

Canadian Kilometer Achiever Program (CKAP)

CKAP #		2012 Cycling Distance Log, In Kilometres Please					
Week Of	Totals	Week Of	Totals	Week Of	Totals	Week Of	Totals
Sunday January 01 =		Sunday April 01 =		Sunday July 01 =		Sunday October 07 =	
Sunday January 08 =		Sunday April 08 =		Sunday July 08 =		Sunday October 14 =	
Sunday January 15 =		Sunday April 15 =		Sunday July 15 =		Sunday October 21 =	
Sunday January 22 =		Sunday April 22 =		Sunday July 22 =		Sunday October 28 =	
Sunday January 29 =		Sunday April 29 =		Sunday July 29 =			
Monthly Total		Monthly Total		Monthly Total		Monthly Total	
Sunday February 05 =		Sunday May 06 =		Sunday August 05 =		Sunday November 04 =	
Sunday February 12 =		Sunday May 13 =		Sunday August 12 =		Sunday November 11 =	
Sunday February 19 =		Sunday May 20 =		Sunday August 19 =		Sunday November 18 =	
Sunday February 26 =		Sunday May 27 =		Sunday August 26 =		Sunday November 25 =	
Monthly Totals		Monthly Totals		Monthly Totals		Monthly Totals	
Sunday March 04 =		Sunday June 03 =		Sunday September 02 =		Sunday December 02 =	
Sunday March 11 =		Sunday June 10 =		Sunday September 09 =		Sunday December 09 =	
Sunday March 18 =		Sunday June 17 =		Sunday September 16 =		Sunday December 16 =	
Sunday March 25 =		Sunday June 24 =		Sunday September 23 =		Sunday December 23 =	
				Sunday September 30 =		Monday December 31 =	
Monthly Totals		Monthly Totals		Monthly Totals		Monthly Totals	
Quarterly Totals		Quarterly Totals		Quarterly Totals		Quarterly Totals	
		Grand Total 2011 =		Year 2012 =		Grand Total 2012 =	
If earned, please enclosed funds for your awards in the incentive part of CKAP - Certificate included for highest yearly award earned.							
CKAP is funded by your one time membership fee and payment of badges and medals in the Incentive part of CKAP The certificate is only free if you purchase the award you have earned // Would like a 25,000 - 50,000 or 75,000 km plaque @ \$35.00 ea. []							
Name:				Address:			
Town / City :		Province / State :		Postal Code / Zip:			
Country :		Phone No:		E-mail address :			
Bicycle & Handcycling Incentive Programs 25,000 Km () Special Needs Incentive Program 15,000 Km ()							
Choose to receive the CKAP annual report in PDF format from supplied web site () or black & white hardcopy by mail ()							
List of Cycling Clubs that you belong to for the Hewes Challenge Trophy:							
List the Canadian Provinces you cycled in and the % of your total km cycled in each Prov. If more than one on the back of this log.							
Information will only be used by the board of Directors of Tour du Canada to determine winner of the annual Tour du Canada Award							
Do you use a bicycle computer to record your km's - yes () No () If no please explain your method _____							
Please remit your completed log, with any fees payable to CKAP before January 31, year 2013, to ensure you meet C-KAP deadline							
To: James D. Wilson CKAP Coordinator - 1249 St. Paul Avenue - Ottawa, ON - K1V 6V8							
Web page address: http://www.ckap.ca E-mail address: james.wilson@primus.ca							

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