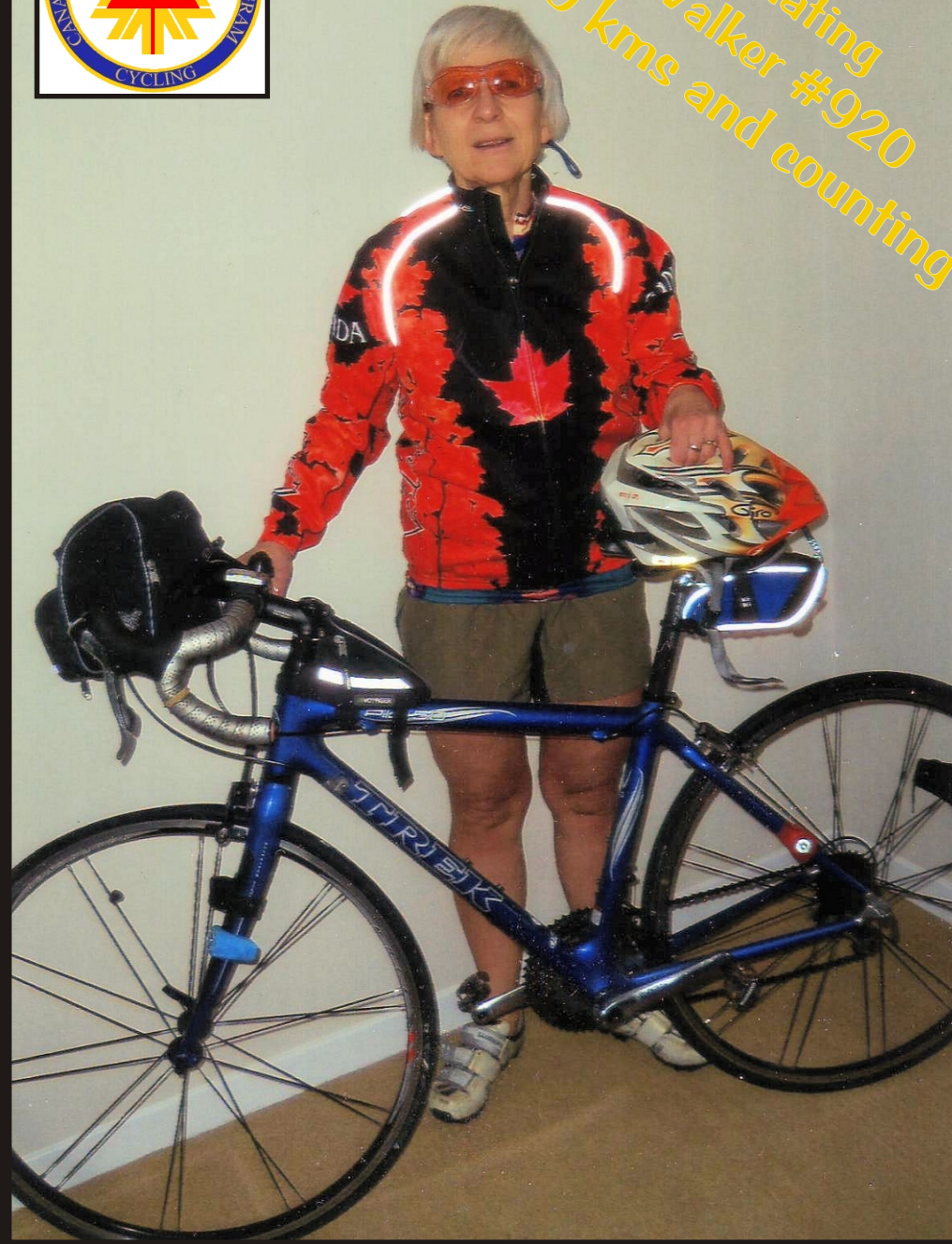


Canadian Kilometer Achiever Program (CKAP)



Congratulating
Sylvia Walker #920
200,000 kms and counting



Laurie Leslie Olympic Goal Winner
1993, 1994 & 1995

Bruce Timmermans 100,000 Club
100,000 Km 1992
200,000 km 2013

www.ckap.ca



Cycle for Fitness and Health

Goldwin McKinley CKAP 1096 has paid for the cost of a new female International Olympic Goal Trophy which he has requested that it be named after his wife CKAP 1096 as The Pauline McKinley International Olympic Goal Trophy. This request has been approved by the board and will be backdated to 1975 it is now in the process being made along with all of the 2013 awards. This means that in the years 1997 & 1999 Valerie Copeland win's of the Woody Graham International Olympic Goal will be transferred to the Pauline McKinley International Olympic Goal Trophy and will be replaced with the next highest Km member for those years which turn out to be Woody Graham with 24,604 in 1997 and 31,976 km in 1999 which makes Woody the highest winner of the Olympic award with 15 wins in his 875,233 Km journey including 2013.

New for the year 2014 is a PDF cycling log which you can type on it direct and send as an attachment to an email. These logs were created by Bud Jorgensen of Tour du Canada and you may find them easier to fill out than the Excel logs which will still be available for those who are familiar and want to use the Excel log. Years 2012, 2013 & 2014 should be uploaded on the CKAP web by the time you read this, or you can request James sends you a log by email.

Lets all save a tree, if mailing your log please print page 2 of the cycling log on the back of the log only if your going to use it for notes or the Tour du Canada-CKAP award, it will save postage cost, and space in the CKAP filing cabinet as each member has their own hard copy file. Members who send their logs in as attachment to an email need not send a printed copy by mail as I will check then print it as soon as received. Members should 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-CKAP award or using pen and ink for their comments. 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 only one cycling club that you belonged to in the relevant year to avoid getting an email or phone call from James. If your club membership status changed for the year please note this and if you do not belong to a cycling club add NIL for the Hewes award. 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, Thanks! Let's hope we all have a happy and safe cycling year. Unfortunately "Woody" has a crash while riding a brevet in Florida earlier this year, banged up but no bones broken.

Cheers :-))) "Sir" James starting his 20th year as your CKAP Coordinator.

A list of current CKAP inventory includes the following:

48 CKAP T-shirts heavy duty 100 % cotton in all sizes at **\$10.00 ea**, \$12.00 for XXL size, plus **\$3.00** for postage.

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

Louis Garneau short sleeve, heavy duty full zipper, 1 only **size L jersey** open like windbreaker jacket **\$75.00 ea**.

Short sleeve 15 inch hidden zipper **jerseys** Sizes; **S=1 – M NIL - L NIL – XL = 4 – XXL = 4 – 3XXL NIL = \$80.00 ea**.

ATAC short sleeve 19 inch hidden zipper **jerseys, S = 4 – M = 10 – L = 9 = \$75.00ea**. All prices include postage.

ATAC jerseys sizes are a bit smaller than Louie Garneau sizes I take a medium in Louis Garneau but a large in ATAC. I hope to order more Louis Garneau in the spring if funds are available after the 2013 annual report and awards.

Long sleeve heavy duty full length zipper jerseys Sizes = **S = NIL – M = 2 – L = 1– XL = 2 – XXL = NIL – 3XL = 1 \$85.00 ea**. including postage

Sylvia Walker CKAP 920 Front Cover Annual Report

Pauline McKinley International Olympic Goal Award

1993 – 11,351 Km

1994 – 15,043 Km

1995 – 12,930 Km

Laurie Leslie Olympic Goal Trophy Award

1993 – 11,351 Km

1994 – 15,043 Km

1995 – 12,930 Km

Bruce Timmermans 100,000 Km Club

2001 – 100,000 Km

2013 – 200,000 Km

Credit for the Front Page goes to CKAP Artistic Director Charles R. Hand - CKAP 774

LAURIE LESLIE
CANADIAN OLYMPIC GOAL TROPHY

YEAR	NAME	TOTAL Km	
1975	SHIRLEY SZILVASY	4,139 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	12,031 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	9,473 Km	
1993	SYLVIA WALKER	11,351 Km	
1994	SYLVIA WALKER	15,043 Km	
1995	SYLVIA WALKER	12,930 Km	
1996	VALERIE COPELAND	17,022 Km	Record
1997	VALERIE COPELAND	25,332 Km	Record
1998	VALERIE COPELAND	32,223 Km	Record
1999	VALERIE COPELAND	35,027 Km	All Time Record
2000	VALERIE COPELAND	24,634 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	
2008	PAULINE MCKINLEY	10,458 Km	
2009	CELIA MCINNIS	15,024 Km	
2010	CELIA MCINNIS	22,060 Km	
2011	CELIA MCINNIS	21,379 Km	
2012	CELIA MCINNIS	17,199 Km	

CELIA MCINNIS – CKAP 1159

WINNER – YEAR 2013

17,618 Km

Ottawa, Ontario Canada



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

1,000 km	Bronze Badge and Certificate	10.00
2,500 km	Silver Badge and Certificate	= 10.00
5,000 km	Gold Badge and Certificate	= 10.00
10,000 km	Bronze Medal and Certificate	= 20.00
15,000 km	Silver Medal and Certificate	= 20.00
25,000 km	Gold Medal and Certificate	= 20.00

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 \$40.00 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 female and male Canadian cyclist with the highest annual CKAP km 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 Members and 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.

Pauline McKinley International Olympic Goal Trophy Woody Graham International Olympic Goal Trophy

The International Olympic Goal Trophy is engraved with the female and male cyclists with the highest annual CKAP km for a calendar year regardless of country. Keeper plaques are presented in the same manner as the above Canadian ones. If the winner is Canadian they will receive one plaque engraved with both the Canadian and International award engraved on it.

Van Epps Handcycle International Olympic Goal Trophy

Trophies and plaques will be purchased when number of members, indicate 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 mailed 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 must choose one cycling club which they were a member during the year that represents their cycling log in which to count their yearly km towards the Hewes Club Challenge.

Formula to Win

CKAP members must have membership in the club or group they choose to use their km towards the Hewes Club Challenge during each current year to participate. This award is intended to get more cycling clubs evolved and to encourage more members to join CKAP.

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 \$10.00 and medals \$20.00 ea. A certificate comes with the highest award earned each year. The awards in the incentive part of CKAP should be purchased as earned when sending in your yearly cycling log; all major awards are free, with no annual fees. Please make all funds payable to CKAP and forward to your CKAP Coordinator.
2. All kilometers on the road and off (MTB) count. Including, races, board track, tours and cycling to the corner store.
3. No stationery indoor rollers, trainers or exercise bikes, indoors or outside count. Unless used to recover from serious injury or sickness at the CKAP coordinators discretion, 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 exceptions 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.

6. As of year 2012 CKAP cycling logs can be filled out by weekly totals or monthly totals, the choice is yours to make. New PDF CKAP cycling logs which can be typed on the computer and sent as an attachment to an email are now available from www.ckap.ca "Log Forms"

**Canadian Kilometer Achiever Program (CKAP)
James D. Wilson - CKAP Coordinator
1249 St. Paul Avenue
Ottawa, Ontario Canada K1V 6V8**

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

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

LES HUMPHREYS
CANADIAN OLYMPIC GOAL TROPHY

YEAR	NAME	TOTAL Km	
1975	R. HOLDEN	5,877 Km	Record
1976	KEN ROSS	16,206 Km	Record
1977	ORLANDO GOVEIA	11,922 Km	
1978	ORLANDO GOVEIA	14,050 Km	
1979	ORLANDO GOVEIA	13,765 Km	
1980	HUGH HEWES	8,880 Km	
1981	EDWARD K. HALE	11,033 Km	
1982	JOE GMERER	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	17,626 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	50,934 Km	All Time
2007	KENNETH R. BONNER	30,677 Km	
2008	HENRY BERKENBOS	30,812 Km	
2009	HENRY BERKENBOS	32,028 Km	
2010	KENNETH R. BONNER	33,407 Km	
2011	HENRY BERKENBOS	30,490 Km	
2012	KENNETH R. BONNER	28,660 Km	

HENRY BERKENBOS – CKAP 1133

WINNER – YEAR 2013

24,503 KM

Richmond, British Columbia 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 **1,324** cyclist, on a voluntary basis to log their daily kilometres 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 **71** CKAP 100,000 Km Club members since CKAP was formed in 1976. In the year 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 cycling km and metaphorically participate in the Olympic Goals. By the end of **2013** CKAP participants have cycled a distance greater than **27** million CKAP registered kilometers.

