personal goals in cycling and that CKAP bears no responsibility for my safety.

I undertake to be as accurate as possible in the keeping of my CKAP log.

Sign: \_\_\_\_\_ Date: \_\_\_\_\_

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Only your km from January 1<sup>st</sup> of the year that you joined CKAP count. New members joining CKAP that are of age 50 or over will be allowed to count an extra two years if they provide a cycling log for those years. You should pay for incentive award if earned.

### CKAP Bicycle and Handcycle Incentive Program 1,000 to 25,000 Km

1,000 Km = Bronze Badge & Certificate	\$10.00 ea.
2,500 Km = Silver Badge & Certificate	\$10.00 ea.
5,000 Km = Gold Badge & Certificate	\$10.00 ea.
10,000 Km = Bronze Medal & Certificate	\$20.00 ea.
15,000 Km = Silver Medal & Certificate	\$20.00 ea.
25,000 Km = Gold Medal & Certificate	\$20.00 ea.

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A CKAP plaque is available at cost of \$ 40.00 ea. postage included at each 25,000 km level reached for members who desire one.  
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#### Highest Annual Kilometer

Laurie Leslie

Canadian Olympic Goal Trophy

Les Humphreys

Canadian Olympic Goal Trophy

Pauline McKinley

International Olympic Goal Trophy

Woody Graham

International Olympic Goal Trophy

Winners have their name engraved on trophies and they are presented with a free keeper plaque.  
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#### Hewes Challenge Trophy

This trophy is awarded to the Cycling Club or Network with the highest CKAP annual km. The Club has their name engraved on trophy. Club is presented with a free keeper plaque. There is only one Hewes Challenge Trophy for all programs. As a member of CKAP, cyclist will be able to count their annual km towards one cycling club which they were a member during the same year as their submitted log. .

#### Bruce Timmermans 100,000 Km Club

Members has their name engraved on trophy, are presented with a free keeper plaque for each 100,000 CKAP recorded km.  
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#### Van Epps Handcycle

International Olympic Goal Trophy

A trophy will be purchased when membership warrants it and there is competition between hand cyclist members.

### Special Needs Program

Open to all types of human-powered cycles and wheelchairs.

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

All certificates and engraved medals will indicate the actual km that you cycled in the program that you choose. You may switch from one program to the other if your ability warrants it. This must be done by written request, sent to your CKAP coordinator.

### CKAP Award Incentive Program 1,000 to 15,000 Km

250 Km = Bronze Badge & Certificate	\$10.00 ea.
1,000 Km = Silver Badge & Certificate	\$10.00 ea.
2,500 Km = Gold Badge & Certificate	\$10.00 ea.
5,000 Km = Bronze Medal & Certificate	\$20.00 ea.
10,000 Km = Silver Medal & Certificate	\$20.00 ea.
15,000 Km = Gold Medal & Certificate	\$20.00 ea.

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All CKAP km are cumulative, each year added to the previous so you only earn and pay for the awards in the Incentive Program once. All major awards are free as shown on this page.

There is Microsoft Excel and PDF formatted cycling logs on the CKAP web page which are formatted to do all the addition for you. Please follow the instructions on the form including all the requested address information including your CKAP number.

For those members who don't have internet access there are plain PDF cycling logs which can be filled out by pen & ink and sent by mail. All logs should include your CKAP numbers; address information and cycling club for which you were a member during the log year.

CKAP will mail the annual report and cycling log to those who don't have internet access around the 1<sup>st</sup> to 2<sup>nd</sup> week of March for each year as long as you don't miss submitting your log for 2 consecutive years in a row.