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 Tolal		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 Tolals		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 Tolals		Monthly Totals	
Quarterly Totals		Quarterly Totals		Quarterly Totals		Quarterly Totals	
		Grand Total 2011 =		Year 2012 =		Grand Total 2012 =	
			-			ghest yearly award earned	d.
				and medals in the Incentive			_
•	if you purch	ase the award you have ea	arned // <b>Wo</b>		or 75,000 k	m plaque @ \$35.00 ea. [	]
Name:		Address:					
Town / City :	Т	Province / State : Postal Co				de / Zip:	
Country: Phone No: E-mail address:							
Bicycle & Handcycling Inco		• ,		Needs Incentive Program 1		,	
		•		l web site ( ) or black & v	white hard	copy by mail()	
		o for the Hewes Challenge					
				cycled in each Prov. If mor ada to determine winner o		e on the back of this log. al Tour du Canada Award	
				olease explain your method_			
Do you use a bicycle com							
			KAP befor	e January 31, year 2013, to	o ensure y	ou meet C-KAP deadline	
	eted log, w	ith any fees payable to C			o ensure y	ou meet C-KAP deadline	

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 1	00 percent					
Rules:							
The Tour du Canada Award is sponso							
	bers to visit and cycle in Provinces othe						
For the purposes of the Tour du Cana	ada award only. Cross Canada cycling	trips alone, in groups,					
supported or non-supported and cycli	ng outside Canada do not count.						
All information provided will be held in	the strictest confidence by CKAP						
	t will not sell, rent, or otherwise disclos	e information provided in this					
log to any third party except that CKAP and it's associates may use the information to determine or							
	program and to promote CKAP throug						
procedure and additional in the program and to promote or a landagin their various pasheations.							
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.							
dup and sooks and ratare new distinin	g but it requires all members to pay for	cumed awards.					
Notes for the CKAP annual report "Fr	om the Peloton" keep short, your fines	et cycling moment					
Notes for the Cival annual report 11	offittie relotori keep short, your lines	st cycling moment					