

Date	Day	Type	Event	Points	Start time	Sign on/start site	Distance	Route
March 1-2026	Sunday	RR	Roub#1	BAR	2:00 PM	Baldonnel School	30 k	East, left at Fornellis, right, to top of Baldonnel gravel, then right back to school
March 8-2026	Sunday	RR	Roub#2	Combines	2:00 PM	Baldonnel School	40 k	East to end of pave/end of gravel, right to where meets the Baldonnel road, right and return to school
March 15-2026	Sunday	RR			2:00 PM	Baldonnel School	26k	East then right on tank farm road, u turn at end, back to Baldonnel road, right to TT route and return
March 22-2026	Sunday	2 rider TT			2:00 PM	Baldonnel School	26k	2- rider team time trial (or single if you wish)
March 29-2026	Sunday	RR			2:00 PM	Baldonnel School	26k	Pavement road race.
April 2-2026	Thursday	TT	Spring Stage 1	BAR	6:30 PM	Baldonnel School	8 / 16 k	
April 3-2026	Friday	HC	Spring Stage 2		2:00 PM	Bottom Beaton road	3k	Hillclimb
April 4-2026	Saturday	RR	Spring Stage 3	BAR/Comb	2:00 PM	Frozen John	6/12/18 k	1, 2 or 3 laps
April 5-2026	Sunday	TT	Spring Stage 4	BAR/Comb	2:00 PM	Baldonnel School	25k	Bliz/Phoen Cup
April 9-2026	Thursday	TT	Spring Stage 5		6:30 PM	Baldonnel School	8 / 16 k	
April 12-2026	Sunday	RR			2:00 PM	Wood Corner	32k	Wood Corner (Shendoah road on Montney Highway) to Montney Store and back
April 16-2026	Thursday	TT			7:00 PM	Baldonnel School	8 / 16 k	
April 19-2026	Sunday	RR			2:00 PM	Kal Tire	20 or 40k	Kal, along frontage to Mikes Auto right, to Beaton Park road, to right Montney road and return to Kal Tire
April 23-2026	Thursday	TT		BAR	7:00 PM	Baldonnel School	8 / 16 k	
April 26-2026	RR			2:00 PM	Cecil Lake	48k	gravel pit to school and back	
April 30-2026	Thursday	TT			7:00 PM	Baldonnel School	8 / 16 k	
May 3 2026	Sunday	RR	King of Spring	BAR/Comb	2:00 PM	Wood Corner	60k	Out to Montney Store, right to Rose Prairie road, left to Upper pine school and return
May 4 2026	Monday	Ride	MTB Beaton Park		7:00 PM	Beaton Park		
May 7 2026	Thursday	TT		BAR	7:00 PM	Baldonnel School	8 / 16 k	
May 10 2026	Sunday	RR			2:00 PM	Wood Corner	44 k	Wood corner, right Beaton road, left Montney Store, right Prespatou road until tracks then U turn return
May 11 2026	Monday	Ride	MTB Beaton Park		7:00 PM	Beaton Park		
May 14 2026	Thursday	TT			7:00 PM	Baldonnel School	8 / 16 k	
May 16 2026	Saturday	Ride	Long weekend		10:00 AM	Meet Coop near college	60k	Civilized social cruise ride to Shepherds inn Mile 72 for lunch, straw/rhubarb pie.
May 18 2026	Monday	Ride	MTB Beaton Park		7:00 PM	Beaton Park		
May 21 2026	Thursday	TT		BAR	7:00 PM	Baldonnel School	8 / 16 k	