Year	No. of Participants Who Joined Each Year	Total # / Active #	Running Totals	By Year Joined Totals
Tom Parry, coordinator 352 registrations				
1975	9	1	980,368	980,368
1976	194	5	1,953,260	2,933,628
1977	43	1	851,017	3,784,645
1978	65	2	787,840	4,572,485
1979	24	1	421,834	4,994,319
1980	17	2	495,848	5,490,167
Hugh Hewes coordinator 420 registrations // CKAP total Tom Parry's members to date =			5,490,167	
1981	42	1	517,523	6,007,690
1982	102	0	954,918	6,962,608
1983	46	1	451,617	7,414,225
1984	74	2	600,464	8,014,689
1985	43	3	880,707	8,895,396
1986	32	1	336,368	9,231,764
1987	22	0	269,665	9,501,429
1988	29	2	488,386	9,989,815
1989	30	1	578,343	10,568,158
Tom Sylvester coordinator 92 registrations // CKAP total of Hugh's members to date =			5,077,991	
1990	20	5	597,966	11,166,124
1991	23	1	644,395	11,810,519
1992	12	3	572,077	12,382,596
1993	11	1	215,264	12,597,860
1994	26	6	844,830	13,442,690
James Wilson coordinator 459 registrations // CKAP total of Tom's members to date =			2,874,532	
1995	15	4	362,846	13,805,536
1996	11	5	690,804	14,496,340
1997	29	6	772,500	15,268,840
1998	40	6	1,069,602	16,338,442
1999	25	13	1,095,887	17,434,329
2000	19	10	665,642	18,099,971
2001	48	22	2,089,945	20,189,916
2002	41	19	1,766,571	21,956,487
2003	50	24	1,386,924	23,343,411
2004	40	16	1,080,937	24,424,348
2005	34	13	621,607	25,045,955
2006	25	12	552,964	25,598,919
2007	26	13	573,302	26,172,221
2008	20	16	448,140	26,620,361
2009	10	5	134,318	26,754,679
2010	9	4	86,789	26,841,468
2011	7	7	114,935	26,956,403
2012	3	3	16,963	26,973,366
2013	7	7	28,893	27,002,259
2014				
2013 Members Log = 222 - 1,090,233 Km // CKAP total of James's members to date =			13,559,569	
Cyclists Total = 1,323 // Final Total of all CKAP members at the end of 2013 =			27,002,259	

PAULINE MCKINLEY**INTERNATIONAL OLYMPIC GOAL TROPHY**

YEAR	NAME	TOTAL Km	
1975	SHIRLEY SZILVASY	4,139 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	12,031 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	9,473 Km	
1993	SYLVIA WALKER	11,351 Km	
1994	SYLVIA WALKER	15,043 Km	
1995	SYLVIA WALKER	12,930 Km	
1996	VALERIE COPELAND	17,022 Km	Record
1997	VALERIE COPELAND	25,332 Km	Record
1998	VALERIE COPELAND	32,223 Km	Record
1999	VALERIE COPELAND	35,027 Km	All Time Record
2000	VALERIE COPELAND	24,634 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	
2008	PAULINE MCKINLEY	10,458 Km	
2009	CELIA MCINNIS	15,024 Km	
2010	CELIA MCINNIS	22,060 Km	
2011	CELIA MCINNIS	21,379 Km	
2012	CELIA MCINNIS	17,199 Km	

CELIA MCINNIS – CKAP 1159**WINNER – YEAR 2013****17,618 Km****Ottawa, Ontario Canada**

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	15,951 Km	USA	
1981	KEITH SHEALY	15,362 Km	USA	
1982	WOODY GRAHAM	20,482 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	20,271 Km	Canada	
1989	WOODY GRAHAM	18,893 Km	USA	
1990	WOODY GRAHAM	24,284 Km	USA	
1991	WOODY GRAHAM	22,832 Km	USA	
1992	STAN SKONIECZNY	25,180 Km	Canada	
1993	STAN SKONIECZNY	26,920 Km	Canada	
1994	STAN SKONIECZNY	27,020 Km	Canada	
1995	WOODY GRAHAM	27,266 Km	USA	
1996	WOODY GRAHAM	23,441 Km	USA	
1997	WOODY GRAHAM	24,603 Km	USA	
1998	STAN SKONIECZNY	33,130 Km	Canada	Record
1999	WOODY GRAHAM	31,976 Km	USA	
2000	WOODY GRAHAM	34,878 Km	USA	
2001	LARRY SCHWARTZ	35,113 Km	USA	Record
2002	LARRY. SCHWARTZ	42,020 Km	USA	Record
2003	WOODY GRAHAM	27,535 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 Record
2007	KENNETH R. BONNER	30,677 Km	Canada	
2008	HENRY BERKENBOS	30,812 Km	Canada	
2009	LEONARD W. WRIGHT	34,192 Km	USA	
2010	KENNETH R. BONNER	33,407 Km	Canada	
2011	HENRY BERKENBOS	30,490 Km	Canada	
2012	KENNETH R. BONNER	28,660 Km	Canada	

FRANK "WOODY" A. GRAHAM III – CKAP 274
WINNER – YEAR 2013

26,067 KM

Columbia, South Carolina United States of America



Year Joined	Year Won	CKAP No.	Name	City / Town - Province / State	Countries	Level Reached
1975	2010	274	Frank A. "Woody" Graham III	Columbia, SC	U.S.A.	800,000 Km
1975	2006	274	Frank A. "Woody" Graham III	Columbia SC	U.S.A.	700,000 Km
1975	2003	274	Frank A. "Woody" Graham III	Columbia SC	U.S.A.	600,000 Km
1975	2000	274	Frank A. "Woody" Graham III	Columbia SC	U.S.A.	500,000 Km
1989	2010	922	Stanislaw Skonieczny	Toronto, ON	Canada	500,000 Km
1975	1996	274	Frank A. "Woody" Graham III	Columbia, SC	U.S.A.	400,000 Km
1977	2003	356	Keith W. Shealy	Newberry, SC	U.S.A.	400,000 Km
1989	2005	922	Dr. Stanislaw Skonieczny	Toronto, ON	Canada	400,000 Km
1976	2013	273	Ken Ross	Victoria, BC	Canada	400,000 Km
1975	1992	274	Frank A. "Woody" Graham III	Columbia, SC	U.S.A.	300,000 Km
1977	1995	356	Keith W. Shealy	Newberry, SC	U.S.A.	300,000 Km
1989	2001	922	Dr. Stanislaw Skonieczny	Toronto, ON	Canada	300,000 Km
1976	2004	273	Ken Ross	Victoria, BC	Canada	300,000 Km
1992	2007	955	Valerie Copeland	Grimsby, ON	Canada	300,000 Km
1976	2009	158	Les Humphreys	Almonte, ON	Canada	300,000 Km
1991	2011	941	Albert Martz	St. Catharines, ON	Canada	300,000 Km
2001	2011	1133	Henry Berkenbos	Richmond, BC	Canada	300,000 Km
2002	2012	1255	Kenneth "Ken" Bonner	Victoria, BC	Canada	300,000 Km
2013	2013	183	Orlando C. Goveia	Chatham, ON	Canada	300,000 Km
1974	1988	274	Frank A. "Woody" Graham III	Columbia, SC	U.S.A.	200,000 Km
1977	1988	356	Keith W. Shealy	Newberry, SC	U.S.A.	200,000 Km
1976	1994	273	Ken Ross	Victoria, BC	Canada	200,000 Km
1976	1998	158	Les Humphreys	Almonte, ON	Canada	200,000 Km
1976	1998	183	Orlando C. Goveia	Chatham, ON	Canada	200,000 Km
1989	1998	922	Dr. Stanislaw Skonieczny	Toronto, ON	Canada	200,000 Km
1992	2001	955	Valerie Copeland	Grimsby, ON	Canada	200,000 Km
1982	2003	503	Murray Dean	Napanee, ON	Canada	200,000 Km
1977	2004	409	Dr. Tony J.A.S. Marriott	Millgrove, ON	Canada	200,000 Km
1979	2006	428	Mark Beaver	Halifax, NS	Canada	200,000 Km
1991	2006	941	Albert Martz	St. Catharines, ON	Canada	200,000 Km
1985	2007	738	David Earnshaw	Sarnia, ON	Canada	200,000 Km
2001	2007	1133	Henry Berkenbos	Richmond, BC	Canada	200,000 Km
1994	2009	940	John Bos	Ottawa, ON	Canada	200,000 Km
2002	2009	1255	Kenneth "Ken" Bonner	Victoria, BC	Canada	200,000 Km
1985	2010	514	Fernando Goncalves	Scarborough, ON	Canada	200,000 Km
1977	2011	345	Paul Davison	Wolfville, NS	Canada	200,000 Km
1992	2013	920	Sylvia Walker	Wasaga Beach, ON	Canada	200,000 Km

Ken Ross – CKAP 273

Formally Woodstock, Ontario now Victoria, British Columbia

Winner

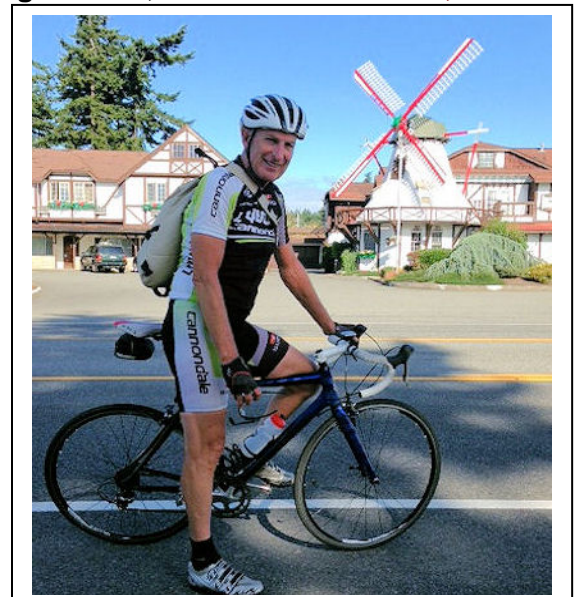
The Bruce Timmermans 100,000 Km Club

100,000 Km Club Plaque 1984

200,000 Km Club Plaque 1994

300,000 Km Club Plaque 2004

400,000 Km Club Plaque 2013



Year – Year – CKAP			Bruce Timmermans 100,000 Km Club				
Joined	Win	No.	Name	Town / City	Country	No.	100,000 Km
1975	1982	274	Frank “Woody” Graham	Columbia, South Carolina	USA	01	100,000 Km
1977	1983	356	Keith W. Shealy	Newberry, South Carolina	USA	02	100,000 Km
1976	1984	273	Ken Ross	Victoria, British Columbia	Canada	03	100,000 Km
1976	1986	183	Orlando C. Goveia	Chatham, Ontario	Canada	04	100,000 Km
1976	1987	158	Les Humphreys	Almonte, Ontario	Canada	05	100,000 Km
1976	1990	134	Bruce Timmermans	Ottawa, Ontario	Canada	06	100,000 Km
1976	1990	232	Gary Conrod	Dartmouth, Nova Scotia	Canada	07	100,000 Km
1978	1990	409	Dr. Tony J.A.S. Marriott	Millgrove, Ontario	Canada	08	100,000 Km
1987	1991	839	Tom Sylvester	Stella, Ontario	Canada	09	100,000 Km
1982	1992	503	Murray Dean	Napanee, Ontario	Canada	10	100,000 Km
1979	1993	428	Mark Beaver	Halifax, Nova Scotia	Canada	11	100,000 Km
1976	1994	345	Paul Davison	Wolfville, Nova Scotia	Canada	12	100,000 Km
1989	1994	922	Dr. Stanislaw Skonieczny	Toronto, Ontario	Canada	13	100,000 Km
1978	1995	412	Hugh “Bill” Hewes	Caledon East, Ontario	Canada	14	100,000 Km
1980	1995	439	Graham Stewart	Thunder Bay, Ontario	Canada	15	100,000 Km
1980	1995	440	Laurie Leslie	Thunder Bay, Ontario	Canada	16	100,000 Km
1985	1996	738	David Earnshaw	Sarnia, Ontario	Canada	17	100,000 Km
1982	1996	595	Dave Young	Halifax, Nova Scotia	Canada	18	100,000 Km
1985	1997	514	Fernando Goncalves	Toronto, Ontario	Canada	19	100,000 Km
1977	1998	321	Jerry Ford	Burlington, Ontario	Canada	20	100,000 Km
1978	1998	354	Patsy Shealy	Newberry, South Carolina	USA	21	100,000 Km
1992	1998	955	Valerie Copeland	Grimsby, Ontario	Canada	22	100,000 Km
1996	1999	774	Charles R. Hand	St. Catharines Ontario	Canada	23	100,000 Km
1991	1999	941	Albert Martz	St. Catharines, Ontario	Canada	24	100,000 Km
1981	2001	488	Ron Newhook	Ottawa, Ontario	Canada	25	100,000 Km
1984	2001	714	Brian McGrath	Caledon East, Ontario	Canada	26	100,000 Km
1992	2001	920	Sylvia Walker	Wasaga Beach, Ontario	Canada	27	100,000 Km
1983	2001	708	James B. Smith	Walton, Nova Scotia	Canada	28	100,000 Km
1998	2001	1023	Larry Schwartz	Wylie, Texas	USA	29	100,000 Km
1994	2002	940	John Bos	Ottawa, Ontario	Canada	30	100,000 Km
1985	2003	737	Dorothy Earnshaw	Sarnia, Ontario	Canada	31	100,000 Km
1997	2004	462	Douglas Yardley	Scarborough, Ontario	Canada	32	100,000 Km
1990	2004	883	Ross Kingdon	Amaranth, Ontario	Canada	33	100,000 Km
1996	2004	990	William Feere	Limoges, Ontario	Canada	34	100,000 Km
2001	2004	1133	Henry Berkenbos	Richmond, British Columbia	Canada	35	100,000 Km
2001	2005	1124	Kent Peterson	Issaquah, Washington	USA	36	100,000 Km
1996	2005	988	Philip Burgess	Dundas, Ontario	Canada	37	100,000 Km
1990	2006	878	Keith McEwen	Cookstown, Ontario	Canada	38	100,000 Km
1994	2006	970	Jocelyn “Jess” Raymond	Ottawa, Ontario	Canada	39	100,000 Km
2002	2006	1255	Kenneth Bonner	Victoria, British Columbia	Canada	40	100,000 Km
1998	2006	1060	Jack Duchesne	St. Catharines, Ontario	Canada	41	100,000 Km
1998	2007	1029	John Victor	Appleton, Wisconsin	USA	42	100,000 Km
1999	2007	1099	Gerald D. Irvine	St. Catharines, Ontario	Canada	43	100,000 Km
1996	2008	989	Andre Marier	Ottawa, Ontario	Canada	44	100,000 Km
1997	2008	1006	Irwin Nayer	Mississauga, Ontario	Canada	45	100,000 Km
2002	2008	1159	Celia McInnis	Ottawa, Ontario	Canada	46	100,000 Km
1995	2009	1051	John Helm	St. Catharines, Ontario	Canada	47	100,000 Km
1978	2009	381	Ken Schykulski	Winnipeg, Manitoba	Canada	48	100,000 Km
1999	2009	730	Manfred Kuchenmuller	Richmond, British Columbia	Canada	49	100,000 Km
2003	2009	1286	Jim Fidler	Victoria, British Columbia	Canada	50	100,000 Km

