

SASKATCHEWAN CYCLING ASSOCIATION MILEAGE ACHIEVEMENT LOG (CMAP)

Name: _____

Sept 1, 2006 - August 31, 2007 Total: _____ kms

Lifetime Total: _____ kms

Return to the SCA by September 15: 2205 Victoria Ave., Regina S4P 0S4

	Sept					Oct				Nov				Dec					Jan/07				Feb				Mar					Apr				May					June				July				Aug							
	2	9	16	23	30	7	14	21	28	4	11	18	25	2	9	16	23	30	6	13	20	27	3	10	17	24	3	10	17	24	31	7	14	21	28	5	12	19	26	2	9	23	30	7	14	21	28	4	11	18	25					
400km																																																								
300km																																																								
200km																																																								
100km																																																								
0 km																																																								
weekly total																																																								
monthly total																																																								
Total to date																																																								

Rules and Regulations

- 1 Only SCA members are eligible.
- 2 The program runs from Sept 1 to Aug 31
- 3 Record all kilometres on the log provided. Submit your log to the SCA before Sept 15.
All entries are based on an honor system.
- 4 All kilometres on the road apply, whether touring, racing, all terrain, training or riding to work.
- 5 No kilometres on indoor trainers or rollers are to be counted.
- 6 Amateur kilometres only: no riding at work, ie. bicycle courier.
- 7 Lifetime totals will accumulate regardless of absence of membership for a given year, ie. illness, leave, etc.
However, participants who are inactive for 2 consecutive years will forfeit their lifetime total and will be required to start over.
- 8 The award schedule, based on lifetime mileage as of Aug 31 each year, is as follows:

< 1,000 km	diploma	1,000 km	bronze badge & diploma
2,500 km	silver badge & diploma	5,000 km	gold badge & diploma
10,000 km	bronze medal & diploma	15,000 km	silver medal & diploma
25,000 km	gold medal & diploma	50,000 km	plaque, sticker & diploma

at each additional 25,000 km after 50,000 a sticker will be awarded to add to the plaque
- 9 A trophy will be awarded at the SCA annual general meeting to the top mileage achiever of each year.