May 24 2026	Sunday	RR			2:00 PM	Cecil Lake	48k	gravel pit to school and back
May 25 2026	Monday	Ride	MTB Beaton Park		7:00 PM	Beaton Park		
May 28 2026	Thursday	TT			7:00 PM	Baldonnel School	8 / 16 k	
May 31 2026	Sunday	RR		BAR	2:00 PM	Kal Tire	40k	Left Rose Prairie road, right Cecil lake road, Down Beaton hill, up far Beaton hill, U at the far trash can stop and return. Shortie to truck turn and back
June 1 2026	Monday	Ride	MTB Beaton Park		7:00 PM	Beaton Park		
June 4 2026	Thursday	TT		BAR	7:00 PM	Baldonnel School	8 / 16 k	
June 7 2026	Sunday	RR			2:00 PM	Wood corner	25/50 k	1 or 2 laps of Montney-246 rd-Beaton Pk rd and back to wood Corner
June 8 2026	Monday	Ride	MTB Beaton Park		7:00 PM	Beaton Park		
June 11 2026	Thursday	TT			7:00 PM	Baldonnel School	8 / 16 k	
June 14 2026	Sunday	RR			2:00 PM	Wood Corner	44 k	Wood corner, right Beaton road, left Montney Store, right Prespatou road until tracks then U turn return
June 15 2026	Monday	Ride	MTB Beaton Park		7:00 PM	Beaton Park		
June 18 2026	Thursday	TT		BAR	7:00 PM	Baldonnel School	8 / 16 k	
June 21 2026	Sunday	RR			2:00 PM	Frozen John	6/12/18 k	1, 2 or 3 laps
June 22 2026	Monday	Ride	MTB Beaton Park		7:00 PM	Beaton Park		
June 25 2026	Thursday	TT			7:00 PM	Baldonnel School	8 / 16 k	
June 28 2026	Sunday	RR	Club Road Champs	Bar/Comb	2:00 PM	Wood Corner	45k	To Beaton Park rd, right east 256 rd to Rose Prairie, right down Montney Coulee, up the big hill, right Montney road and back to Wood Corner.
June 29 2026	Monday	Ride	MTB Beaton Park		7:00 PM	Beaton Park		
July 1 2026	Wednesday	Canada Day		10:00 AM	Meet Coop	60k		
July 2 2026	Thursday	TT		BAR	7:00 PM	Baldonnel School	8 / 16 k	
July 5 2026	Sunday	HC		Bar/Comb	2:00 PM	Bear Flats Bridge	8k	
July 6 2026	Monday	Ride	MTB Beaton Park		7:00 PM	Beaton Park		
July 9 2026	Thursday	TT			7:00 PM	Baldonnel School	8 / 16 k	
July 11 2026	Saturday	CRIT	Criterion		10:00 AM	Prospect Park square		(access by 89 ave on Old Fort Rd side) Route: 89ave, 112 str-91 ave-89 ave. All right turns.
July 12 2026	Sunday	RR			2:00 PM	Kal Tire	20 or 40k	Kal, along frontage to Mikes Auto right, to Beaton Park road, to right Montney road, Rose Prairie rd, 100th and right turn return to Kal Tire on bypass
July 13 2026	Monday	Ride	MTB Beaton Park		7:00 PM	Beaton Park		
July 16 2026	Thursday	TT	Personal Best	BAR	7:00 PM	Baldonnel School	8 / 16 k	
July 19 2026	Sunday	RR	Rocky Road Gravel	Bar/Comb	2:00 PM	Baldonnel School	60k	80% Dirt/gravel:left at Baldonnel mail boxes, right at inter (east) left on Baldonnel road, east to gravel inter, right out to Baldonnel road and retrace to finish