Year – Year – CKAP		Bruce Timmermans 100,000 Km Club					
Joined	Win	No.	Name	Town / City	Country	No.	100,000 Km
1990	2010	341	“Sir” James D. Wilson – Ottawa, Ontario		Canada	51	100,000 Km
2001	2010	1209	Harold J. Bridge – Port Coquitlan, British Columbia		Canada	52	100,000 Km
2001	2010	1127	Stephen Penner – Hamilton, Ontario		Canada	53	100,000 Km
2003	2010	1215	Craig Premack – Burnaby, British Columbia		Canada	54	100,000 Km
1995	2011	1014	Gaston Carbonneau – Shawinigan, Quebec		Canada	55	100,000 Km
2001	2011	1119	Larry Voth – Langley, British Columbia		Canada	56	100,000 Km
2001	2011	1214	Ronald Amero – Ottawa, Ontario		Canada	57	100,000 Km
1988	2012	834	Judith Ducommun – Belleville, Ontario		Canada	58	100,000 Km
1994	2012	1013	Mariette Carbonneau – Shawinigan, Quebec		Canada	59	100,000 Km
1999	2012	1070	Silvio Bestulic – Hamilton, Ontario		Canada	60	100,000 Km
2000	2012	1095	Pauline McKinley – Dundas, Ontario		Canada	61	100,000 Km
2002	2012	1249	Gary Baker – Cultus Lake, British Columbia		Canada	62	100,000 Km
2004	2012	1320	Ken Knutson – Tracy, California		USA	63	100,000 Km
2007	2012	1327	Graham Fishlock – Chemainus, British Columbia		Canada	64	100,000 Km
2006	2012	1369	Marcel Gingras – Port Colborne, Ontario		Canada	65	100,000 Km
2007	2012	1273	Leonard W. Wright – Sebring, Florida		USA	66	100,000 Km
1998	2013	1031	Carl W. Freeland – Woodstock, Ontario		Canada	67	100,000 Km
1999	2013	1062	Paul Kajmowicz – Thunder Bay, Ontario		Canada	68	100,000 Km
2001	2013	1120	Ed Dixon – Victoria, British Columbia		Canada	69	100,000 Km
2004	2013	1248	Dave McAuslan – Carleton Place, Ontario		Canada	70	100,000 Km
2002	2013	1251	Bob White – Dartmouth, Nova Scotia		Canada	71	100,000 Km
2004	2013	1303	Dr. David Gillanders – Vancouver, British Columbia		Canada	72	100,000 Km
2008	2013	1375	Spencer Klaassen – Saint Joseph, Missouri		U.S.A.	73	100,000 Km

Louis Garneau CKAP Jersey's available short sleeve - Louis Garneau CKAP Jerseys long sleeve

1 size – S - 17” hidden Zipper

4 size – XL – 17” hidden zipper

4 size – XXL – 17” hidden zipper

2 size M – full heavy duty zipper

1 size L – full heavy duty zipper

2 size XL

1 size 3XL

Size Chart for ATAC – CKAP Jerseys

Jerseys available short sleeve

4 size – S – 19” hidden zipper

10 size – M – 19” hidden zipper

9 size – L - 19” hidden zipper

Louis Garneau short sleeve

1 size L - full heavy duty zipper

I hope to place order for Louis Garneau jerseys this spring

ATAC Jerseys are about ½ size smaller than Louis Garneau



Size	Chest	Waist
XXS	28-30 in	24-26 in
XS	30-32 in	26-28 in
S	32-34 in	28-30 in
M	34-36 in	30-32 in
L	36-38 in	32-34 in
XL	38-40 in	34-36 in
XXL	40-42 in	36-38 in
XXXL	42-44 in	38-40 in

"Hewes" Challenge Challenge Trophy for Year 2013 page 1 of 2

Name of Cycling Clubs	CKAP	Km	CKAP	Km	CKAP	Km	CKAP	Km	CKAP	Km	No's	Totals	Winners
	#	One	#	Two	#	Three	#	Four	#	Five			#
B C Randonneurs	1352	14,679	1249	11,048	1336	7,564	1360	1,938	1393	11,316	23	182,381	1
B C Randonneurs	730	7,810	1239	3,234	1303	6,025	1320	12,177	1338	10,546			
B C Randonneurs	1215	12,667	1290	4,003	1358	9,595	1119	7,389	1410	2,026			
B C Randonneurs	1411	8,363	1327	14,167	1301	4,722	1355	3,515	1356	4,975			
BC Randonneurs	1381	6,841	1392	16,281	1414	1,500	not on certificate						Late
Ottawa Bicycle Clut	341	711	940	16,826	1184	2,220	1408	7,737	1177	2,333	12	64,196	2
Ottawa Bicycle Clut	1086	5,350	1201	3,545	1245	3,497	1409	2,294	970	4,266			
Ottawa Bicycle Clut	1214	8,917	1229	6,500									
Niagara Freewheelers	885	891	1268	2,140	1051	6,077	1339	2,725	1075	5,720	10	55,985	3
Niagara Freewheelers	1388	9,809	941	10,240	1099	6,666	1127	11,241	1346	476			
Thunder Bay Cycling Clut	1108	6,205	1062	3,848	439	4,236	440	4,376	1168	9,202	10	50,564	4
Thunder Bay Cycling Clut	1237	2,748	1195	3,704	1196	3,483	1029	9,693	1281	3,069			
Almonte Bicycle Club	1159	17,618	1248	12,192	1348	2,384	1110	4,781	1382	362	6	45,647	5
Almonte Bicycle Clut	158	8,310											
Wed.MorCoffeeRideGroup	1255	23,918	1421	5,287	1423	8,063					3	37,268	6
Randonneurs Ontaric	1418	19,301	1417	11,244	1172	4,483					3	35,028	7
Carolina Cyclers	1298	158	274	26,070							2	26,228	8
D'Ornellas Cycling Clut	1228	5,148	922	20,190							2	25,338	9
Great Can. Bicycle Tours	1203	1,715	988	8,347	321	1,180	1095	5,428	1096	3,406	6	23,995	10
Great Can. Bicycle Tours	1031	3,919											
Toronto Bicycling Network	1226	8,951	462	10,267							2	19,218	11
Kansas City Ultra Cyclinç	1375	19,211									1	19,211	12
GreaterVictoria C.Coalitiör	1120	11,361	1217	3,608	1259	1,679					3	16,648	13
Velo Halifax	345	6,066	232	3,098	1015	5,556	1242	317	1169	239	5	15,276	14
Velo Halifax													
Highlands Pedalers	1373	13,106									1	13,106	15
Durham Cycling Clut	1271	5,840	1305	5,966							2	11,806	16
Woodstock Cycling Clut	273	10,600									1	10,600	17
Randonneurs Nova Scotia	428	10,210									1	10,210	18
Centennial Cycling Clut	1398	5,044	1422	5,019							2	10,063	19
House of Hope Cycle Clut	1401	9,055									1	9,055	20
FrederictonFolksOnSpokes	1208	1,536	1198	2,438	1321	4,014					3	7,988	21

Only one cycling club that each CKAP member was a member in the current year may be used -There is no formula total km wi

Name of Cycling Clubs	CKAP #	Km	CKAP#	Km	CKAP#	Km	CKAP#	Km	CKAP#	Km	No's	Totals	Win
Nova Scotia Ramblers	1251	7,164									1	7,164	22
Tour du Canada	1390	2,274	1299	1,270	1402	2,885					3	6,429	23
Bestulic Family Clut	985	154	1069	231	1070	5,746	1111	121			4	6,252	24
CrossCanadaCycleTour S.	1370	5,783									1	5,783	25
UKHandcyclistAssociator	1167	5,195									1	5,195	26
Woodbridge Cycling Club	1415	5,007									1	5,007	27
Hamilton Cycling Clut	1066	4,717									1	4,717	28
MuskokaLakesCyclingClub	1194	4,588									1	4,588	29
Cycling BC	1419	2,506	1420	1,511							2	4,017	30
Outdoor Club of East York	968	2,670	1181	1,342							2	4,012	32
Moore's Buck Family Club	1073	65	1142	2,533	1143	1,107					3	3,705	32
God-Spoke Cyclists AB	1333	462	1334	603	1364	706	1365	1,819			4	3,590	33
Oregon Randonneurs	1322	3,096									1	3,096	34
OntarioMastersCycling Ass	973	3,006									1	3,006	35
Oakville Cycling Clut	974	2,394									1	2,394	36
Edmonton Juventus C. C.	1377	1,681	Club Winners of the Hewes Challenge Trophy									1,681	37
			1990	Ontario Masters Cycling Association - Canada		56,645 km							
Kawartha Cycling Clut	1296	878	1991	Velo Kingston Cycling Club - Canada		71,632 km						878	38
			1992	Ontario Master Cycling Association - Canada		75,283 km							
Bayshore C.C.Green Bay	1254	273	1993	Scarborough Cycling Club - Canada		55,820 km						273	39
			1994	Scarborough 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 Club - Canada		88,662 km							
			1999	Niagara Freewheelers Bicycle 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 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		241,886 km							
			2007	British Columbia Randonneurs - Canada		262,751 km							
			2008	British Columbia Randonneurs - Canada		239,520 km							
			2009	British Columbia Randonneurs - Canada		227,762 km							
			2010	British Columbia Randonneurs - Canada		258,148 km							
			2011	British Columbia Randonneurs - Canada		203,558 km							
			2012	British Columbia Randonneurs - Canada		173,323 km							
			2013	British Columbia Randonneurs - Canada		182,381 km							

Canadian Kilometer Achiever Program (CKAP)

38th Edition of the CKAP Annual Report – Year 2013 Current Members

Year Joined	Name Member	CKAP No.	Town – City Prov. – State	Grand Total 2012	Year 2013	Grand Total 2013	Award's 2013
1978	Les Humphreys	158	Almonte, ON	327,700	8,310	336,010	
1976	Orlando C. Goveia	183	Chatham, ON	293,147	8,451	301,598	300,000 Km Club
1976	Gary Conrod	232	Dartmouth, NS	168,671	3,098	171,769	
1976	Ken Ross	273	Victoria, BC	392,368	10,600	402,968	400,000 Km Club
1975	Frank A. “Woody” Graham	274	Columbia, SC	849,166	26,070	875,236	
1977	Jerry Ford	321	Burlington, ON	132,549	1,180	133,729	
1991	“Sir” James Wilson	341	Ottawa, ON	105,114	713	105,827	
1976	Paul Davison	345	Wolfville, NS	207,057	6,066	213,123	
1978	Ken Schakowsky	381	Winnipeg, MB	109,726	2,668	112,394	
1978	Dr. Tony Marriott	409	Millgrove, ON	236,682	4,078	240,760	
1979	Mark Beaver	428	Halifax, NS	268,519	10,210	278,729	
1980	Graham Stewart	439	Thunder Bay, ON	181,067	4,236	185,303	
1980	Laurie Leslie	440	Thunder Bay, ON	180,718	4,376	185,094	
1997	Douglas Yardley	462	Scarborough, ON	183,673	10,267	193,940	
1981	Ron Newhook	488	Ottawa, ON	156,028	7,631	163,659	
1985	Fernando Goncalves	514	Toronto, ON	224,832	8,326	233,158	
1984	Janet Pryer	649	Victoria, BC	18,525	129	18,654	
1983	James B. Smith	708	Walton, NS	117,061			
1984	Bruce Meyers	716	Waterdown, ON	47,237	3,047	50,284	
1999	Manfred Kuchenmuller	730	Richmond, BC	132,037	7810	139,847	
1985	Dorothy Earnshaw	737	Sarnia, ON	152,673	5,235	157,908	
1985	David Earnshaw	738	Sarnia, ON	236,388	6,340	242,728	
1986	Charles R “Charlie” Hand	774	St. Catharines, ON	180,097	6007	186,104	
1988	Judith Ducommun	834	Belleville, ON	102,637	10,595	113,232	
1988	Larry Ducommun	835	Belleville, ON	91,103	4,299	95,402	
1990	Keith McEwen	878	Cookstown, ON	109,905	0	109,905	
1990	Isabelle Sheardown	879	Cookstown, ON	92,063	0	92,063	
1990	Ross Kingdon	883	Amaranth, ON	151,459	5,296	156,755	
1990	David Featherstone	885	St. Catharines, ON	35,414	891	36,305	
1992	Sylvia Walker	920	Wasaga Beach, ON	193,787	7,087	200,874	200,000 Km Club
1989	Dr. Stan Skonieczny	922	Toronto, ON	550,250	20,190	570,440	
1997	Edwin Greenfield	924	Richmond Hill, ON	28,245	3,062	31,307	
1992	Bill Lucas	928	Brampton, ON	7,027			
1992	Elfi Lucas	929	Brampton ON	4,412			
1994	John Bos	940	Nepean, ON	259,790	16,826	276,616	
1991	Albert Martz	941	St Catharines, ON	321,683	10,240	331,923	
1994	Garry Buhler	961	Edmonton, AB	19,219	152	19,371	
1994	Lucy Perri	968	Toronto, ON	55,574	2,670	58,244	
1994	Jocelyn “Jess” Raymond	970	Ottawa, ON	156,793	4266	161,059	
1995	Phil Renaud	973	Brantford, ON	55,285	3,006	58,291	
1995	Bill Murray	974	Toronto, ON	69,954	2,394	72,348	
1995	James Smith	979	Ward Island, ON	75,514	5171	80,685	
1993	Mark Kremblewski	981	Toronto, ON	91,495			
1996	Rene Arnolis	982	Hamilton, ON	42,639	1,201	43,840	
2002	Matthew Bestulic	985	Hamilton, ON	8,500	154	8,654	
1996	Phil Burgess	988	Dundas, ON	180,032	8,347	188,379	
1996	Andre Marier	989	Ottawa, ON	142,552	5,351	147,903	
1996	William “Wild Bill” Feere	990	Limoges, ON	134,565	2,880	137,445	
1997	Irwin Nayer	1006	Mississauga, ON	155,008	10,548	165,556	

