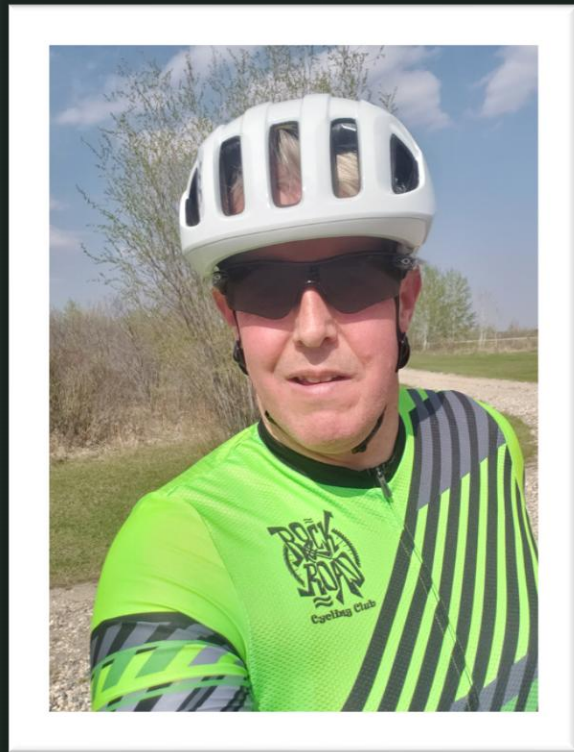




# Rock n' Road Cycling Club

Newsletter January 2026



On Thursday, November 27th the Rock n' Road Cycling Club held its annual AGM at the Prince Albert Golf and Curling Club and there was the election of a new Club President and Executive members. The Club executive was also restructured to create distinct "divisions" within the club each with its own Director who will have clear roles to create exciting cycling programs within their divisions.

Thank you to departing President Duane Neudorf for leading the Club for many years including during the challenging COVID-19 pandemic and post-pandemic period. You will be called upon regularly for advice! Big thanks also to departing Secretary Barry Otterson, thank you for keeping the Club's documents in order!

### 2026 Rock n' Road Cycling Club goals:

- 1) Reorganization of Club:** creation of the three distinct "Divisions" within the club each with a Director; Rock (offroad), Road and Recruitment. The Directors in the "Rock" and "Road" Division will develop and oversee the conduct of the cycling activities in their respective divisions. Mike and Joey will be looking for feedback on what Club members would like to see happen in 2026. Our Treasurer Chad and Secretary positions will continue to be the foundation of support for the club.
- 2) Revamp and renew club cycling programs:** New cycling activities, revamped current ones and renewed past programs are all what the Clubs executive are considering and a 2026 schedule has been developed.
- 3) Recruitment and retention:** Focus on promoting a welcoming, respectful and exciting club for the fitness, performance and competitive orientated cyclist and being the cycling club of choice in Prince Albert and the surrounding communities.
- 4) Ride!**

Enhanced communication through social media, an updated Club website and a regularly published digital club newsletter will commence. I look forward to meeting all RnR CC members out on the road or trail in 2026 and if you've never been a member or are a past member I welcome you to join the club in 2026!

