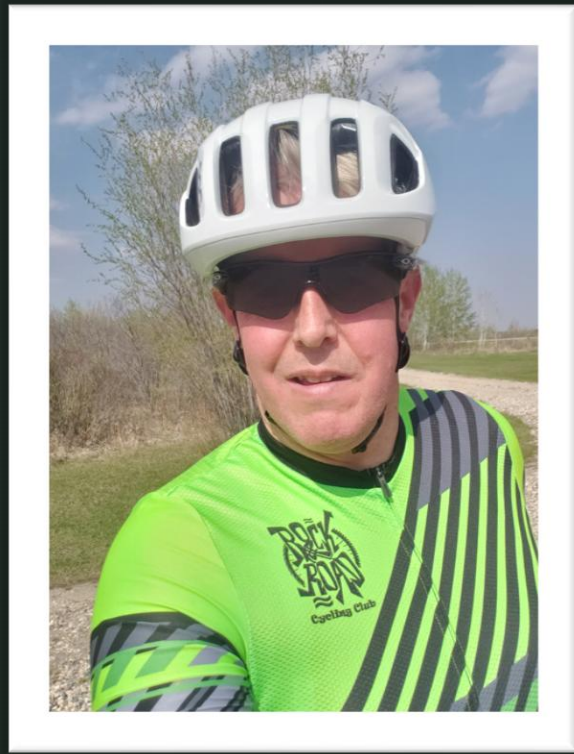




Rock n' Road Cycling Club



Newsletter Spring 2026



Spring is here and the Rock N' Road mountain bike and road riding season is set to begin! Our road cycling season will commence May 6th with the weekly Wednesday night “structured training night” at the Buckland Road “speedway” followed by our first weekly long steady distance, no-drop group ride on Sunday, May 17th using the "Triangle" course. The first monthly gravel bike ride is on Saturday, May 23rd.

The start of the MTB general training ride season has been delayed due to the late season snow which is slowly receding but still present in the forest at the Little Red River Park. Our planned Youth MTB training program has been canceled this spring due to the snow and trail conditions but watch for a start in Spring 2027. Once the trails are good for riding we will commence the Monday night MTB training rides. Watch our Facebook webpage, Strava and Discord channel for information on specific training ride dates.

Welcome to our new RnR Club Secretary Sheryl Busser who joined the Club Executive in the winter.

Be part of the adventure and join the Rock N' Road Cycling Club!

Rock n Road Cycling Club President
Derek Christensen

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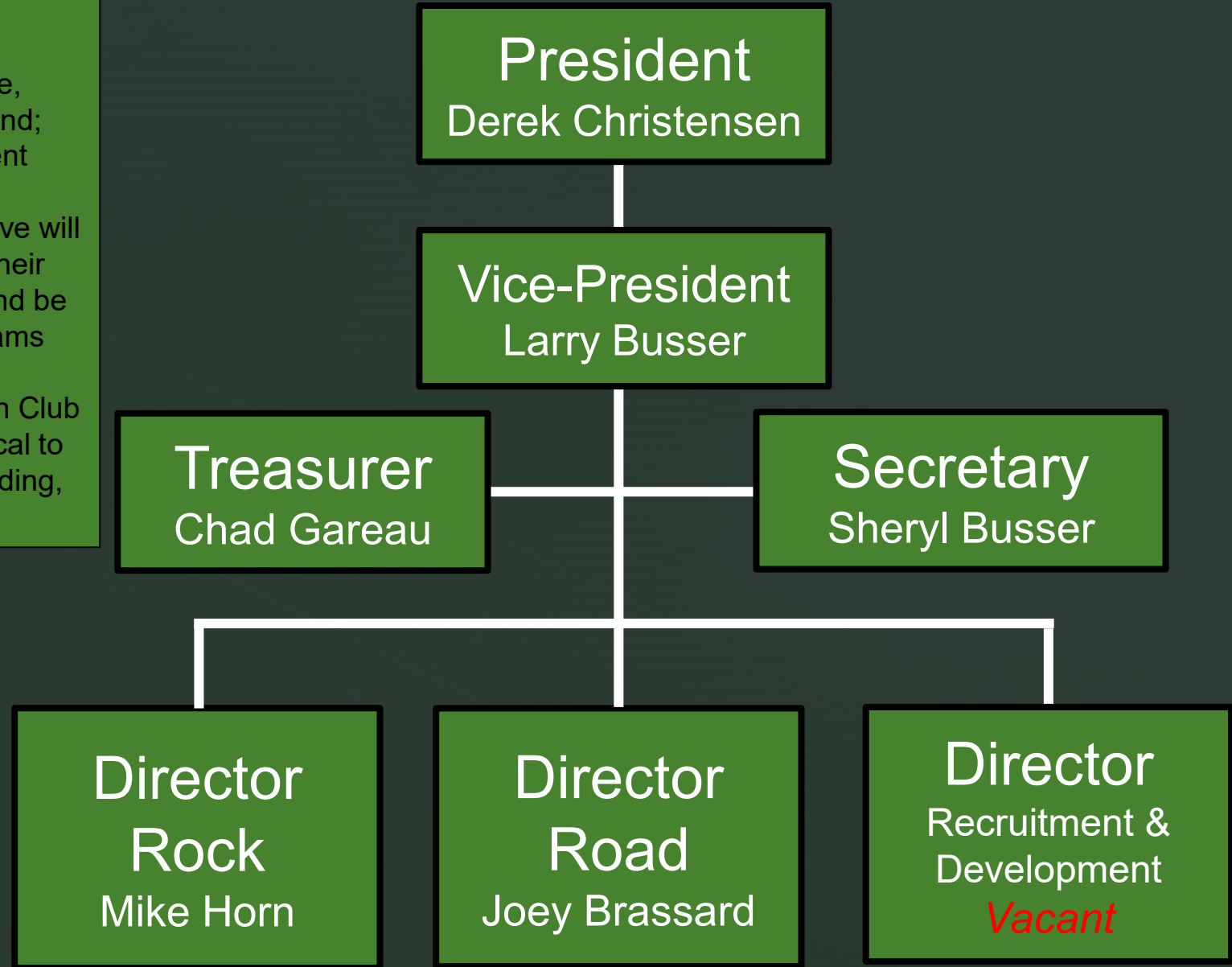
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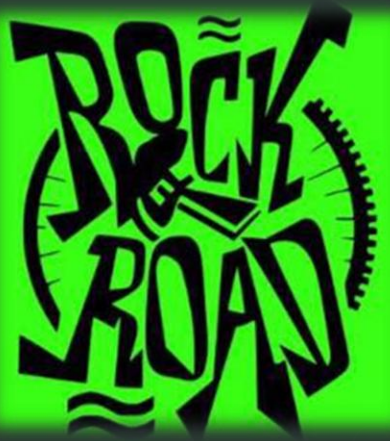
The new RnR CC Executive will have specific “divisions” of cycling related disciplines of:

Rock (offroad): MTB, Fatbike,
Road: Road, TT and Gravel and;
Recruitment and Development

The new structure of the Executive will enable Directors to focus on their specific area of responsibility and be empowered to develop programs within these “divisions”.

A new focus on engagement with Club Members will begin as it is critical to creating a club that has great riding, training and racing!





Cycling Year Round!



MTB
Road
Gravel
Zwift virtual

MTB
Road
Time Trial
Gravel

MTB
Road
Gravel
Zwift virtual

Fat biking
Zwift virtual



Rock n' Road 2026 Cycling Schedule



“Rock” Division: MTB 2026

MTB



MTB Training Rides

Monday nights at Little Red River Park,
start time 6:00 PM

Starts date is delayed due to lingering
snow, MTB program ends June 29th
Watch our Facebook webpage, Strava
and Discord channel for a start date
announcement when the trails are good
to ride.





MTB Youth Training Program

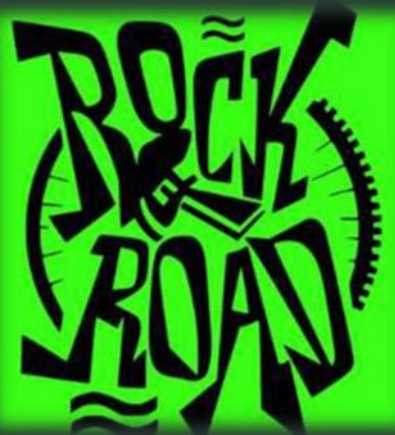


We regret to announce our planned Youth MTB training program for 2026 is cancelled due to the late season snow which made our April 21st start date impossible and with the lingering snow in the forests and drying of trails through May we could not meet our timelines for running the program. We are planning on a Spring 2027 start for the MTB Youth Training Program.



**“Road” Division:
Road, Time Trials & Gravel
2026**

ROAD



Structured Road Training Ride
Wednesday evenings at 6:00 PM
Buckland Road “speedway”
Starts May 6th & ends September 2nd



The first road training for 2026 will be the weekly “structured training night” on Wednesday evenings at the Buckland Road “speedway”. Whether you’re new to road cycling or a seasoned racer Road Director Joey will lead training that will enhance your skills and fitness! This training night would be great for new club members!