1997	Mel Slochowski	1009	Maple, ON	9,343	724	10,067	Bronze Medal
1997	Steven Strahm	1010	Stratford, ON	34,676	999	35,675	
1994	Mariette Carbonneau	1013	Shawinigan, QC	106,729	5,301	112,030	
1995	Gaston Carbonneau	1014	Shawinigan, QC	118,589	5,565	124,154	
1997	Gerard Moss	1015	Dartmouth, NS	68,328	5,556	73,884	
1998	John Twemlow	1019	Ottawa, ON	57,053	3073	60,126	
1998	Bill Groves	1026	Vineland, ON	16,784	0	16,784	
1998	John Victor	1029	Appleton, WI	136,705	9,693	146,398	
1998	Carl Freeland	1031	Woodstock, ON	96,194	3,919	100,113	100,000 Km Club
1998	Robert L. Kay	1042	Kingston, ON	71,415	4,345	75,760	
1994	John Helm	1051	St. Catharines, ON	120,665	6,077	126,732	
1999	Paul P. Kajmowicz	1062	Thunder Bay, ON	97,234	3,848	101,082	100,000 Km Club
1999	William J. Southcott	1064	Lindsay, ON	30,930	726	31,656	
1999	Rob Zych	1066	Hamilton, ON	66,834	4,717	71,551	
1999	Deborah T. O'Leary	1067	Lower Sackville, NS	18,691			
2000	Veronica Bestulic	1069	Hamilton, ON	1,780	231	2,011	
1999	Silvio Bestulic	1070	Hamilton, ON	102,089	5,746	107,835	
1999	Kelly Buck	1072	Hamilton, ON	1,255	0	1,255	
1999	Marcus Buck	1073	Hamilton, ON	2,600	65	2,665	
1999	John Siemens	1075	Niagara Falls, ON	73,562	5,720	79,282	
1999	Irene M Arnolis	1077	Hamilton, ON	28,915	1,449	30,364	
2000	Stephen Tosh	1079	Almonte, ON	28,418	194	28,612	
2000	Michael Poplawski	1082	Victoria, BC	79,567			
2000	Ernest Ruppenthal	1085	Ottawa, ON	38,255	1,915	40,170	
2000	Alan Medcalf	1086	Brockville, ON	85,733	5,350	91,083	
1998	Elfriede Ronson	1088	Perth, ON	26,634	131	26,765	
2000	Frances Sheasgreen	1090	Ft. Saskatchewan, AB	53,745	3,543	57,288	
2000	Ken Elliott	1092	St. Catharines, ON	21,103			
2000	Paul Cadieux	1093	Ajax, ON	37,265	1843	39,108	
2000	Pauline McKinley	1095	Dundas, ON	102,084	5,428	107,512	
2000	Goldwin McKinley	1096	Dundas, ON	72,775	3,406	76,181	75,000 Km Plaque
2001	Haynesworth Van Epps	1098	Spartanburg, SC	13,785	3,937	17,722	Silver Medal
2000	Gerald D. Irvine	1099	St. Catharines, ON	154,686	6,666	161,352	
2001	Fabio Zorzes	1108	Thunder Bay, ON	46,303	6,205	52,508	50,000 certificate
2001	Scott Smithson	1110	Almonte, ON	48,992	4,781	53,773	50,000 certificate
2001	Sergio Bestulic	1111	Hamilton, ON	2,953	121	3,074	
2001	John J. Barnhardt	1113	Ottawa, ON	51,774	1,288	53,062	
1999	Brent Anderson	1115	Airdrie, AB	32,936	5,630	38,566	
2001	Harold Lilly	1116	Burlington, ON	15,253	1,966	17,219	
2001	Jim Smith	1118	Gaston, SC	13,194	0	13,194	
2001	Larry Voth	1119	Langley, BC	117,522	7,389	124,911	
2001	Ed Dixon	1120	Victoria, BC	92,925	11,361	104,286	100,000 Km Club
2001	Joyce Cameron	1121	North York, ON	1,164	17	1,181	
2001	Stephen Penner	1127	Hamilton, ON	130,344	11,241	141,585	
2002	Wayne Harrington	1132	Vernon, BC	35,636	115	35,751	
2001	Henry Berkenbos	1133	Richmond, BC	346,452	24,503	370,955	
2001	Paul Buttamor	1134	Cavan, ON	81,170	6,739	87,909	
1999	Bill Wood	1137	Hanwell, NB	74,351	4,066	78,417	
1996	Dawn Gillingham	1141	Kamloops, BC	73,536	1,308	74,844	
2001	Norma Moores	1142	Hamilton, ON	13,521	2,533	16,054	
2001	Shannon V. Buck	1143	Hamilton, ON	1,155	1,107	2,262	
2002	Ted Chamut	1144	Thunder Bay, ON	29,459			
2002	Dennis W. Arpin	1156	Grand Falls, NB	52,247	5,710	57,957	50,000 certificate
2002	Celia McInnis	1159	Ottawa, ON	175,990	17,618	193,608	
2002	Lily I.M. Fraser	1162	Fredericton, NB	52,790	2,794	55,584	
2002	Mike Thomas	1167	Edinburgh, Lothian	34,950	5,196	40,146	

2002	Eugene Vandal	1168	Thunder Bay, ON	77,131	9,202	86,333	
2001	Tess Cyrus	1169	Dartmouth, NS	2,661	239	2,900	
2003	Cecil Bechamp	1171	Brampton, ON	33,667			
2003	Phillip Piltch	1172	Scarborough, ON	63,042	4,483	67,525	
2003	Jim Hall	1177	Guelph, ON	32,906	2,333	35,239	
2003	William Knowles	1181	Toronto, ON	27,604	1,342	28,946	
2001	Sheila Ascroft	1184	Ottawa, ON	36,501	2,220	38,721	
2001	Lorne Gutz	1185	Kanata, ON	54,231	2,398	56,629	
2002	Tim Rainey	1194	Bracebridge, ON	38,290	4,588	42,878	
2002	Sophie T. Young	1195	Thunder Bay, ON	42,391	3,704	46,095	
2002	Peter Young	1196	Thunder Bay, ON	42,547	3,483	46,030	
2003	Cameron Stephen	1197	Medicine Hat, AB	2,277	92	2,369	
2001	Lois MacDougall	1198	Fredericton, NB	39,258	2,438	41,696	
2003	John Pritchard	1199	Carp, ON	18,429			
2003	Dr. Michael Yachnin	1201	Ottawa, ON	37,230	3,545	40,775	
2001	Ken Frey	1203	Rockwood, ON	37,855	1,715	39,570	
2003	Paul Dicks	1206	Toronto, ON	78,198			
2003	Dorma Grant	1208	Hanwell, NB	15,242	1,536	16,778	
2003	Bernie Danylyshen	1211	Coronation, AB	13,731			
2001	Ronald Amero	1214	Ottawa, ON	110,238	8,917	119,155	
2003	Craig Premack	1215	Burnaby, BC	128,574	12,667	141,241	
2003	Elizabeth Barber	1216	Beamsville, ON	45,754			
2004	Janet Besler	1217	Victoria, BC	37,217	3,608	40,825	
2002	Isabell Freudenberg	1224	Brighton, ON	77,502	1,188	78,690	
2002	Wolfgang Freudenberg	1225	Brighton, ON	66,052	1,065	67,117	
2004	Sam Bootsma	1226	Toronto, ON	82,728	8,951	91,679	
2004	Dr. Patricia Crosscombe	1227	Ottawa, ON	25,986	1,975	27,961	
2004	David Kwan	1228	Thornhill, ON	64,129	5,148	69,277	
2003	Louise McLaren	1229	Orleans, ON	76,926	6,500	83,426	
2004	Victor Reinberg	1230	Brampton, ON	10,681	453	11,134	
2004	Dan Devlin	1232	Victoria, BC	61,286	6,996	68,282	
2002	Peter J. Bound	1237	Thunder Bay, ON	58,590	2,748	61,338	
2004	Jeffrey Crivellaro	1238	Toronto, ON	43,731	2,969	46,700	
2004	Ivan Andrews	1239	White Rock	35,277	3,234	38,511	
2004	Ewan Burke	1240	Enniskillen, ON	52,565	8,379	60,944	
2003	Catherine Vardy	1242	Dartmouth, NS	20,396	317	20,713	
2004	Ron Baker	1243	Guelph, ON	23,602	2,916	26,518	25,000 Km Plaque
2003	Fletcher Thomson	1245	Ottawa, ON	58,108	3,497	61,605	
2004	David A. McAuslan	1248	Carleton Place, ON	90,646	12,192	102,838	100,000 Km Club
2002	Gary Baker	1249	Cultus Lake, BC	104,180	11,048	115,228	
2002	Bob White	1251	Dartmouth, NS	97,659	7,164	104,823	100,000 Km Club
2001	George I. Fralic	1252	Brooklyn, NS	54,548	2,649	57,197	
2002	Debra Victor	1254	Appleton, WI	12,513	273	12,786	
2002	Kenneth R. Bonner	1255	Victoria, BC	312,439	23,918	336,357	
2002	Neil Honkanen	1259	Victoria, BC	49,432	1,694	51,126	50,000 Km Plaque
2005	Jean F. Richard-Carter	1265	Calgary, AB	23,940	3,577	27,517	Gold Medal
2005	Ron Matsushita	1268	St. Catharines, ON	20,930	2,140	23,070	
2005	Tony Jinkinson	1270	Toronto, ON	6,313	570	6,883	
2003	Edith Williams	1271	Picton, ON	63,332	5,840	69,172	
2003	Cary Steinman	1274	Toronto, ON	29,782	1,804	31,586	
2003	Wendy Humphrey	1281	Thunder Bay, ON	65,009	6,263	71,272	
2006	Wally Skinner	1283	Pasadena, NL	791	0	791	
2005	Curtis McCoy	1284	Guelph, ON	9,311	2,050	11,361	
2003	Jim Fidler	1286	Victoria, BC	141,119	7,006	148,125	
2003	Victor C. Pearson	1289	Parksville, BC	31,163	2,485	33,648	

2003	E. W. (Wim) Kok	1290	Fort St. John, BC	53,122	4,003	57,125	
2003	Barry Thompson	1291	Fredericton, NB	24,359	1,018	25,377	
2003	Brian Devan	1296	Lindsay, ON	28,962	878	29,840	
2005	Jamie L. Smith	1298	Gaston, SC	2,579	158	2,737	
2003	Erkan Sarioglu	1299	Oakville, ON	29,639	1,270	30,909	
2006	Karen Smith	1301	Chilliwack, BC	41,404	4,722	46,126	
2004	Norm Raffaele	1302	Grimsby, ON	31,445	7,173	38,618	
2004	Dr. David A. Gillanders	1303	Vancouver, BC	99,778	6,025	105,803	100,000 Km Club
2005	Gerd Neumann	1304	Stoney Creek, ON	13,512	254	13,766	
2004	Frederick V. Loftin	1305	Toronto, ON	71,797	5,966	77,763	
2006	Florence G. Bradley	1312	Birmingham, AL	13,044	100	13,144	
2006	Denis Foster	1313	Simcoe, ON	1,414	116	1,530	
2004	Gerald Garay	1315	Hamilton, ON	12,945	1,143	14,088	
2005	Wayne Harris	1317	Perth, ON	12,815	1,946	14,761	
2004	Ken Knutson	1320	Tracy, CA USA	100,353	12,177	112,530	
2005	Ruth Baird	1321	Fredericton, NB	19,468	4,014	23,482	
2005	Beth Anne Hamon	1322	Portland OR	29,863	3,096	32,959	
2007	Martin Goslar	1324	Phoenix, AZ USA	22,841	3,934	26,775	Gold Medal
2007	Sharon Garay	1326	Hamilton, ON	446	69	515	
2005	Graham Fishlock	1327	Chemainus, BC	106,176	14,167	120,343	
2007	Sandra Greer	1333	Leduc, AB	8,853	462	9,315	
2007	Murray Greer	1334	Leduc, AB	9,226	603	9,829	
2007	Bob Goodison	1336	Sorrento, BC	53,298	7,564	60,862	
2005	Robert Frankham	1338	Victoria BC	34,881	10,546	45,427	
2005	Chester Wormald	1339	St. Catharines, ON	47,405	2,725	50,130	50,000 Km Plaque
2007	Daphne Mary Armstrong	1346	St. Catharines, ON	35,567	476	36,043	
2006	Anne-Marie Carter McAuslan	1348	Carleton Place, ON	19,022	2,384	21,406	
2005	Bob V. Culp	1350	St. Helena Island, SC	55,705	7,162	62,867	
2007	Melanie Kempers	1351	Guelph, ON	1,156	178	1,334	
2007	Alexander Pope	1352	Maple Ridge, BC	57,838	14,679	72,517	
2007	Brian Gilchrist	1354	Winnipeg, MB	9,371	960	10,331	Bronze Medal
2006	Ali Holt	1355	Delta, BC	48,355	3,515	51,870	50,000 Certificate
2006	Roger Holt	1356	Delta, BC	64,765	4,975	69,740	
2008	Douglas “Dug” Andrusiek	1358	Duncraig, W Australia	43,635	9,595	53,230	
2008	Ken teGrotenuis	1359	Hamilton, ON	18,159	1,821	19,980	
2006	Dave Macmurchie	1360	Shawnigan Lake, BC	26,983	1,938	28,921	
2008	Aaron Davis	1361	Sheridan, MT	15,232	5,638	20,870	
2006	Pat Fralic	1362	Brooklyn, NS	25,976	1,763	27,739	
2008	Carol Garstad	1364	Leduc, AB	6,069	706	6,775	
2008	Lyle Garstad	1365	Leduc, AB	7,168	1,819	8,987	
2008	John Van Alten	1367	Carlisle, ON	2,870			
2006	Nick J. Parker	1368	North Vancouver, BC	38,867	6,011	44,878	
2006	Marcel Gingras	1369	Port Colborne, ON	104,861	13,536	118,397	
2008	Deborah Chamitoff	1370	Victoria, BC	38,886	5,783	44,669	
2009	Pierre-Paul Couture	1371	Gatineau, QC	1,671	45	1,715	
2007	Leonard W. Wright	1373	Sebring, FL	121,863	13,106	134,969	
2008	Spencer Klaassen	1375	Saint Joseph, MO	97,458	19,211	116,669	100,000 Km Club
2008	Sandy Williamson	1376	Edmonton, AB	25,827	4,731	30,558	
2008	Dr. Kate Reed	1377	Edmonton, AB	17,103	1,681	18,784	
2008	Maureen Lilly	1378	Burlington, ON	4,239			
2007	Dean Furbish	1379	Raleigh, NC	41,044			
2007	Barry Chase	1381	Vancouver, BC	77,159	6,841	84,000	
2007	Kelsey Smithson	1382	Almonte, ON	15,967	362	16,329	
2008	Richard Edge	1387	Langley, BC	13,593			
2009	Larry Moyer	1388	St. Catharines, ON	55,269	9,809	65,078	

