

# RIDER GUIDE

## WILD ROSE WOMEN'S GRAN FONDO

August 23rd, 2026

WILD ROSE



WOMEN'S  
GRAN FONDO

# PARTNERS



MAILLOT  
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# THE EXPERIENCE



The Wild Rose Women's Gran Fondo is an inclusive event for all women cyclist! This unique event is incredibly welcoming for all riders and you will feel the support and inclusion throughout.

## What You Get

### PRE RACE

- package pick up
  - Wild Rose Women's Gran Fondo t-shirt (if you are not happy with your size you may come to the registration tent AFTER you finish your ride to see if an exchange is possible)
  - Wild Rose Women's Gran Fondo race plate
  - timing chip

### DURING

- official timed ride
- race support from certified mechanics and medical team
- well-stocked aid stations

### POST RACE

- Wild Rose Women's Gran Fondo finisher's medal
- post-ride snacks



# SCHEDULE



## **August 22nd - Saturday**

Rocky Ridge YMCA (11300 Rocky Ridge Road NW)

5pm - 7pm Race Package Pick Up

*NOTE: package pickup will be in the parking lot where the start/finish of the ride is*

## **August 23rd - Sunday**

Rocky Ridge YMCA (11300 Rocky Ridge Road NW)

6:30am - 7:00am Package Pick Up

7:05am 70km Athlete Pre-Race Meeting

7:15am 70km Riders Start

7:20am 40km Athlete Pre-Race Meeting

7:30am 40km Riders Start

9:45am Podium Awards - for top 3 riders per distance

11:15am Course Closes

- 70km riders have 4 hours to complete route
- 40km riders have 3.75 hours to complete route

12:00pm Race Site/Expo Closes



# TIMING



This is a timed cycling event. In your package you will receive a timing tag and a bike plate that **MUST** be attached to your bike.



## BIKE PLATE

The bike plate is secured by twist ties (included in your package pick up envelope). Affix the plate to the front of the bike. Your number must be visible **ON THE FRONT OF YOUR BIKE**. Do not cut, fold/bend the plate.



## BIKE TAG

Secure the bike tag around your seat post. You must have it to collect a time.

(see detailed instructions on next page)

### \*\*\* Important Timing Information \*\*\*

[www.startlinetiming.com](http://www.startlinetiming.com)

For this event we are using RFID – “BIKE SPECIFIC” B-tags, a verythin strip encoded with your entry number and event details.

Please do not fold or attempt to remove your timing tag from the numberplate.  
If you fold or crease the tag you may break the circuit and no times will be recorded.  
If you cannot attach the tag as described below ask an official for assistance



1. Carefully peel seat-post number from backing.



2. Attach the numberplate to seatpost. Use dashed line to centre on seatpost



3. Press number together



4. Ready to record your times



Your number kit also includes stickers to attach to the front and side of your helmet

Startline Timing powered by:

# RACE SITE AND PARKING

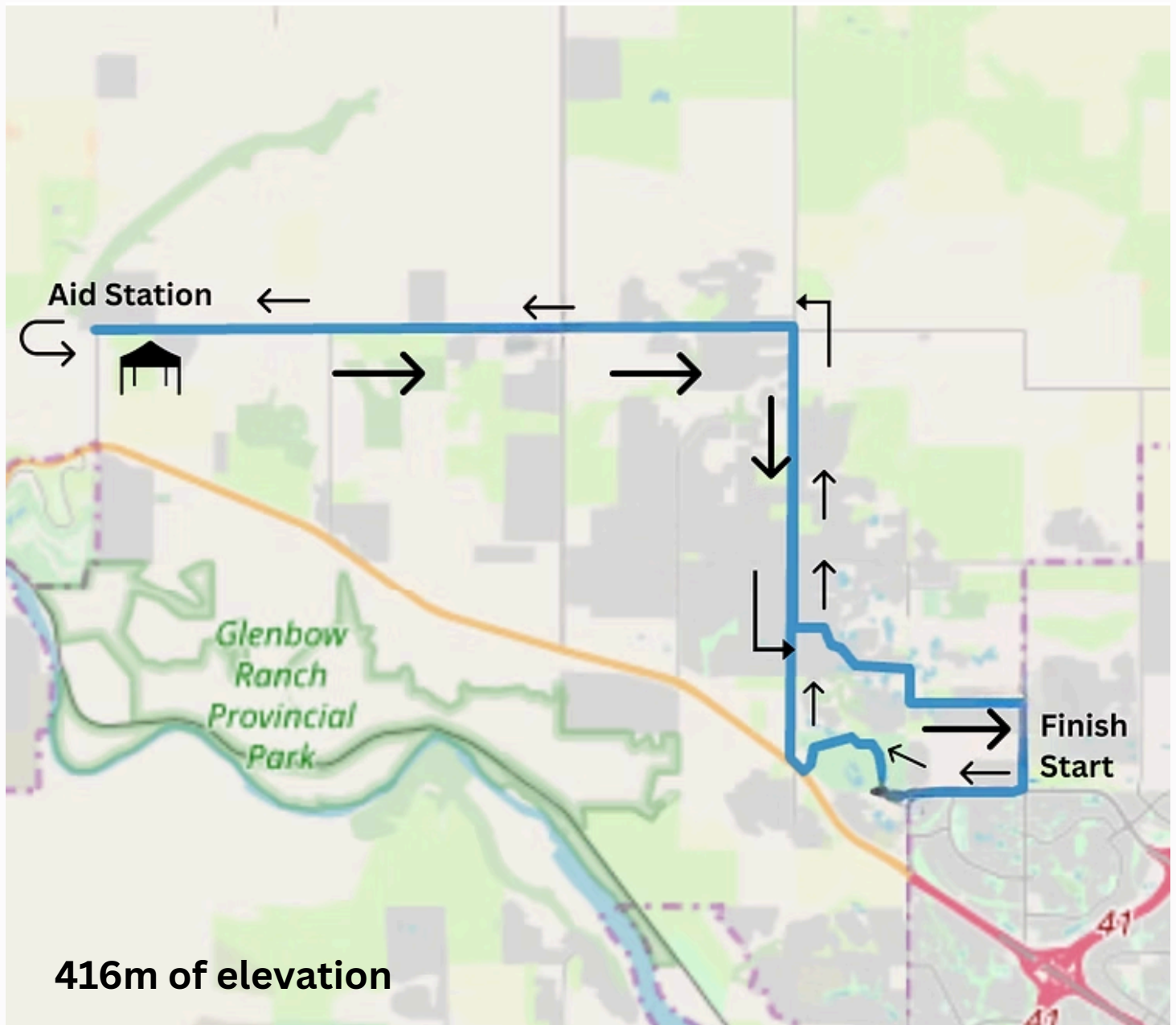


## **Parking:**

There is plenty of parking in the parking lots surrounding the Rocky Ridge YMCA. It will be a very short walk from your car to the start.



# 40KM COURSE MAP



While we will be marking the course extensively with arrows, flags, volunteers, and flaggers, it is ultimately YOUR responsibility to know the course!