Rock n Road Cycling Club President  
Derek Christensen

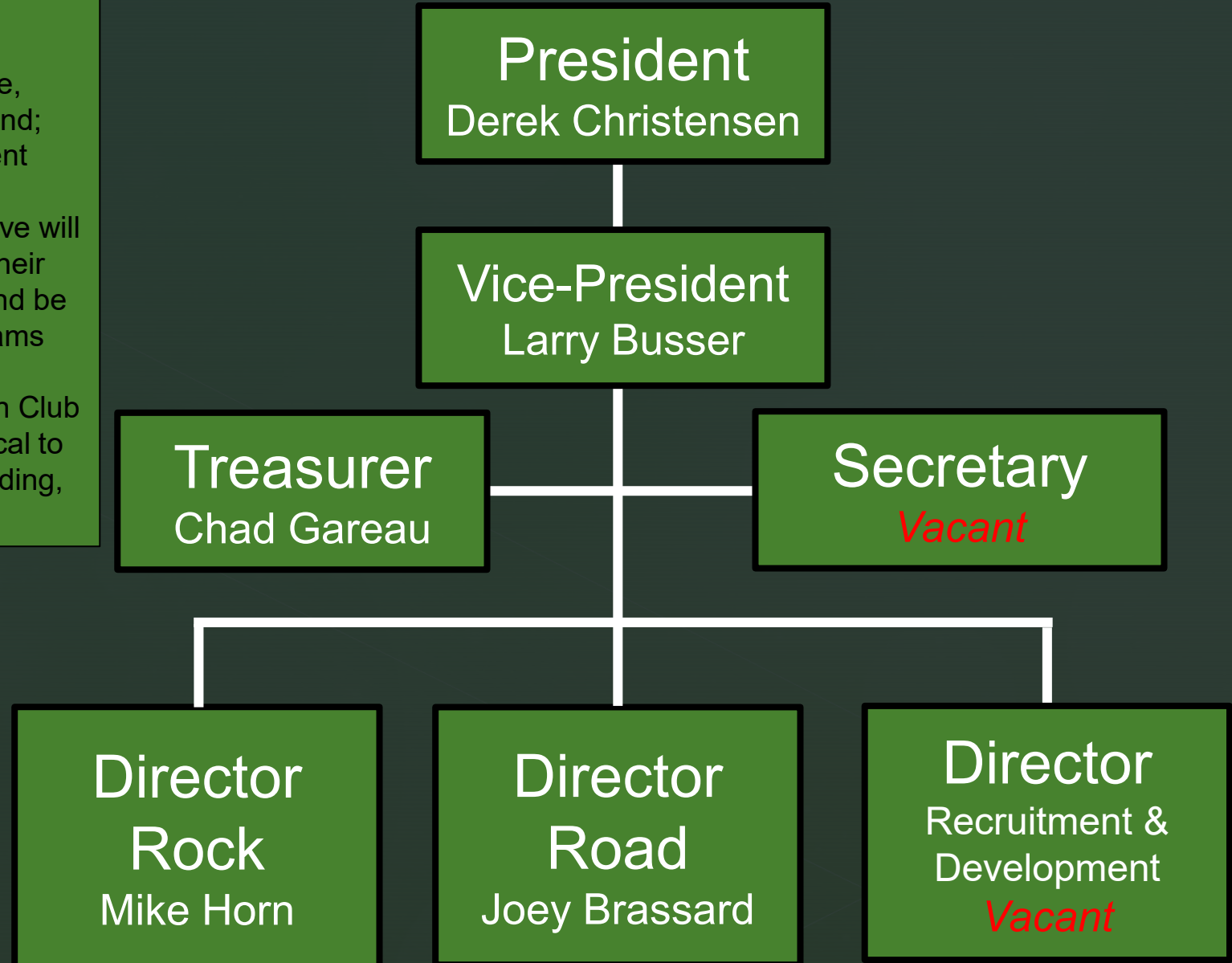
# New Executive

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!





The Director of Recruitment and Development and Secretary positions are open and interested persons can contact the Club President.

The Director of Recruitment and Development would be ideally served by an individual who knows our community, is proficient with social media and would like to promote cycling to attract new members to the club.



# 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 & Fatbike 2026**

# F a t B i k i n g



Winter fatbiking season has officially begun! Get ready to embrace the snow trails at the Little Red River Park and experience the thrill of riding through winter landscapes. Whether you're a seasoned rider or new to fatbiking, there's nothing like the joy of cruising the trails. Grab your gear and ride!