2008	Mark Linfood	1389	Ajax, ON	21,118	1,268	22,386	
2008	Bill Kropinske	1390	Hardisty, AB	8,949	2,274	11,223	Bronze Medal
2007	Mark Ford	1392	Victoria, BC	36,248	16,281	52,529	
2009	Rick den Braber	1393	Chilliwack, BC	36,241	11,316	47,557	
2009	Nancy Gibson	1394	Toronto, ON	2,296			
2010	Mark Schofield	1398	Dartmouth, NS	11,562	5,044	16,606	Silver Medal
2010	William Pruett	1399	Burleson, TX	0	0	0	plans to send log 2014
2008	Tim Hope	1401	Hamilton, N. Zealand	33,991	9,055	43,046	
2010	Bud Jorgensen	1402	Alliston, ON	12,447	2,885	25,332	Silver Medal
2008	Bernadette Arpin	1403	Grand Falls, NB	15,021	5,451	20,472	
2011	Kathryn Young	1404	Thunder Bay, ON	2,872			
2009	Lynn Harris	1405	Perth, ON	2,812	953	3,765	
2011	D. Elaine Parker	1406	Scarborough, ON	2,352	0	2,352	
2011	Mario P. Cerqueira	1407	Newmarket, ON	0	2,192	2,192	Bronze Badge
2011	Tim Hore	1408	Ottawa, ON	12,390	7,737	20,127	Silver Medal
2011	Michael Bos	1409	Ottawa, ON	5,733	2,294	8,027	
2012	Brynne Croy	1410	Victoria, BC	2,536	2,026	4,562	
2012	Michael Croy	1411	Victoria, BC	3,870	8,363	12,233	
2010	William Dickey	1412	Londonderry, Ireland	15,062	11,282	26,344	Gold Medal
2010	John McFayden	1413	Dundas, ON	15,020	4,082	19,102	
2013	Yutaka Moriwaki	1414	Kobe, Japan	0	1,500	1,500	Bronze Badge
2013	David Ford	1415	Woodbridge, ON	0	5,007	5,007	3 Badges
2012	Max Wilson	1416	Ottawa, ON	74	94	168	
2011	Liz Overduin	1417	Auburn, ON	10,544	11,244	21,788	Silver Medal
2011	W David Thompson	1418	Loring, ON	38,276	19,301	57,577	50,000 Km Certificate
2013	Casey Pope	1419	Maple Ridge, BC	0	2,506	2,506	Bronze, Silver Badges
2013	Danika Pope	1420	Maple Ridge, BC	0	1,511	1,511	Bronze Badge
2013	John Botelho	1421	Victoria, BC	0	5,287	5,287	3 Badges
2013	Theresa Myra	1422	Dartmouth, NS	0	5,019	5,019	3 Badges
2013	Victor "Dan" Dean	1423	Victoria, BC	0	8,063	8,063	3 Badges

Canadian Kilometer Achiever Program - 223 Members - Total Kilometers for the Year 2013 = 1,091,736 Km

2013 – Donations by CKAP Members - to the – CKAP General Fund – CKAP Board of Directors Thanks You

David & Dorothy Earnshaw 737 – 738
 Frank "Woody" Graham III - 274
 Jerry Ford - 321
 John Bos – 940
 Lucy Perri – 968
 Phil Renaud - 973

Bestulic Family 985 – 1069 – 1070 - 1111
 Haynesworth Vann Epps IV - 1098
 James & Jamie Smith - 1118 - 1298
 Henry Berkenbos – 1133
 William Wood - 1137
 Peter & Sophie Young – 1195 - 1196

Dave & Anne-Marie McAuslan – 1248 – 1348
 Robert E. White - 1251
 Martin Goslar - 1324
 Chester Wormald - 1339
 David Ford - 1415



The
**Canadian
 Kilometer
 Achiever
 Program**



**Canadian Kilometer Achiever Program
Statement of Operations
For the Year Ended February 28, 2014**

	<u>2014</u>	<u>2013</u>
<u>Revenues</u>		
Membership including exchange	\$310	\$129
Medals/Badges/Decals	871	865
Donations	861	898
Jerseys	240	167
T-shirts	<u>20</u>	<u>10</u>
	<u>2,302</u>	<u>2,069</u>
<u>Expenses</u>		
Office expenses	224	118
Postage	476	396
Internet service/Domain charges	76	120
Bank charges	60	60
Trophies/Plaques/Medals	475	1,397
Jerseys	1,572	-
Annual filing	<u>30</u>	<u>30</u>
	<u>2,913</u>	<u>2,121</u>
<u>Surplus (Shortfall)</u>	<u>(\$611)</u>	<u>(\$52)</u>

Notes

This year 10 individual's paid life membership vs. 4 the previous year.

New jersey order was placed this past year.

Trophies/Plaques/Domain Charges (2013) includes 100 new gold medals for plaques.

Inventory consists of the following -

Medals -	78
Badges -	302
Decals -	473
T-shirts -	48
Jerseys -	39

The total value of inventory at sale price approximately \$9,500.

The approximate cash balance at year end is \$2,300.

CKAP Members by Total Km

1	1975	274	“Woody” Graham – Columbia, SC	875,233
2	1992	922	Dr. Stan Skonieczny – Toronto, ON	570,440
3	1977	356	Keith W. Shealy – Newberry, SC	455,870
4	1976	273	Ken Ross – Victoria, BC	402,968
5	2001	1133	Henry Berkenbos – Richmond, BC	370,955
6	2002	1255	Kenneth Bonner – Victoria, BC	336,357
7	1991	941	Albert Martz – St. Catharines, ON	331,923
8	1976	158	Les Humphreys – Almonte, ON	336,010
9	1992	955	Valerie Copeland – Grimsby, ON	301,635
10	1976	183	Orlando C. Goveia – Chatham, ON	301,598
11	1979	428	Mark Beaver – Halifax, NS	278,729
12	1994	940	John Bos – Ottawa, ON	276,616
13	1985	738	David Earnshaw – Sarnia, ON	242,728
14	1978	409	Dr. Tony Marriott – Millgrove, ON	240,760
15	1985	514	Fernando Goncalves Scarborough ON	233,158
16	1977	345	Paul Davison – Wolfville, NS	213,123
17	1982	503	Murray Dean – Napanee, ON	202,712
18	1992	920	Sylvia Walker – Wasaga Beach, ON	200,874
19	1997	462	Douglas Yardley – Scarborough, ON	193,940
20	2002	1159	Celia McInnis – Ottawa, ON	193,608
21	1996	988	Phil Burgess – Dundas, ON	188,379
22	1986	774	Charles R. Hand – St. Catharines, ON	186,104
23	1980	439	Graham Stewart – Thunder Bay, ON	185,303
24	1980	440	Laurie Leslie – Thunder Bay, ON	185,094
25	1976	232	Gary Conrod – Dartmouth, NS	171,769
26	2001	1124	Kent Peterson – Issaquah, WA	171,600
27	1998	1023	Lawrence Schwartz – Wylie, Texas	166,755
28	1997	1006	Irwin Nayer – Mississauga, ON	165,556
29	1981	488	Ron Newhook – Ottawa, ON	163,659
30	1999	1099	Gerry Irvine – St. Catharines, ON	161,352
31	1994	970	Jocelyn Raymond – Ottawa, ON	161,059
32	1985	737	Dorothy Earnshaw – Sarnia, ON	157,908
33	1990	883	Ross Kingdon – Amaranth, ON	156,755
34	1976	134	Bruce Timmermans – Ottawa, ON	152,844
35	2003	1286	Jim Fidler – Victoria, BC	148,125
36	1996	989	Andre Marier – Ottawa, ON	147,903
37	1998	1029	John Victor – Appleton, WI	146,398
38	2001	1127	Stephen Penner – Hamilton, ON	141,585
39	2003	1215	Craig Premack, - Burnaby, BC	141,241
40	1999	730	Manfred Kuchenmuller Richmond, BC	139,847
41	1996	990	“Wild” Bill Feere – Limoges, ON	137,445
42	1984	714	Brian McGrath – Caledon East, ON	136,780
43	2007	1373	Leonard W. Wright – Sebring, FL	134,969
44	1977	321	Jerry Ford – Burlington, ON	133,729
45	1978	435	Patsy Shealy – Newberry, SC	129,144
46	1994	1051	John Helm – St. Catharines, ON	126,732
47	2001	1119	Larry Voth – Langley, BC	124,911
48	1995	1014	Gaston Carbonneau Shawinigan, QC	124,154
49	1988	839	Tom Sylvester – Stella, ON	123,689
50	2005	1327	Graham Fishlock – Chemainus, BC	120,343

The First 100 Members List

51	1978	412	Hugh Bill Hewes Caledon East, ON	120,080
52	1998	1060	Jack Duchesne St. Catharines, ON	119,488
53	2001	1214	Ronald Amero – Ottawa, ON	119,155
54	2006	1369	Marcel Gingras Port Colborne ON	118,397
55	1983	708	James Smith – Walton, NS	117,061
56	2008	1375	Spencer Klaassen – St. Joseph, MO	116,669
57	2002	1249	Gary Baker – Cultus Lake, BC	115,228
58	1982	595	David Young – Halifax, NS	114,930
59	1988	834	Judith Ducommun – Bellville, ON	113,232
60	2004	1320	Ken Knutson – Tracy, CA	112,530
61	1978	381	Ken Schykulski – Winnipeg, MB	112,394
62	1994	1013	Mariette Carbonneau Shawinigan, QC	112,030
63	1990	878	Keith McEwen – Cookstown, ON	109,905
64	1999	1070	Silvio Bestulic, - Hamilton, ON	107,835
65	2000	1095	Pauline McKinley – Dundas, ON	107,512
66	1990	341	“Sir” James D Wilson-Ottawa, ON	105,827
67	2004	1303	David Gillanders Vancouver, BC	105,803
68	2002	1251	Bob White – Dartmouth, NS	104,823
69	2001	1120	Ed Dixon – Victoria, BC	104,286
70	2004	1248	David McAuslan-Carleton Place, ON	102,838
71	1999	1062	Paul Kajmowicz Thunder Bay, ON	101,082
72	2001	1209	Harold Bridge-Port Coquitlam, BC	100,667
73	1998	1031	Carl Freeland – Woodstock, ON	100,113
74	1988	835	Larry Ducommun – Bellville, ON	95,402
75	1990	879	Isabelle Sheardown – Cookstown, ON	92,063
76	2004	1226	Sam Bootsma – Toronto, ON	91,679
77	1995	981	Mark Kremblewski – Toronto, ON	91,495
78	2000	1086	Alan Medcalf – Brockville, ON	91,083
79	2001	1134	Paul Buttamor – Cavan, ON	87,909
80	2002	1168	Eugene Vandal – Thunder Bay, ON	86,333
81	2001	1128	David McCaw – Ottawa, ON	84,531
82	2007	1381	Barry Chase – Vancouver, BC	84,000
83	2003	1229	Louise McLaren – Ottawa, ON	83,426
84	1991	897	Sandy Stewart – Lindsey, ON	82,082
85	2002	1160	David Jolkowski – Kitchener, ON	81,937
86	1982	593	Bruce Reid – Etobicoke, ON	80,862
87	1995	979	James Smith Wards Is. Toronto, ON	80,685
88	1991	892	Marcel Belanger – Hull, Quebec	79,901
89	2000	1082	Michael Poplawski – Victoria, BC	79,567
90	1999	1075	John Siemens – Niagara Falls, ON	79,282
91	2002	1224	Isabell Freudenberg – Brighton, ON	78,690
92	1999	1137	Bill Wood – Hanwell, NB	78,417
93	2003	1206	Paul Dicks – Toronto, ON	78,198
94	2004	1305	Frederick V. Loftin – Toronto, ON	77,763
95	1982	571	Joe Gmerek – Halifax, N	77,140
96	2000	1096	Goldwin McKinley – Dundas, ON	76,181
97	1998	1042	Robert Kay – Kingston, ON	75,760
98	1996	1141	Dawn Gillingham – Kamloops, BC	74,844
99	1997	1015	Gerard Moss – Dartmouth, NS	73,884
100	2007	1352	Alexander Pope – Maple Ridge, BC	72,517

Not Active - Complete Listing of Members by Total Km

is on the CKAP web site “Totals” www.ckap.ca

Year 2013 Listing by km

Year Joined	Name	City	Province or State	CKAP #	Total Km
1	1975	“Woody Graham – Columbia, SC		274	26,067
2	2001	Henry Berkenbos - Richmond, BC		1133	24,505
3	2002	Kenneth Bonner – Victoria, BC		1255	23,918
4	1989	Stan Skonieczny – Toronto, ON		922	20,190
5	2011	David Thompson – Loring, ON		1418	19,301
6	2008	Spencer Klaassen – St. Joseph, MO		1375	19,211
7	2002	Celia McInnis – Ottawa, ON		1159	17,618
8	1994	John Bos – Ottawa, ON		940	16,826
9	2007	Mark Ford – Victoria, BC		1392	16,281
10	2007	Alexander Pope – Maple Ridge, BC		1352	14,679
11	2005	Graham Fishlock – Chemainus, BC		1327	14,167
12	2006	Marcel Gingras - Port Colborne, ON		1369	13,536
13	2007	Leonard W. Wright – Sebring, FL		1373	13,106
14	2003	Craig Premack – Burnaby, BC		1215	12,667
15	2004	David McAuslan-Carleton Place, ON		1248	12,192
16	2004	Ken Knutson – Tracy, CA		1320	12,177
17	2001	Ed Dixon – Victoria, BC		1120	11,361
18	2009	Rick den Braber – Chilliwack, BC		1393	11,316
19	2010	William Dickey – Londonderry, Ireland		1412	11,282
20	2011	Liz Overduin – Auburn, ON		1417	11,244
21	2001	Stephen Penner – Hamilton, ON		1127	11,241
22	2002	Gary Baker – Cultus Lake, BC, NB		1249	11,048
23	1976	Ken Ross – Victoria, BC		273	10,600
24	1988	Judith Ducommun – Bellville, ON		834	10,595
25	1997	Irwin Nayer – Mississauga, ON,		1006	10,548
26	2005	Robert Frankham		1338	10,546
27	1997	Douglas Yardley – Toronto, ON		462	10,267
28	1991	Albert Martz – St. Catharines, ON		941	10,240
29	1979	Mark Beaver – Halifax, NS		428	10,210
30	2009	Larry Moyer – St, Catharines, ON		1388	9,809
31	1998	John Victor – Appleton, WI		1029	9,693
32	2008	“Dug” Andrusiek – North. Vancouver		1358	9,595
33	2002	Eugene Vandal – Thunder Bay, ON		1168	9,202
34	2008	Tim Hope – Hamilton, NZ		1401	9,055
35	2004	Sam Bootsma - Toronto, ON		1226	8,951
36	2001	Ronald Amero – Ottawa, ON		1214	8,917
37	1976	Orlando C. Goveia – Chatham, ON		183	8,451
38	2004	Ewan Burke – Enniskillen, ON		1240	8,379
39	2012	Michael Croy – Victoria, BC		1411	8,363
40	1996	Phil Burgess – Dundas, ON		988	8,347
41	1985	Fernando Goncalves-Scarborough, ON		514	8,326
42	1976	Les Humphreys – Almonte, ON		158	8,310
43	2013	Victor “Dan” Dean		1423	8,063
44	1999	Manfred Kuchenmuller - Richmond, BC		730	7,810
45	2011	Tim Hore – Ottawa, ON		1408	7,737
46	1981	Ron Newhook – Ottawa, ON		488	7,631
47	2007	Bob Goodison – Sorrento, BC		1336	7,564
48	2001	Larry Voth – Langley, BC		1119	7,389
49	2004	Norm Raffaele – Grimsby, ON		1302	7,173
50	2002	Bob White – Dartmouth, NS		1251	7,164

