

CMAF Rules and Regulations

1. Only SCA members are eligible.
2. The program runs from Jan. 1 to Dec. 31
3. Record all kilometres on the log provided. Submit your log to the SCA before January 5.
4. All entries are based on an honour system.
5. All kilometres on the road apply, whether touring, racing, all terrain, training or riding to work.
6. No kilometres on indoor trainers or rollers are to be counted.
7. Amateur kilometres only: no riding at work, ie. bicycle courier.
8. 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.
9. The award schedule, based on lifetime mileage as of December 31 each year, is as follows:

< 1,000 km	diploma	1,000 km	bronze badge &
diploma			

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 &

at each additional 25,000 km after 50,000 a sticker will be awarded to add to the plaque

10. A trophy will be awarded at the SCA annual general meeting to the top mileage achiever of each year.