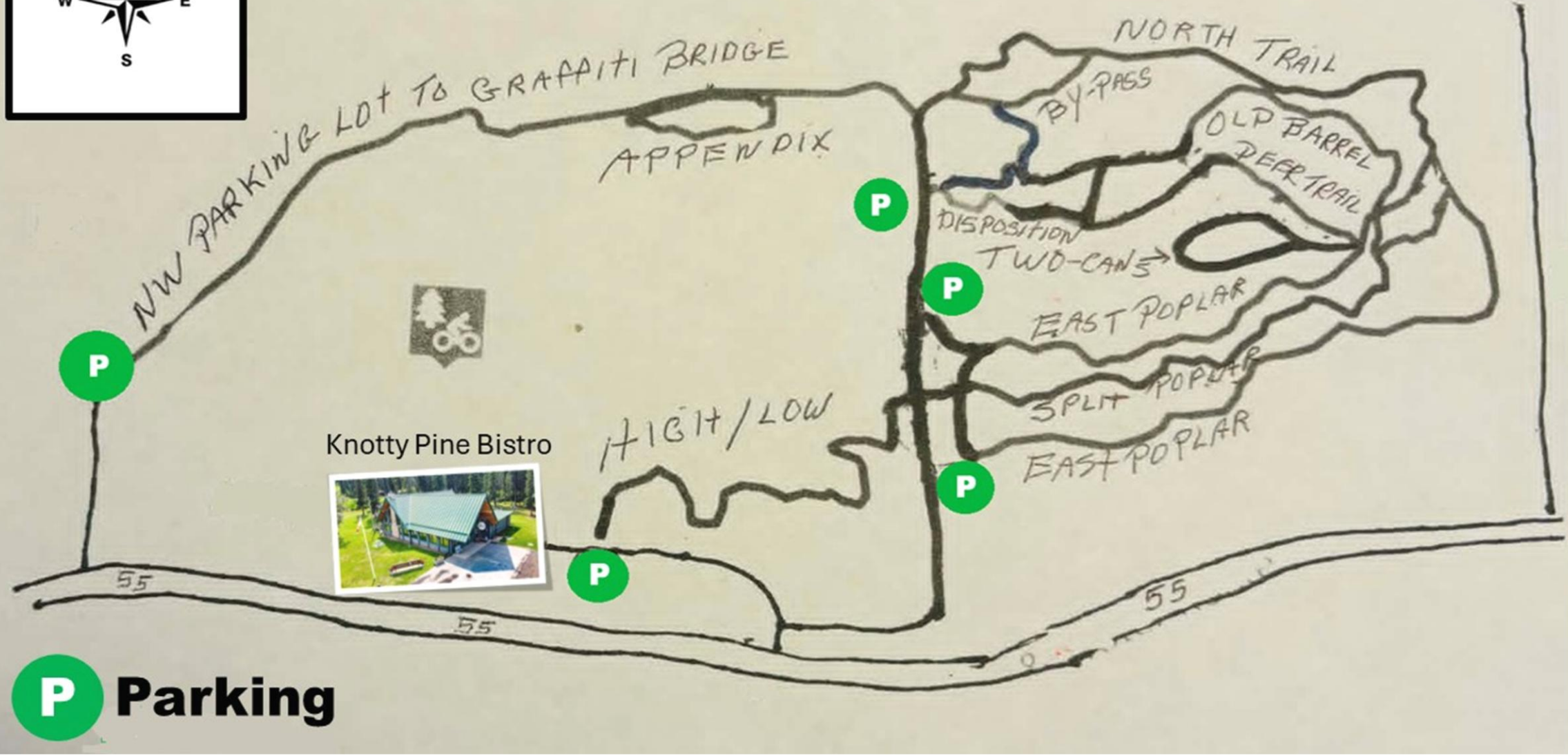


Rock n Road Cycling Club Vice-President Larry has been busy grooming the fatbike trails at the Little Red River Park and they are GTG!



[Click here to watch the Tourism Saskatchewan video on winter fat biking in Little Red River Park](#)

# Fatbike Trails at Little Red River Park



MTB



# MTB Training Rides

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

Starts May 4<sup>th</sup> and ends June 29<sup>th</sup>





# MTB Youth Training Program

Tuesday nights at Little Red  
River Park, start time 6:30 PM  
Starts April 21<sup>st</sup> & ends June 23<sup>rd</sup>

The RnR Cycling Club is starting a youth MTB training program in 2026 and is being led by Director Mike Horn. Club membership is required and the training program will be on Tuesday evenings at 6:30 PM at the Little Red River Park MTB skills park. The program will commence on April 21<sup>st</sup> and end on June 23<sup>rd</sup>. Watch the RnR Cycling Club for additional information which will be posted in early 2026.