First 100 Logs by Km

Year Joined	Name	City	Province or State	CKAP #	Total Km
51	2005	Robert V. Culp – St. Helena Island, SC		1350	7,162
52	1992	Sylvia Walker – Wasaga Beach, ON		920	7,087
53	2003	Jim Fidler – Victoria, BC		1286	7,006
54	2004	Dan Devlin – Victoria, BC		1232	6,996
55	2007	Barry Chase – Vancouver, BC		1381	6,841
56	2001	Paul Buttamor – Cavan, ON		1134	6,739
57	1999	Gerald D. Irvine – St. Catharines, ON		1099	6,666
58	2003	Louise McLaren – Ottawa, ON		1229	6,500
59	1985	David Earnshaw – Sarnia, ON		738	6,340
60	2003	Wendy Humphrey – Thunder Bay, ON		1281	6,263
61	2001	Fabio Zorzes – Thunder Bay, ON		1108	6,205
62	1994	John Helm – St. Catharines, ON		1051	6,077
63	1976	Paul Davison – Wolfville, NS		345	6,066
64	2004	Dr. David Gillanders–Vancouver, ON		1303	6,025
65	2006	Nick J. Parker – North Vancouver, BC		1368	6,011
66	1986	Charles R. Hand – St. Catharines, ON		774	6,007
67	2004	Frederick V. Loftin – Toronto, ON		1305	5,966
68	2003	Edith Williams – Markham, ON		1271	5,840
69	2008	Deborah Chamitoff – Victoria, BC		1370	5,783
70	1999	Silvio Bestulic – Hamilton, ON		1070	5,746
71	1999	John Siemens – Niagara Falls, ON		1075	5,720
72	2002	Dennis W. Arpin – Grand Falls, NB		1156	5,710
73	2008	Aaron Davis – Bozeman, MT		1361	5,638
74	1999	Brent Anderson – Airdrie, AB		1115	5,630
75	1995	Gaston Carbonneau – Shawinigan, QC		1014	5,565
76	1997	Gerard Moss – Dartmouth, NS		1015	5,556
77	2008	Bernadette Arpin – Grand Falls, NB		1403	5,451
78	2000	Pauline McKinley – Dundas, ON		1095	5,428
79	1996	André Marier – Ottawa, ON		989	5,351
80	2000	Alan Medcalf – Brockville, ON		1086	5,350
81	1994	Mariette Carbonneau – Shawinigan, QC		1013	5,301
82	1990	Ross Kingdon – Amaranth, ON		883	5,296
83	2013	John Botelho – Victoria, BC		1421	5,287
84	1985	Dorothy Earnshaw – Sarnia, ON		737	5,235
85	2002	Mike Tomas – Edinburgh, Lothian		1167	5,196
86	1996	James Smith – Wards Island, ON		979	5,171
87	2004	David Kwan – Guelph, ON		1228	5,148
88	2010	Mark Schofield – Dartmouth, NS		1398	5,044
89	2013	Theresa Myra – Dartmouth, NS		1422	5,019
90	2013	David Ford – Woodbridge, ON		1415	5,007
91	2006	Roger Holt – Delta, BC		1356	4,975
92	2001	Scott Smithson – Almonte, ON		1110	4,781
93	2008	Sandy Williamson – Edmonton, AB		1376	4,731
94	2006	Karen Smith – Chilliwack, BC		1301	4,722
95	1999	Rod Zych – Hamilton, ON		1066	4,717
96	2002	Tim Rainey – Bracebridge, ON		1194	4,588
97	2003	Phil Piltch – Scarborough, ON		1172	4,483
98	1980	Laurie Leslie – Thunder Bay, ON		440	4,376
99	1998	Robert L. Kay – Kingston, ON		1042	4,345
100	1988	Larry Ducommun - Belleville, ON		835	4,299

Complete listing of “Members” 2013Logs by Total Km

Is on the CKAP web site www.ckap.ca

Canadian Kilometer Achiever Program - (CKAP)

CKAP – AGM will be held at the residence of June & James Wilson

1249 St. Paul Avenue

Ottawa, Ontario K1V 6V8

Wednesday 07st May 2014

Time: 6:30 PM Social – 7:00 PM AGM

Proxy

I hereby appoint, (print name) to be my representative at the AGM of CKAP on the 07th May 2014 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 are members who have not missed submitting two consecutive current cycling logs, they are on the CKAP current mailing list for the CKAP annual report.

Please inform James if you plan to attend: - Email: james.wilson@primus.ca - Phone: - (613) 523-3012

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



From the Peloton Year 2013



Orlando C. Goveia – 183 – Chatham, Ontario Canada: It was an up-and-down year but I'm still loving' my cycling. I've enjoyed having the little indoor track in London – it's a HOOT! I hope they don't junk it when the new one opens in Milton, that's a bit too far away for me to drive too often. As I get older I dislike driving more and more but I can ride my Velo for hours and it seems like minutes. Time loses its meaning when I'm on the Velo. May we all have a GREAT 2014! Happy Trails! Keep on Pedaling Orlando

Frank “Woody” A. Graham III – 274 – Columbia, South Carolina U.S.A.: Had a good year, no accidents! Did La Vuelta in Puerto Rico in January, (+ 400 miles). From March 22nd thru September 4th I cycled 10,426 miles around Australia. Woody.

Jerry Ford – 321 – Burlington, Ontario Canada: My finest cycling moment this year was to hear that my son is joining CKAP.

James D. Wilson – 341 – Ottawa, Ontario Canada: 2013 was a quit cycling year for me. I spent most of the sunshine working in my vegetable garden, gold fish pond, removing crab grass from my lawns, grooming our two Airedale terriers and hooking one of our dales Max to my MTB bike so he gets to run as I can't exercise him with my damaged back but on the bike I can give him a good 15 km run and he loves it. Now if I could just teach him to bark when he wants to pooh instead of the bike coming to a sudden unexpected stop we will be well on our way as a team as he has learned to sit at Stop signs and traffic lights. I'm planning this year to take Max and bike by car to a cider trail which is about 25 km each way and a good spot to spend a day with camera as it is all in the woods with the town of Osgoode at the other end. I plan to make 2014 a cycling year that is as soon as I stop getting km on the snow blower. 23014 will be my 20th year as your CKAP coordinator it's time for some new blood but at least it keeps me busy during the cold month surrounded by fish and plants brought indoors for the winter and a choice of about 4,000 LP's to play in my basement office, Cheers :-))) “Sir” James

Paul Davison – 345 – Wolfville, Nova Scotia Canada: I'm sending you my CKAP km early this year because I'm scheduled to leave on a bike tour to India in Jan. and I have to get busy packing for it. Its Tour d'Afrique's Indian Adventure, 4,000 km over 2 months. I'm retiring on Jan. 15, after 32.5 yrs. In the public service and can't wait to start getting my pension. My last day in the office will be Fri, Jan. 10th and I get on a plane the following day, from office to the airport. = As the stats show, I was sick with a bad/lung infection thru Nov. and Dec. No biking; no opportunity to get in shape for the trip. I am just trying to get well enough to go to a poor, dirty country. Up till then things were going well. My big trip last summer was from Anchorage AK to Jasper over most of the Alaska Highway. Any year that I got 6 century rides in can't be too bad. Hope to get more cycling in next summer because I won't be going to work. Every day is Saturday from now on! Cheers, Paul D.

Ken Schykulski – 381 – Winnipeg, MB Canada: I thought that with retirement and a new road bike my mileage would be up but alas it is about the same as 2012. This year I will ride more. My cycling highlight of 2013, other than getting a new road bike, was doing the 3 day Bike the Border tour in North Dakota. Happy Cycling in 2014!

Tony (Dr. J.A.S.) Marriott – 409 – Millgrove, ON Canada: The first time below 4,000 k for a long time (**except an error adding log put's you over 4,000 K**) Just over 100 K was on a rented bike in Australia and 200 K in Florida, Still some Triathlons.

Mark Beaver – 428 – Halifax, Nova Scotia Canada: Hi James – thanks again for another year of stoking the CKAP fire. I had another decent year riding, similar mileage to last year. I started off the year with a week's early spring training in Arizona then completed a brevet series in Nova Scotia including a 1,000 km brevet with my rando club www.randonneurs.ns.ca Four of us completed the “Granite Anvil 1200” in Ontario in August, a very well-run event. I'm looking forward to another brevet series this coming spring, to qualify for the 2015 Paris-Brest-Paris.

Graham Stewart – 439 – Thunder Bay, Ontario Canada: We were in Green Valley Arizona for the month of April and did 1,000 Km there. We had a terrible spring otherwise and a slow start to summer. – Went to a cottage near Parry Sound Ontario for a week in September and really enjoyed the riding around the area. – Went over 85,000 km lifetime this year and my goal are to reach 200,000 km before I turn 70.

Laurie Leslie – 440 – Thunder Bay, Ontario Canada: Due to the cold, wet, snowy spring and the almost non-existent summer, 2013 proved to be a tough year to get out on the bike. Fortunately, my cycling season was saved by spending the month of April in dry, sunny, warm Arizona. I also enjoyed a week of excellent cycling on the quiet, rolling township roads around Parry Sound. Highlight: rolled through 185,000 km in mid-October.

Douglas Yardley – 462 – Scarborough, Ontario Canada: This year I got involved in starting a local cycling advocacy group in Toronto's ward 36 which is not a cycling friendly neighbourhood, plenty of room for improvement.



Ron Newhook – 488 – Ottawa, Ontario Canada: Ran the Boston Marathon in April, and then wonky knees forced me to take a break from running and to focus on cycling. A good year, with lots of local day tours with friends in the countryside around Ottawa. (And the occasional locally brewed pint – our visit to the Ashton pub on a sunny day in fall was especially nice.) I captured my 2014 cycling year in limerick form: No running, this year cycling's my thing / rode madly fall, summer and spring / Big thanks to Sir James / For posting our gains / So we can keep on C-Kap-ing. Hope to see you on the road! Cheers Ron

Manfred Kuchenmuller – 730 – Richmond, British Columbia Canada: Hello Sir James, Greetings from our West Coast, to be precise, from the Steveston waterfront. I am in the middle of completing three psychological assessments and getting ready to travel to Asia on the 15th. I will be travelling sans bicycle, herding Elephants (working on an Elephant Sanctuary in Cambodia) and trying not to get sick. I have not been able to ride this year, although I have kayaked and thought fondly about getting into my rowing scull. 2013 was not an easy year for me and my bicycle. I abandoned my last three 1000 plus kilometer rides because of rain and eight flats plus a broken pedal on the Colorado "Last Chance". I am not ass tough as I once was, I swore after abandoning the Colorado ride that I would never do another 1000 plus ride. I have changed my mind. This year I will do more riding and more Rando brevets than last year and I will sign up for the German Hamburg-Berlin-Cologne-Hamburg 1500 K ultra, another case putting the brakes on aging or failing to recognize ones limitations. I'm hoping for a lot of sunshine and fair wind on land and on the water. Have a good year James

David & Dorothy Earnshaw – 737 – 738 – Sarnia, Ontario Canada: Not a bad year for us, but the bikes don't seem to go as far and as fast as they used to – in spite of regular injections of coffee and donuts.

Charles Hand – 774 – St. Catharines, Ontario Canada: I had a better year with respects to cycling. Much to do with the bicycle I built throughout the winter months. I ordered parts from all over the world. Briton, China, Taiwan, U.S.A. I started last Nov. 2012 when ordering the frame. I designed the logos after receiving the frame and forks. In February, I took both to local graphic artist to have the logos and some air brushing done. The photo on the CKAP web page doesn't do justice as on the front tube there is a head of a Viper (snake). I named the bicycle (Stealth Viper) may sound corny but seemed to suit what I was thinking. After the clear coating was done, I went on to search for the remainder of the parts. I found some good deals on EBay at and at a local bicycle store. I found a great deal on Shimano Dura Ace, I purchased the group set in California and Florida. I forgot to mention that I did buy a few parts at the Toronto Bike Show as well in March to complete the bike. In all, I did have such so much fun building this bicycle. It rides like a dream weighing in at just under 17 lbs everything is carbon fiber, even the peddles. The saddle also carbon fiber but I found it too hard and uncomfortable for long rides. That I changed. So to say I had more fun riding this year would be an understatement. People stopped me to ask if they could look at the bike which I found to be humbling. This bicycle is actually the forth one that I put together over the years but by far the most impressive and exciting to ride, turns a lot of heads to. You will notice a slight improvement from the past several years. I'm not riding the km I once did, but am happy with 6,007 km for 2013. I'm approx. 14,000 km short of 200,000 km but I do see the light at the end of the tunnel.

Judith Ducommun – 834 – Belleville, Ontario Canada: 2013 was my biggest year ever. We were able to cycle on Sanibel Island, Florida for 2 weeks, Pittsfield Massachusetts in September and the rest of the season on trails at home. We are looking forward to exploring California, Virginia, Hawaii and Florida by bike in 2014.

Larry Ducommun – 835 – Belleville, Ontario Canada: 2013 was another wonderful year riding and exploring. We enjoyed riding in many new places this year on our tandem. I was also able to get in 8 centuries as well on my solo bike. We both have enjoyed good health and look forward to where the riding takes us in 2014.

Keith McEwen – 878 - Isabelle Sheardown – 879 – Cookstown, Ontario Canada: Keith & I didn't do any cycling last year. This year the plan is to do more cycling!