Watch our Facebook webpage, Strava and Discord channel for information on specific training ride dates



ROAD



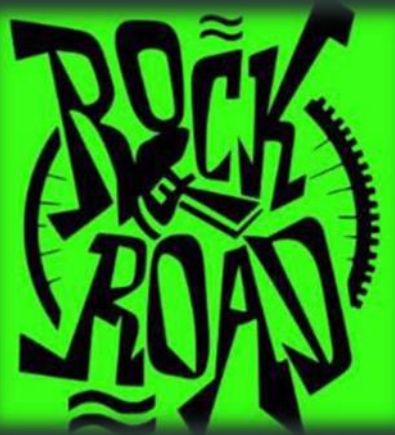
Road Training Ride

Sunday afternoons at 4:00 PM
Starts May 10th & ends September 6th

Also new for 2026 will be a steady distance group training ride on Sunday afternoons starting at 4:00 PM. This will be a structured “no drop” group ride on road routes in the surrounding Prince Albert area. First up is the “Triangle” course on Sunday, May 17th.

Routes and specific ride information will be posted on the RnR Facebook webpage, Strava and Discord channel





Individual Time Trials

Thursday evenings at 7:00 PM
Starts June 4th & ends September 3rd



THE RACE OF TRUTH

The ITT Series is back for 2026!
The Thursday night time trials were well attended and riders pushed themselves to achieve fast times! The three course format will be used again.

[2026 RnR ITT Series Technical Guide](#)

[Click here to view Sturgeon Lake Road
16 km TT course](#)

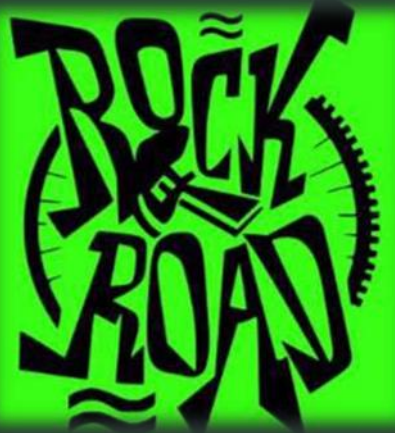
[Click here to view Pulp Haul Road
16 km TT course](#)

[Click here to view Buckland Road
11.8 km TT course](#)



TT

2025 ITT



2025 ITT Series Final Results

2025 ITT Series full
results [click here](#)



RnR 2025 ITT SERIES FINAL RESULTS

Total distance of 3 courses = 43.8 km

S16	P16	B11	Overall time	AVG KPH	Placing
26:18:00	26:36:00	19:53:00	72:47:00	36.11	1st Female TT Shelly Christensen
27:39:00	27:00:00	20:40:00	75:19:00	34.89	2nd Female TT Michelle Mackasey
					3rd Female TT
22:09:00	22:54:00	17:16:00	62:19:00	42.17	1st Male TT Joe Brassard
24:07:00	25:00:00	17:57:00	67:04:00	39.18	2nd Male TT Rommel Jalbuena
25:38:00	25:15:00	18:47:00	69:40:00	37.72	3rd Male TT Derek Christensen
26:06:00	25:58:00	19:47:00	71:51:00	36.58	4th Male TT Devin Kirkland
26:50:00	26:45:00	19:19:00	72:54:00	36.05	5th Male TT Barry Otterson
25:52:00	29:33:00	18:51:00	74:16:00	35.39	6th Male TT Mike Horn
26:39:00	29:43:00	20:09:00	76:31:00	34.35	7th Male TT Robert Orr
31:06:00	32:46:00	23:12:00	87:04:00	30.18	1st Female Road Kari Korczak
					2nd Female Road
					3rd Female Road
30:19:00	30:04:00	20:53	81:16:00	32.34	1st Male Road Dale Sharp
					2nd Male Road
					3rd Male Road

Most improved TT riders of 2025:
Kari Korczak & Devon Kirkland

G R A V E L



Gravel rides

Monthly RnR Club gravel ride

The RnR Cycling Club is officially entering the gravel riding scene in 2026. Once a month on a Saturday starting at 9:00 AM will be an “adventure style” gravel ride on unique courses in the Prince Albert area. Courses are being finalized and watch our Facebook webpage, Strava and Discord channel for further details!

Mark your calendars and join us for what should be epic rides!

2026 Gravel ride dates:

- 1) May 23rd
- 2) June 20th
- 3) July 18th
- 4) August 22nd
- 5) September 19th



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Club Kit



New RnR Club Kit by Jakroo
The Jakroo online store is not available for purchasing club kit at this time but we hope to have it open sometime in 2026 for ordering

[Click here to go to RnR Jakroo online store to view club kit](#)

[Click here to view Jakroo fit and sizing webpage](#)



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2026 Rock n' Road Cycling Club Membership

Be part of the adventure and join the Rock N' Road Cycling Club!

Fees:

- ▶ Adult Membership - **\$10.00**
- ▶ U17 Membership – **FREE**

*Please note the cost of joining the Rock 'n' Road Cycling Club does not include the required license/membership from the Saskatchewan Cycling Association

**Club memberships are available to purchase online.
Check RnR Cycling Club website for online link to
CCN bikes to purchase 2026 membership.**

RnR Cycling Club website click here