[Click here for RnR Cycling Club website](#)



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

# ROAD



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



New for 2026 will be a “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 the RnR Cycling Club for additional information which will be posted in early 2026.



# ROAD



## Road Training Ride

Sunday afternoons at 4:00 PM  
Starts May 9<sup>th</sup> & ends September 6<sup>th</sup>

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. Routes are being finalized and will be posted on the RnR club website



TT



**Individual Time Trials**  
Thursday evenings at 7:00 PM  
Starts June 4<sup>th</sup> & ends September 3<sup>rd</sup>



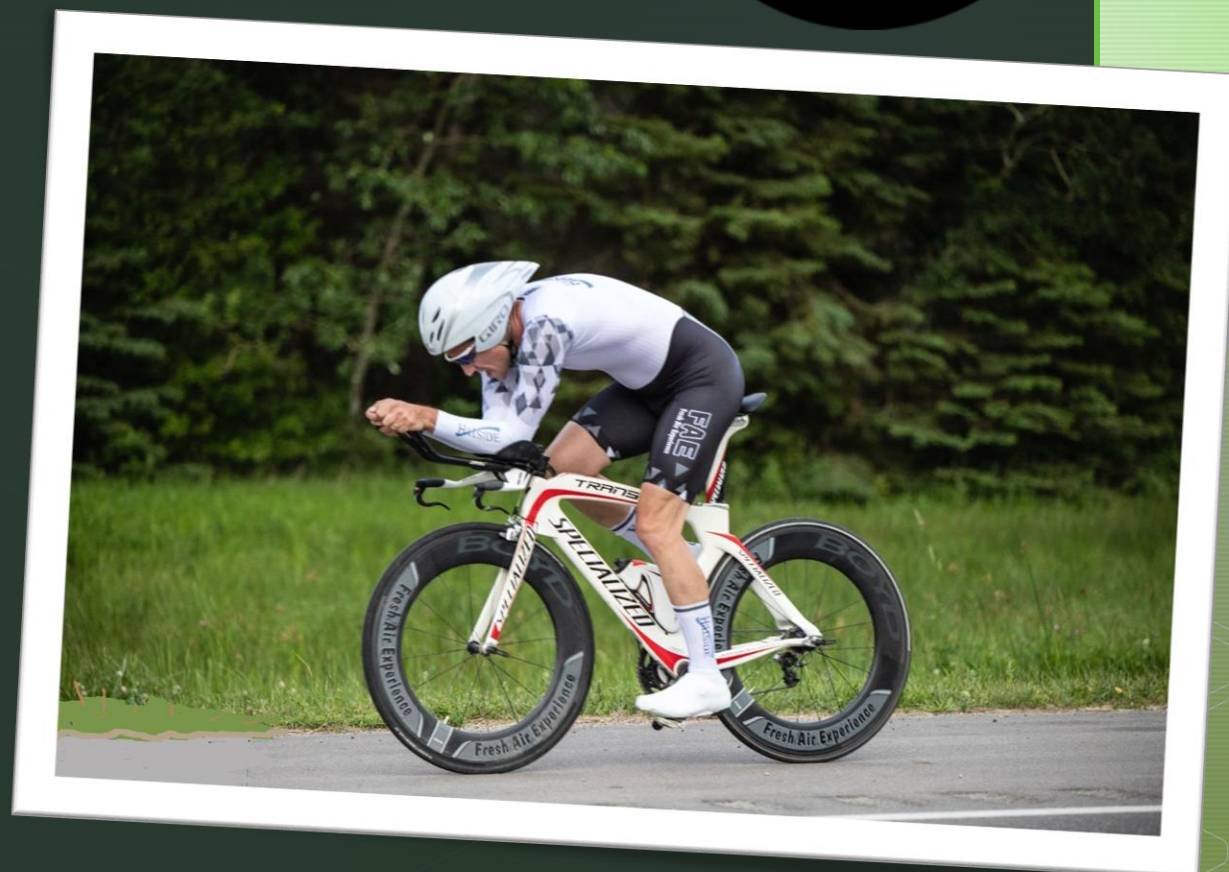
## THE RACE OF TRUTH

The ITT Series is back in 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 and the 2026 schedule will be posted on the RnR Club website in early 2026.