Sylvia Walker – 920 – Wasaga Beach, Ontario Canada: I decided to retire so I could have more time to do the things I enjoy i.e. bike rides.

Stanislaw Skonieczny – 922 – Toronto, Ontario Canada: It is the 8th of January and I did not cycle a single km outside. This winter is so bad in Toronto that the only bicycle I can use is in my basement. Kind regards and best wishes for 2014!

Edwin Greenfield – 924 – Richmond Hill, Ontario Canada: I attached my log for 2013 I rode right up until December 31 best year so far.



John Bos – 940 – Ottawa, Ontario Canada: Hello Sir James – happy new year to June and yourself. Hopefully this year will be a better cycling year for you. Attached is my log. December has not been a good month with snow and extreme cold, January not looking much better.

Albert Martz – 941 – St. Catharines, Ontario Canada: Albert suffered a stroke in the year 2013 and was hospitalized for three months. I was talking to him on the phone in January and he informs me that although he is not cycling with the St Catharines Freewheelers he is still a member and he is cycling on his own and we are all hoping for a full recovery.

Phil Renaud - 973 – Brantford, Ontario Canada: In 2013 I did not ride as much as I wished. However that was counteracted by taking up running in June. So cycling suffered while I made running a habit. I finished the year with 3000k on the bike and 300k running. Now the goal is to co-ordinate the 2 activities. – Cycling wise it was a good year. My wife and I rode in our 5th Cambridge Tour de Grand. In 2013 we did the 40 km tour. We had a blast. The Tour de Grand is very well organized and is one of the best events I have ever participated in. - I raced 22 times from April to November and I am happy to say I finished every one of them (knock wood). – I look forward to the challenges that 2014 will bring and hope I can overcome them Have a great year fellow CKAPers. Keep the rubber side down.

Irwin Nayer – 1006 – Mississauga, Ontario Canada: This year started out poorly with only 390 km at the end of April, that left me with a tough challenge to get anywhere near my goal of the year. A strong August and a late surge nudged me into low 5 figures and a decent 2013. The highlight of the year was the sixth annual Tour de Mississauga, a free event in which 2,300 riders participated in 2013. As a member of the Mississauga Cycling Advisory Committee and Tour organizer I was tasked with creating the 100 km route. The Tour is designed for riders of all abilities and we feed you well, all for free. Plan to join us on September 21, 2014 for a ride and a party... and the biggest Tour yet.

John & Debbie Victor - 1029 – 1254 - Appleton, Wisconsin U.S.A: Congratulations to the 3 Amigo's from Thunder Bay completing the second RMF of their Canada Journey – A trip I hope to do in my own way some day.

Carl Freeland – 1031 – Woodstock, Ontario Canada: Hi James, hope the year went well with you and all members of the board. – No out of country trips this year. Mileage could be better. – Finally made it to 100,000 Km. (just barely). Time to start on the next 100,000 Km. Thanks!

Rob Zych – 1066 – Hamilton, Ontario Canada: It's that time of year again, hope all is well. Here is my log for 2013 Rob Zych.

John Siemens – 1075 – Niagara Falls, Ontario Canada: 2013 was a year of utilitarian rides: nothing really spectacular, but no wipe-outs, either, I rode through more rain and snow than in other years, but hey, it only makes us stronger! May 2014 is better for all of us!

Haynesworth Van Epps IV – 1098 – Spartanburg, South Carolina U.S.A. For me, the year past was filled with great losses. My mother died 366 days ago and dad just died on November 04th. I've been perpetually under employed... Although it did allow me to be a primary caregiver for Mom and help dad, I didn't ride at all in 201, but on April 14th (3 ½ months after my Mom died_ decided the time of being fat and not taking care of myself had passed. I lost... about 1/3 of my total body weight and am now back, more or less, to the weight I was when injured on July 2nd 1990. Lord knows what 2014 will bring... I hope for brighter days... At least I'll be skinnier.

Gerry Irvine – 1099 – St. Catharines, Ontario Canada: Had a different challenge this year and did not manage to fit in any week long tours, maybe 2014 will offer some opportunities! As one gets older though it gets harder to stay motivated particularly as the winter settles in. As a result my numbers show this from October on where I struggle to keep my distances up to six hundred km's / month; only achieving around 300, but CKAP keeps me turning the pedals. Thanks again James for your work with CKAP.

Stephen Penner – 1127 – Hamilton, Ontario Canada: Had trouble with the back page, only to mention I cycled the Gaspé pedaling 600 of the roughly 900 km.

Wayne Harrington – 1132 – Vernon, British Columbia Canada: I did two road trips to the Northwest Territories this past summer. I drove 14,000 km but only cycled 12 km in Dawson City. At other times, when I had spare time it rained.

Henry Berkenbos – 1133 – Richmond, British Columbia Canada: Another enjoyable year of cycling. The greater Vancouver area, including Richmond where I live, have many off road and bicycle lanes, keeps me interested in cycling.



Dawn Gillingham – 1141 – Kamloops, British Columbia Canada: Not a lot of cycling for me last year – let’s hope this year is a lot better.

Norma Moores – 1142 – Shannon Buck – 1143 – Marcus Buck -1073 – Kelly Buck – Hamilton, Ontario Canada: Shannon and I completed the Eris Canal Cycling Tour – 600 km from Buffalo to Albany with 500 other people, pretty good for a 13 year old. We also organized Sunday morning rides with people on our dragon boat team and introduced them to some of the Wonderful trails in Hamilton / Niagara area.

Bernadette Dennis & Arpin – 1156 – 1403 – Grand Falls, New Brunswick Canada: We just returned from Calgary to visit family. Gee we thought we could get in another ride or two but not to be. I have sent you both logs of me and Bernadette’s. Crazy cold everywhere but time goes fast. All the best in 2014 cycling season!

Mike Thomas – 1167 – Edinburgh, Mid Lothian – United Kingdom: Last year was my best ever in terms of distance when I finally broke the 5,000 km Barrier helped by a week in the sun of Lanzarote either side of the summer where I managed over 800 km in total. Cycling highlights included a couple of days watching the Tour de France, a brief glimpse of the peloton near St. Malo and then a full day of the first individual time trial by the picturesque Mont St. Michel. This year should be even better as the Grand Depart is just down the road in Yorkshire where I used to do a lot of caving and now struggle up and down the myriad hills on my handcycle. Keep Riding, Mike Edinburgh

Jim Hall – 1177 – Guelph, Ontario Canada: Ottawa-Kingston-Ottawa was a wash for me, I paid for it, never went. It was raining all week here and I did not want to drive in the rain to get there on Friday. Or ride in the rain on Saturday. But I understand Saturday afternoon and Sunday were dry. – End of July my right foot started to bother me, I could only ride for three hours, finally a Doctor at the Sports Med Facility at U of Guelph High Performance Center realized I have this condition: www.foothealthfacts.org/footankleinfo/Sesamoid_Injuries.htm Sesamoiditis – Hence I have been off work for 5 weeks, lots of physio, they just want to help me get back on the bike. The physio people are even athletes themselves. I am in really good hands there. Hence currently I am an “arm chair cyclists”.

Tim Rainey – 1194 – Bracebridge, Ontario Canada: A first ever road race was held in Muskoka in May of this year on the challenging Lake of Bays circuit. Conditions were brutal! Congratulations to all racers and volunteers. Best wishes and sunshine for 2014.

Sophie – 1195 & Peter Young – 1196 - Thunder Bay, Ontario Canada: We had a quiet year this year, no trips and poor weather, but good Sunday rides with the club. Hoping for a better year, but it sure is starting out cold.

Lois MacDougall – 1198 – Fredericton, New Brunswick Canada: this is awful for me anyway! I brought my biking log in the house from the barn where I keep my three bikes (all have separate odometers) to complete my CKAP end of year cycling log. For some unknown reason I can’t find it. I had brought it in the house and laid it on the kitchen table in between working on snow removal in our driveway and when I had the barn unlocked to get access to our snow-removal equipment. It simply disappeared! I’ve looked high and low everywhere in our house, again in the barn just to be sure and even thought I might have picked it up with my church music and looked at the church too and its simply gone. I’ve just had to let it go for its driving me crazy trying to discern just where it might have gone. I’ve checked the house completely (more than once) and just can’t find it. So, sad to say, I just can’t send it my 2013 log this year. But please don’t erase me from your list if that’s ok for I’ll make sure next year’s log gets it to you and good time too for measure. Please accept my regrets James. **(She had the 3 total from her bike odometers which we used)** I hope you’ve had a geed biking year and otherwise too. – My total kilometers is down this year due to being very busy with many other things and responsibilities that prevented me from biking more. I calculated my total kilometers to be 2,438. I had problems with one of my odometers and did bike a bit more but without my log I have no idea what that was. It doesn’t matter anyway. Next year, God willing, I’ll have more space to bike more – at least that’s what I’m hoping.

Michael Yachnin – 1201 - Ottawa, Ontario Canada: Hopefully the temperature will improve and I can get in a few Kilometers. Take care!

Ron Amero – 1214 – Ottawa, Ontario Canada: I managed to regenerate the missing data from my Garmin on-line account. Total is not very high but that’s ok. Cheers!

Janet Besler – 1217 – Victoria, British Columbia Canada: Another year rolls by. The highlight of my year was riding from Berlin to Copenhagen. Love the bike culture in Europe.



Isabelle & Wolfgang Freudenberg – 1224 – 1225 - Brighton, Ontario Canada: Sorry I have not been able to email the logs. We moved into an APT. and it is so much different in the APT. then in our home. Like always I hope I did the logs all ok. Hope we will do better in 2014! Just too much going on in our life and I hope you and your wife had a good year.

Sam Bootsma – 1226 – Toronto, Ontario Canada: In my comments last year I said 2013 plans for me included seeing an Osteopath and having Orthotics injections. My Osteopath adjusted my tibia in both legs and the difference in my cycling was amazing. I was able to increase my speed by 2 or 3 km per hour (sometimes more) without bothering my knees. The injections were also very helpful. I was in the Netherlands for three weeks in May last year. I did the “Elf Staden Tacht” while I was there. This is an annual 235 km timed ride in Friesland, a province in the Northern part of the Netherlands. The organizers cap registration at 15,000 cyclist and I heard it filled up within 24 hours after opening. There were almost 2,000 that did not participate, but 13,000 + are still a lot of cyclists. The ride passes through all eleven cities in Friesland, which is where the name comes from. Hundreds of residents were out cheering us on as we passed through the smaller towns and villages. Some even had bands to greet us. It was truly a community event. It was wonderful.

Louise McLaren – 1229 – Orleans, Ontario Canada: “Still cycling. Looking forward to spring and getting on the bike. Commute to work really most of what I did this year.”

Victor Reinberg – 1230 – Brampton, Ontario Canada: Low mileage summer while outdoors, probably an equal amount of undocumented time and distance upstairs with my Merlin on the trainer.

Gary Baker – 1249 – Cultus Lake, British Columbia Canada: This was a challenging year. I DNF’d 2000km rando brevets (the mileage I did complete before abandonment at least counts for CKAP). – To add insult to disappointment I contracted whooping cough and was laid up much of the summer. It was still a good year. – 2014 looks promising if I can stay healthy. I hope to top 40000 km in brevets, qualify with a high registration number for the 2015 PBP and get to Columbia to ride the inaugural 1200km brevet to be held in South America continent. This would give me my fifth continent 1200 (N.A. Asia, Europe and Australia). Kinda cool! – To kick the season off my wife and I will be joining Danelle Laidlaw (the long time organizer of Tour BC) on two week tour of Columbia in February. Life is good.

Bob White – 1251 – Dartmouth, Nova Scotia Canada: During 2013 my cycling highlight was taking my 12 year old grandson Scott on a 4 day motel based tandem bike ride – such fun. Tailwinds!

George – 1252 – Pat Fralic – 1362 – Brooklyn Queens County, Nova Scotia Canada: We both did all our cycling close to home in 2013. Pat was back on her bicycle in mid Feb. 2013 after her hip replacement in Oct. 2012. Hope all is well with you, have a happy & healthy 2014.

Ken Bonner – 1255 – Victoria, British Columbia Canada: Hope you have been spared the hydro black-out! My daughter and her family just got back from Buenos Aires, Argentina. It was around 37 – 39 degrees C while they were there. Air conditioning was not working as they were experiencing hydro blackouts from the heat! – Not so much mileage this year, as I was sick off and on during the year, and travelling to the v1200’s and London-Edinburgh-London. Thanks-you for your diligent work on behalf of the rest of us ‘pedal-heads’

Ron Matsushita – 1268 – St. Catharines, Ontario Canada: a bit too cold and icy here for cycling this New Years day but a brisk walk along the lake and woods was enjoyable. My old hip has been bothering me since June so riding was limited and I expect a replacement this year will also slow me down. – I have filled out the c2013 log but I did have some trouble with the totals from 2012 and then the Grand Total 2013. I assumed that meant adding 2012 with 2013 but the numbers do not appear in the cell (???). **You had the right 2012 Grand Total which showed up when I deleted the) after “Grand total km at years end 2012. Problem was that you did not delete the “0” and put the 2012 grand total (total CKAP recorded km from day one) in the cell where the 0 was. I corrected the log. Your next level is at 25,000 km, 2013 Grand total was 23,070 so you should make the last medal in 2014, hip replacement or not, “Sir” James**

Tony Jinkinson – 1270 – Toronto, Ontario Canada: Must admit, last year was not a great cycling year. I retired in July, looking forward to all the extra time for cycling. Didn’t realize how busy retirement would be. So, now that I’m in the rhythm of retirement, am looking forward to this year.

Edith Williams – 1271 – Picton, Ontario Canada: It’s not how fast you go that counts – But how far you really get – For the ride’s not just for the swift and strong – But for those who never quit. – Iron Tortoise Credo -



Curtis McCoy – 1284 – Guelph, Ontario Canada: well, I put it together and it looks like I was out by 100km's therefore, a grand annual total of 2050 km's. Very nice to see I am back on board. Take Care and maybe see you on the pavement.

Jim Fidler – 1286 – Victoria, British Columbia Canada: A not-so-stellar year in mileage department but my wife and I did cover a few modes of transportation on our summer cycling trip. We cycled from Victoria to the Northern tip of Vancouver Island where we caught a ferry to Prince Rupert. From there it was on to Jasper aboard a train and from there we meandered home via two wheels for a total of 2080 km. Very enjoyable and some great scenery. Thanks again for all the time you devote to CKAP and I wish you a healthy 2014.