July 20 2026	Monday	Ride	MTB Beaton Park		7:00 PM	Beaton Park		
July 23 2026	Thursday	TT			7:00 PM	Baldonnel School	8 / 16 k	Personal Best night
July 23 2026	Thursday	TT			7:00 PM	Baldonnel School	8 / 16 k	
July 26 2026	Sunday	RR			2:00 PM	Cecil Lake	48k	gravel pit to school and back
July 27 2026	Monday	Ride	MTB Beaton Park		7:00 PM	Beaton Park		
July 30 2026	Thursday	TT			7:00 PM	Baldonnel School	8 / 16 k	
Aug 1 - 2026	Saturday	Ride	Long weekend		10:00 AM	Meet Coop near college		
Aug 1 to 3 2026	Weekend	Nat's						National Masters Calgary 1-TT 2-RR 3-Crit
Aug 3 2026	Monday	Ride	MTB Beaton Park		7:00 PM	Beaton Park		
Aug 6 2026	Thursday	TT		BAR	7:00 PM	Baldonnel School	8 / 16 k	
Aug 9 2026	Sunday	RR			2:00 PM	Pineview Pullout (Rose Prairie)	60k	From Rose Prairie pullout: North then left past Montney store, on to u turn at Prespatou rd, back PAST pineview, left on Cox road to top then back to Pineview.
Aug 10 2026	Monday	Ride	MTB Beaton Park		7:00 PM	Beaton Park		
Aug 13 2026	Thursday	TT			7:00 PM	Baldonnel School	8 / 16 k	
Aug 16 2026	Sunday	RR	Frozen john		2:00 PM	Frozen John		1 - 2 - 3 - 4 laps
Aug 17 2026	Monday	Ride	MTB Beaton Park		7:00 PM	Beaton Park		
Aug 20 2026	Thursday	TT		BAR	7:00 PM	Baldonnel School	8 / 16 k	
Aug 23 2026	Sunday	RR	Gravel	BAR/Comb	2:00 PM	Baldonnel School	60k	80% Dirt/gravel:left at Baldonnel mail boxes, right at inter (east) left on Baldonnel road, east to gravel inter, right out to Baldonnel road and retrace to finish
Aug 24 2026	Monday	Ride	MTB Beaton Park		7:00 PM	Beaton Park		
Aug 27 2026	Thursday	TT			7:00 PM	Baldonnel School	8 / 16 k	
Sept 3 2026	Thursday	TT		BAR	6:30 PM	Baldonnel School	8 / 16 k	
Sept 5 2026	Saturday	Ride	Long weekend		10:00 AM	Meet Coop near college		
Sept 10 2026	Thursday	TT			6:30 PM	Baldonnel School	8 / 16 k	
Sept 13 2026	Sunday	RR	Fallen Leaves	comb/BAR	2:00 PM	Wood Corner	44 k	Wood corner, right Beaton road, left Montney Store, right Prespatou road until tracks then U turn return
Sept 14 2026	Monday	Ride	MTB Beaton Park		7:00 PM	Beaton Park		Last Monday nighter.
Sept 17 2026	Thursday	TT	Last road TT	BAR	6:30 PM	Baldonnel School	8 / 16 k	Final road TT of the season
Sept 19 2026	Saturday	EAT			2:00 PM	Beaton park top lot		Poker bike and Banquet / Awards
sept 20 2026	Sunday	MTB-RR			2:00 PM	Beaton park top lot	10k	Big Easy loop
Sept 27 2026	Sunday	MTB-RR	MTB - Champ's		2:00 PM	Beaton park top lot	10k	Route: the Big Easy.
Oct 4 2026	Sunday	CX	Cyclo cross intro		2:00 PM	NPSS	3/6k	Cyclo cross
Oct 11 2026	Sunday	CX	Cyclo cross		2:00 PM	NPSS	3/6k	Cyclo cross