[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](#)



# GRAVEL



## 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 the RnR club website for further details! Mark your calendars and join us for what should be epic rides!

### 2026 Gravel ride dates:

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





# **2025 Rock n Road Cycling Club events and member achievements**

If you have participated in a cycling event please forward  
a description of the event and some photos so they can  
be included in future RnR Club newsletters!



# Rock'n'Road Cycling Club - Spring Road Race

## Sask Cup #3 - 15km Provincial ITT

## Sask Cup #4 - Provincial Road Race

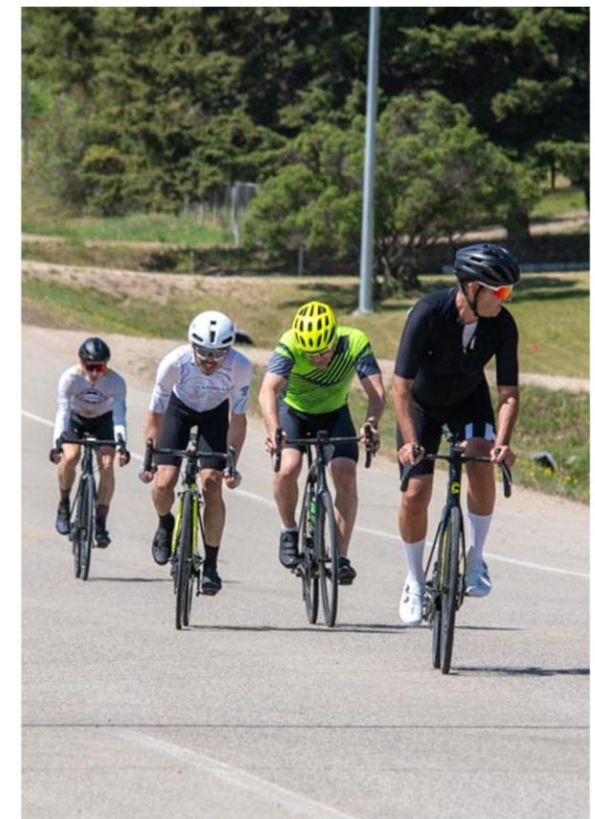
### May 24<sup>th</sup> and 25<sup>th</sup>, 2025

The RnR Cycling Club hosted the 2025 Saskatchewan Provincial Time Trial and Road Race. Huge thanks to RnR Director Mike Horn who planned, organized and ran the events which went flawlessly and had perfect weather!

### Sask Cup #3 15km Provincial ITT

#### Saturday, May 24th in Spruce Home

The ITT was scheduled to start at 2:00 PM on the 15 km TT course that was setup on Sturgeon Lake Road but a wildfire started at the western end of the road while RnR crew were setting up the TT course! Provincial Firefighters recommended not having the race on the road so we quickly moved the course over to nearby Pulp Haul Road and setup a 15 km TT course and the first rider started on time at 2:00 PM.