Jeffrey Crivellaro – 1238 – Toronto, Ontario Canada: It's been another year of lower than expected kilometers logged due to nagging health complaints. Having torn cartilage in my knee has really slowed me down. I'm just 3000 + km shy of hitting the 50,000 km mark. Hopefully I'll be on the mend sooner than later and get some clicks on my track sheet this coming year. Ride on!

Fred Loftin – 1305 – Toronto, Ontario Canada: June tour in Czech Republic washed out due to major floods.

Florence Graham Bradley – 1312 – Birmingham, Alabama U.S.A.: I only did about 6 rides last year. Pretty pathetic! For a total of about 100 k. I really need to get back on track. My dad Weedy crashed today on a brevet in Gainesville Florida. Nothing broken but he is a bit beat up now and on crutches! Fortunately he drove down with a friend and will get back okay! Take Care.

Ken Knutson – 1320 – Tracy, California U.S.A.: This year was one of redemption for me. I sustained a knee injury early in 2011, which coupled with bad weather led to me unable to complete two 1200 km randonneuring events I had entered. I successfully completed one of the events in 2012, but had to wait until 2013 to give another try on the other. – The drive to succeed kept me focused on improving my fitness throughout the first quarter of 2013. I reached my goal of completing the Texas Stampede Randonneurs in May, followed by the Alaska Big Wild Ride in July. – At 112,530 km, I'm half way to completing another 25,000 km. Reaching 125,000 km will be my goal for 2014. Cheers!

Ruth Baird – 1321 – Fredericton, New Brunswick Canada: I decided to try our new computer for one more task. I will send you some photos of our special trip from Edmundston to Woodstock if you would like them. 18 of us went with 2 overnight stops. Our oldest was 77 and youngest 55 with my husband Chuck driving along as support person. We went on some trails and old Trans Canada Highway as well.

Beth Hamon – 1322 – Portland, Oregon U.S.A.: Rode fewer miles / km this year but still enjoyable. Focusing more on my music now that I've left the bicycle industry (see web site) <http://www.beth-hamon-music.com> Thanks and all the best to you in 2014...

Martin Goslar – 1324 – Phoenix, Arizona U.S.A.: Here in Arizona, Particularly here in the "Valley of the Sun", the environment hasn't done too well. Our summer was the hottest ever on record. The fall was still the same as summer until the end of the year. Even now in January, the temperature is very warm during the day and very cold at night! We also realize that many in the middle and eastern states are now in varying hard and cold conditions. Hopefully your government developed systems to deal with very cold seasons. – Due to environment here, cycling is a real change: the heat created a requirement to only do short rides until it finally started cooling down. Riding at night is very dangerous in the valley; my wife is an epidemiologist at a research hospital in Phoenix and she periodically lets me know the number of cyclist who were wounded or died (many more than I expected). Well, we haven't had snow in the valley yet!

Chester Wormald – 1339 – St. Catharines, Ontario Canada: I've had a very busy year with mission trips to Honduras, Northern Canada, Poland & Jamaica plus ministering at a Nursery Home every day. I'm looking forward to another year of riding & serving the Lord.

Daphne-Mary Armstrong – 1346 – St. Catharines, Ontario Canada: I have only cycled a little this past year, so it is not worth sending in to you. But, please do stay in touch. I am getting better every day, but it is painfully slow. I work out every day on the rowing machine and the treadmill, as well as doing my "LUMOSETY" exercises on the computer, thank you.

Alex, Casey & Danika Pope – 1352 – 1419 – 1420 – Maple Ridge, British Columbia Canada: I had good intentions to hit my next milestone this year, 75,000 km, but came up 2,500 km short so will need to save that for 2014. – A cycling highlight of the year was going on an 11 day, 376 km bike tour of Vancouver Island with my kids starting June 29th. We started in Nanaimo, heading north to Parksville, Coombs and Qualicum Beach before heading south. We stayed 2 nights in Chemainus, took a side trip to Saltspring Island, helped out at the MS Grape Escape in Shawnigan Lake, 2 more nights in Victoria, and finished our tour at Schwartz Bay. This was our second annual bike tour (in 2012 we rode 150 km in 5 days from Schwartz Bay to Duke Point) and we are already looking forward to 2014 – We also enjoyed riding the RBC GranFondo route in reverse over 2 days after I had ridden in the GranFondo (as a volunteer, supporting riders along the way). - Casey's distance this year includes consistently riding to / from high school, in all kinds of weather... including a few days of snow.



Robert Culp – 1350 – St. Helena Island, South Carolina – U.S.A.: Too cold to ride. I know Northerners are really understanding about that.

Brian Gilchrist – 1354 – Winnipeg, Manitoba Canada: Switched jobs in the fall, so my bike commuting mileage went out the window... Looks like I'll have to focus on those distance road rides in 2014.

Douglas "Dug" Andrusiek – 1358 – Duncraig, Western Australia: Greeting from Duncraig (just north of Perth), Western Australia. – I have relocated to Perth, WA, Australia for a 3 year contract. Nice riding and I hope this will help me get my mileage up. I no longer have a Canadian address, and don't know how this will affect my status. However, I do continue to be a member of BC Randonneurs, so my km will accrue to BC Randonneurs for the purposes of the Bill Hewes Award. I am a bit of a way off from my 100,000 award, so I don't think my relocation will affect the fees I pay. I anticipate being back in BC prior to the 100,000 threshold being reached.

Dave Macmurchie – 1360 – Shawinigan Lake, British Columbia Canada: Thanks, James – here you go. Not much of a year, but better than nothing. Now off to get a better start on 2014, having put in 20 km on New Years Day. Cheers!

Aaron Davis – 1361 – Bozeman, Montana USA: My finest cycling moment of 2013 is as an aid station volunteer. Having missed out on registration for the Butte 100, I signed up to help out and experienced the joys of cycling from an entirely perspective.

Nick Parker – 1368 – North Vancouver, British Columbia Canada: Not as much as I had hoped for but better than nothing! Remember; keep the rubber side down and the squirrels out of the wheels – makes for easier riding!

Marcel Gingras – 1369 – Port Colborne, Ontario Canada: It is a pleasure for me to send you another year's log. Even though I did quite a bit less riding in 2013, I am satisfied with what I accomplished. The highlight of the year was a trip to Sauble Beach and back with my dear friend Ted Higgins. From August 23rd to August 29th inc., we rode from Port Colborne to Cambridge, to Mount Forest, to Sauble Beach, to Kincardine, to Listowell, to Brantford and back home in 7 days, 751 km. – Lets hope we have an early Spring in 2014 and a late Fall so I can improve my average.

Deborah Chamitoff – 1370 – Victoria, British Columbia Canada: The pursuit of the perfect putt kept me away from my bike. Hopefully 2014 will bring me more mileage!

Leonard W. Wright – 1373 – Sebring, Florida U.S.A.: I got off to a very slow start last year after my accident in October 2012. I had recovered from the accident by February but just couldn't get in the mood for riding until mid-June (as my log indicates). Finally got my act together and had a good 6 months to finish up the year. Looking forward to a much better year in 2014!

Sandy Williamson – 1376 – Edmonton, Alberta Canada: Headed back south for a few months, came home for Christmas, ugly weather in Edmonton. All the Best in the New Year! Thanks for all the work you do.

Kate Reed – 1377 – Edmonton, Alberta Canada: Nothing dramatic this year, I am afraid as my cycling was significantly curtailed by a nerve problem in my foot. Shortly after I recovered from that, I injured my knee! Most of my summer was spent off the bike. Rats! Here's hoping next year is back to normal. All the best in 2014!

Mark Linford – 1389 – Ajax, Ontario Canada: I have not been on the bike much lately, having another rough year. If I can get the ticker functioning normally again then I plan on doing an 800k off-road loop in Idaho with more than 50 hot springs to visit. Maps out this spring from Adventure Cycling Association!

Mark Schofield – 1398 – Dartmouth, Nova Scotia Canada: This year, I had the opportunity to explore the great cycling trails throughout the Ottawa Capital Region in preparation for the Gran Fondo Gatineau. I believe my girlfriend and I were the only participants from Atlantic Canada. It was truly a remarkable experience to be part of a fantastic cycling weekend. I am definitely planning to come back in 2014 for at least a week this time. Gatineau Park was just amazing and I love the concept that the park is closed to vehicular traffic on Sundays. Near the end of 2013, we also had the opportunity to join Angella Goran on the final leg of her cross-Canada bike ride in support of the Canadian Wildlife Federation's Bike for Wildlife. Unfortunately, December 2012 was a very difficult time with the passing of my father; I knew he was very proud of my cycling endeavours especially when I took on the Heartland Tour in 2009 across Nova Scotia and the Maritime Bike Tour across the Maritimes in 2011 to promote health awareness in the Atlantic region. – I am hoping 2014 will be a great year with many cycling adventures across Canada,



Richard den Braber – 1393 – Chilliwack, British Columbia Canada: Had an awesome year cycling. The weather has been very cooperative. A bit wet at times but nothing to complain about too much. Managed to break 11,000 km this year and had 12 weeks with no riding due to trips away. Look forward to trying to improve on that in the coming year.

Elaine Parker – 1406 – Scarborough, Ontario Canada: It has been a challenging year. I spent most of it being treated for AML so was not able to ride. I am currently in remission and am gaining my strength so am hoping to get back into riding this spring. Last December was good weather for riding and I was able to ride until the first of January. Not so this December with the ice storm so I didn't feel so bad about not being able to ride. Best wishes for the New Year.

Michael Bos – 1409 – Ottawa, Ontario Canada: Mileage dropped in September when we had a baby girl. Mike

John McFayden – 1413 – Dundas, Ontario Canada: It was a challenge filled year. I found out I had A-Fib early in the year. It cost me a couple weeks of riding while the Dr. was trying to figure out what was going on. Geez, now I have a cardiologist. At least he cleared me to keep riding. – Hopefully these wickedly low Temps and piles of ice and snow will melt so I can get back to riding.

William Dickey – 1412 – Londonderry, Northern Ireland United Kingdom: A happy New Year to you, and trust you're well. Here's my log for 2013 which I hope I have filled in properly this time with your helpful instructions! – I'd like the plaque to commemorate 25,000 km so am I correct in saying you need 40 dollars for the plaque and 20 for the medal? And would you prefer Canadian or U.S. this year? – Attached also a typical photo of County Donegal in the summer, ascending the infamous Mamore Gap. – Oh, and plain William Dickey without "Dr." will do – I prefer to leave titles at the hospital door. – Lost some time off the bike this year due to fractured neck of femur but thanks to excellent surgery was back on the road 6 weeks after the injury. Slightly embarrassing going into tea shops in full bike gear with a walking stick during the first few weeks... Best Wishes William

David Ford – 1415 – Woodbridge, Ontario – Canada: James thanks for keeping the heat on I did not have a 2013 PDF so used the 2014 you just gave me. I only put month totals in so week dates not an issue for me. Do I need to send it by snail mail or is this suffice (see attachment)? I doubt I will grind out the same km's in 2014... but the year is still early on. Thanks for your great work.

Liz Overduin – 1417 – Auburn, Ontario Canada: I cycled 5 k on New Years Day in – 25 windy and on my mountain bike because... I said I would ride my bike on the first day of the year! – In 2010 I cycled with Cycle Canada from Vancouver to Inuvik, Inuvik has the most northern traffic light in Canada – I waited for it to turn red so that I could "run" the most northern traffic light! I had hoped to get a traffic violation ticket, but nobody cared

That's all they wrote for 2013! 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 you down. Cheers :-))) "Sir" James

Canadian Kilometer Achiever Program (CKAP)

CKAP #		2014 Cycling Distance Log, In Kilometres Please					
Week Of	Totals	Week Of	Totals	Week Of	Totals	Week Of	Totals
Sunday January 05 =		Sunday April 06 =		Sunday July 06 =		Sunday October 05 =	
Sunday January 12 =		Sunday April 13 =		Sunday July 13 =		Sunday October 12 =	
Sunday January 19 =		Sunday April 20 =		Sunday July 20 =		Sunday October 19 =	
Sunday January 26 =		Sunday April 27 =		Sunday July 27 =		Sunday October 26 =	
Monthly Total		Monthly Total		Monthly Total		Monthly Total	
Sunday February 02 =		Sunday May 04 =		Sunday August 03 =		Sunday November 02 =	
Sunday February 09 =		Sunday May 11 =		Sunday August 10 =		Sunday November 09 =	
Sunday February 16 =		Sunday May 18 =		Sunday August 17 =		Sunday November 16 =	
Sunday February 23 =		Sunday May 25 =		Sunday August 24 =		Sunday November 23 =	
				Sunday August 31 =		Sunday November 30 =	
Monthly Totals		Monthly Totals		Monthly Totals		Monthly Totals	
Sunday March 02 =		Sunday June 01 =		Sunday September 07 =		Sunday December 07 =	
Sunday March 09 =		Sunday June 06 =		Sunday September 14 =		Sunday December 14 =	
Sunday March 16 =		Sunday June 15 =		Sunday September 21 =		Sunday December 21 =	
Sunday March 23 =		Sunday June 22 =		Sunday September 28 =		Wednesday Dec. 31 =	
Sunday March 30 =		Sunday June 29 =					
Monthly Totals		Monthly Totals		Monthly Totals		Monthly Totals	
Quarterly Totals		Quarterly Totals		Quarterly Totals		Quarterly Totals	
		Grand Total 2013 =		Year 2014 =		Grand Total 2014 =	
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 @ \$40.00 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 Club 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 2015, to ensure you meet CKAP 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							

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.		
Due to the increased cost of medals and postage CKAP has no choice by to raise the price or go bust.		
The raise in price for awards will start with the 2013 cycling log and season.		
Badges with certificate will increase from \$8.00 to \$10.00 each including postage.		
Medals with certificate will increase from \$18.00 to \$20.00 each including postage.		
Plaques with certificate will increase from \$35.00 to \$40.00 each including postage.		
All major awards will remain free which are, The Canadian male & female Olympic Goal, The International male & female Olympic Goal, The Hewes Club Challenge, The 100,000 km Club and the Tour du Canada-CKAP awards.		
Notes for the CKAP annual report "From the Peloton" keep short, your finest cycling moment Can be included in the body of the email If sending log by attachment to an email		