Training for the Big Race (Bliz coach suggests)

-There's more to training than following a grid of numbers. 'Training' is getting your body ready a certain type of event WITH adequate recovery to rest your body for the next stage of effort. Improvement is building in a series of steps; Training, monitoring recovery, satisfactory improvement, more training...

-Insufficient recovery means not enough improvement, only injury. Listen to your body. Signs of under-recovery: persistent elevated heart rate, fatigue, nagging over use injuries, difficulty sleeping or mild depression won't heal up on their own.

-Choose a realistic goal for your cycling. Consider your age in your training plans and goals. Is this event a good idea? We're not professional, youthful racers. Can you manage it in this time frame? Got a bike that's up to it?

-Distance training is easy but gaining speed is not. Training in cycling is all about acquiring good road race speed, elbow to elbow with other riders and a distance of about one hundred and twenty km's. The group dynamic changes everything for training for training. Rubbing shoulders with other fast riders also makes you faster and keener.

- **Distance is easy but acquiring speed is more difficult.** Solitary toil will not build speed. A rider must force themselves into the highest zones of effort by racing with faster riders in a pack on a regular basis. 'Holding the wheel' (fighting to keep up to faster riders successfully, even for short periods. Racing with faster riders will make you fast.

-Do what you can. Life is busy. Cycling is supposed to be joyful exerciser not just another day in the coal mine.

-If you have to choose between a long ride or a race... choose the race!

-**Riding club races is gold**. Ride to the race start to gain 'distance' and a warm up. Racing with faster racers builds precious speed. Riding home adds warm down and reflection. A good day.

-Commuting is efficient distance for those trying to pack some cycling into a busy life. Add a loop on the way and you've had a good day.

*Triathletes: Consider cycling training as your most time effective sub-sport as compared to a pool practice. I've done sprints to the Penticton Ironman'...just suggesting...Cycling is a key part of triathlons/duathlons. When doing Olympic distances and longer, cvclina is where vou will spend the most 'sport' time.

Yearly cycle:

-Season is over. Active Rest – 2 weeks fun stuff to wind down from season

-Winter Early spring (6 weeks) body readiness – Getting the body ready. Long, slow k's on trainer, Zwift or road, weather gods willing. Weights. Speed-skating, cross country skiing. Be realistic about the amount you are training. Volume – volume – volume - speed

-Summer/ Racing (6 weeks)– gradually reduce distance but increase intensity. Speed – speed – speed -volume

-Fall (6 weeks) – winding down / cyclo-cross (great VO2 max training) / mountain biking

Intervals: Building your speed and recovery (**Tuesdays and Sunday** racing - Fartlek). Driving up your dormant VO2 Max.

Choose one for a Tuesday:

-Pole intervals: Partial recovery. Sprint pole to pole, catch your breath to the next pole, sprint again. One hundred percent for each, until you don't have enough. Go home.

-Speed intervals: full recovery. Full out sprint for 2-2.5 minutes until you can't keep the speed. Slow down, let your heart rate return to normal, then do another. Done when you can't maintain the interval speed.

-Hill Intervals: Climb the focus hill, sprinting over the top because that is where folks get dropped. Coast back down for a partial recovery. Do it again until intensity wanes, then go home.

-Time trial intervals: Baldonnel: Warm up. Do first km (from standing) ten % faster than your top TT time, then slow to catch breath. With a half k to the turn do this hard interval again, make an awesome turn, than another half km. Catch your breath. Do final lung busting. uber fast sprint to the finish. Well done. Go home.

Weekly 'cycle:

Monday- rest day (from hard weekend)

Tuesday – Intervals (warm up well, intervals with adequate breaks to MAX then warm down. Hardest day of the week. Fatigued? - Skip and go home)

Wednesday – Longest mile day of this week.. Distance but minimal hills or light rollars.

Thursday – Good ride to time trial, good effort, then ride home.

A time trial will show your improvement and state of fitness.

Friday – Rest day – clean bike – be ready for weekend.

Saturday – long ride or race

Sunday – Ride to race start, race, then pedal home and reflect.

A race showing your good speed with others will make your week worthwhile.

Peaking; Lower the distance (fatigue) while maintaining the speed for a BIG event. Resting while keeping sharp.

Monday – rest, make sure that bike is ready, clothing and shoes.

Tuesday – One hour easy, couple of short sprints

Wednesday –two hour easy cruise ride (add in an a mid effort time trial or be the timer)

Thursday – one hour easy cruise ride (add in an a mid effort time trial or be the timer)

Friday – rest / travel. Try for a short ride upon arrival. Drive the course. **Pay particular attention to start and finish.**

Saturday – Nationals TT,

Sunday – Nationals RR

Monday - Nationals Criterium

There's more to training than this brief suggestion. Have a read of **Joe Friel's excellent 'Cyclist's training bible'** books.