# Rock'n'Road Cycling Club - Spring Road Race

## Sask Cup #3 - 15km Provincial ITT

## Sask Cup #4 - Provincial Road Race

### May 24<sup>th</sup> and 25<sup>th</sup>, 2025

#### Sask Cup #4 Provincial Road Race

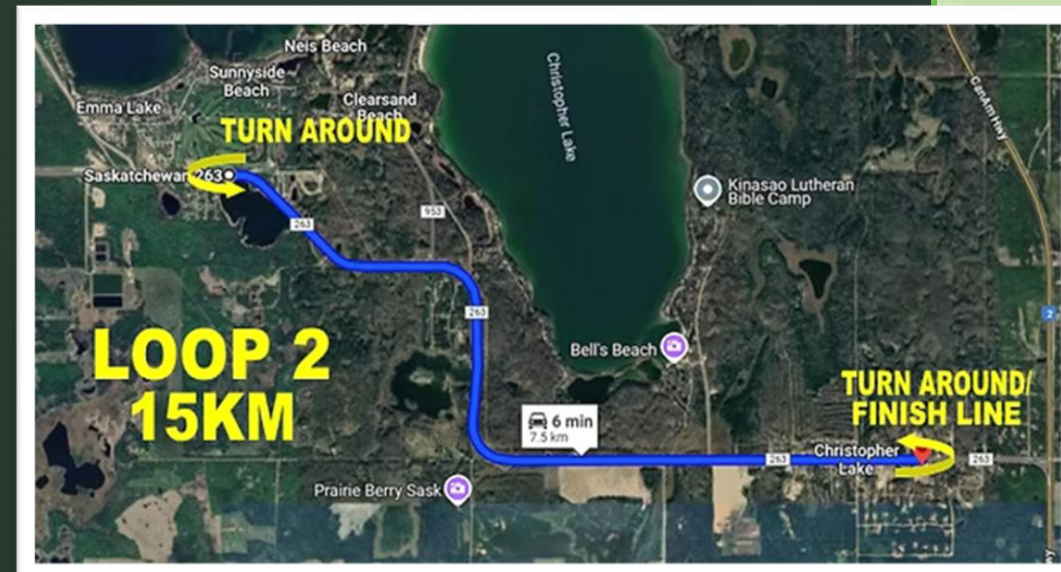
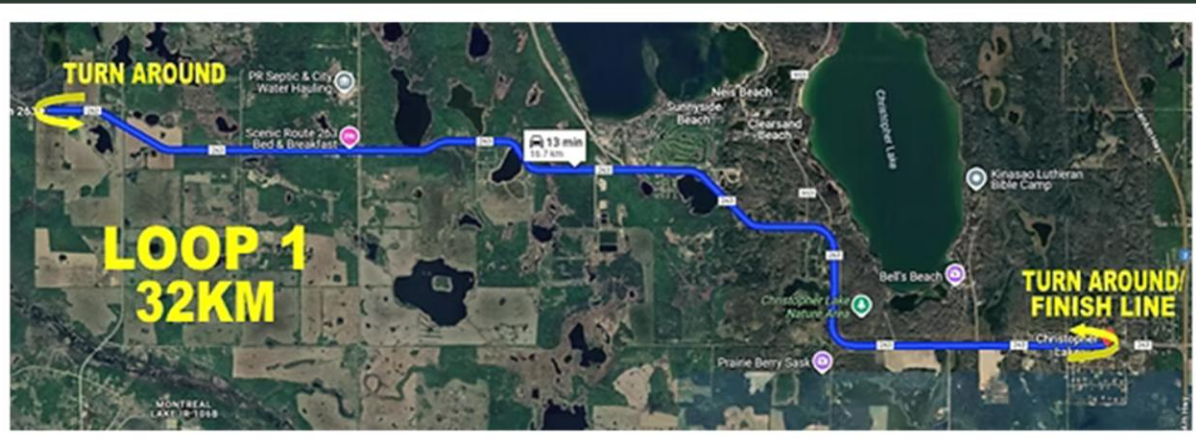
##### Sunday, May 25<sup>th</sup> in Christopher Lake

The Road Race was held on highway 263 through the scenic Lakeland with challenging climbs and excellent pavement! The start/finish line was at the Christopher Lake School. Loop 1 was a 32km out and back with turn around just before the National Park border. Loop 2 was a 15km out and back with turn around at the Emma Lake Golf Course.

Cat 1/2/3 - 96km (3 laps of Loop 1)

Cat 4 & Cat 3 Women - 79km (2 laps of Loop 1 and 1 lap of Loop 2)

Cat 5 & Cat 4/5 Women - 47km (1 Lap of Loop 2 and 1 lap of Loop 2)



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



# Hour Record

The Day of The Hour is a day long track event, held at the Mattamy National Cycling Centre Velodrome in Milton Ontario. The Hour Record is the longest distance traveled in 60 minutes, from a standing start, by an individual cyclist, on the velodrome on a track bike



RnR Cycling Club member Shelly Christensen set a Canadian Hour Record for Women aged 55-59 by riding 38.044 km on the Milton Velodrome on August 30<sup>th</sup>, 2025





# 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**

## **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 will soon be 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](#)**