## **Course Cut-Off:**

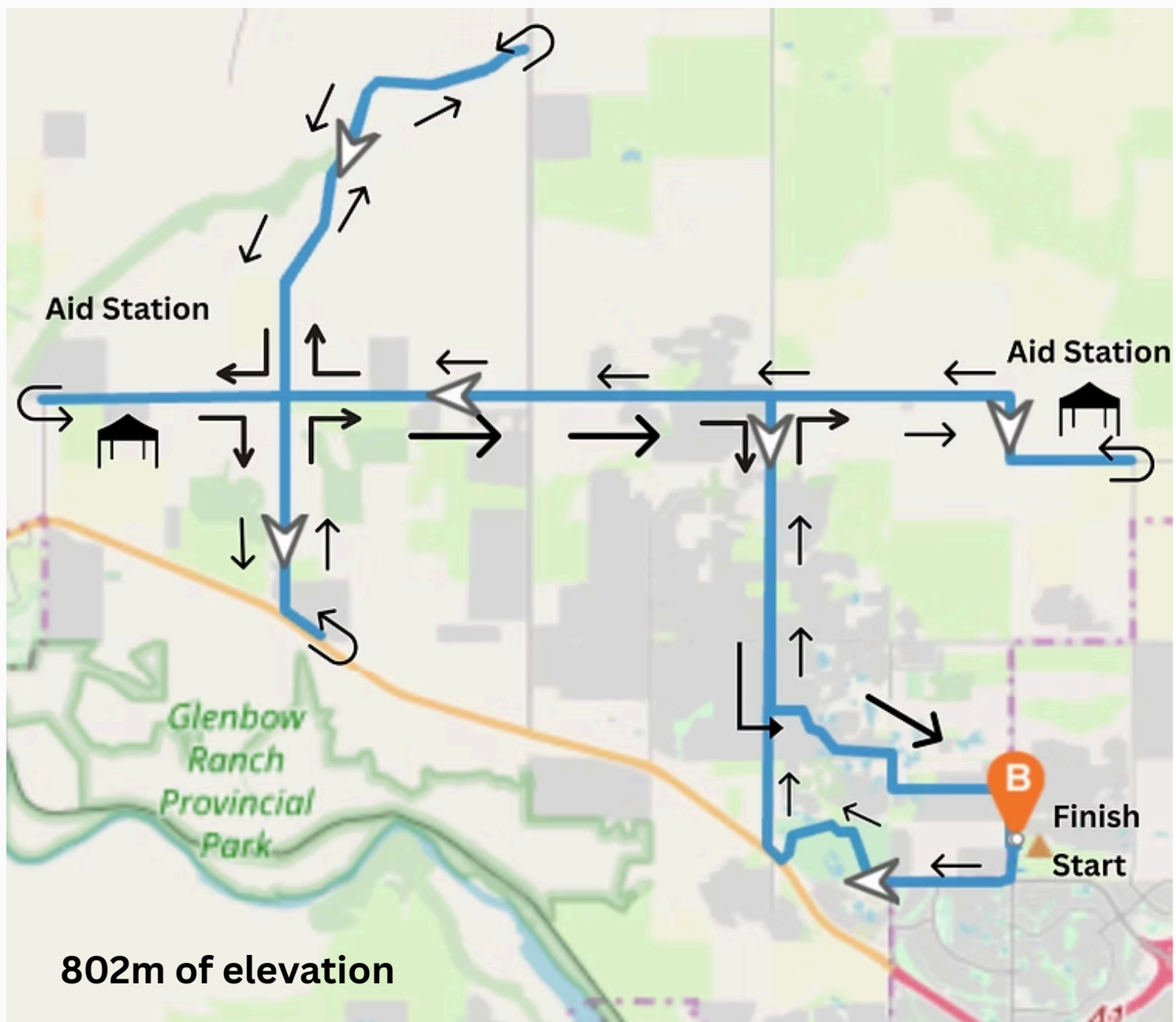
All riders have until 11:15am (3.75 hours)

# 40KM COURSE DIRECTIONS



No	Km	Turn	Directions
1	0.000		Start on
2	0.024	➔	Turn right
3	0.147	➤	Turn left onto Rocky Ridge Road NW
4	0.620	➔	Turn right onto Country Hills Boulevard NW
5	4.477	➔	Turn right onto Nagway Road
6	4.775	➔	Turn right onto Bearspaw Road
7	10.793	➤	Turn left onto Township Road 262
8	20.526	➤	Turn left onto Range Road 40
9	20.536	➔	Turn right onto Township Road 262
10	30.269	➔	Turn right onto Bearspaw Road
11	34.454	➤	Turn left onto Church Ranches Boulevard
12	36.927	➤	Turn left onto Aspen Drive
13	38.543	➔	Turn right onto Rocky Ridge Road NW
14	39.286	➔	Turn right
15	39.416	➤	Turn left
16	39.442		FINISH

# 70KM COURSE MAP



While we will be marking the course extensively with arrows, flags, volunteers, and flaggers, it is ultimately YOUR responsibility to know the course!

## **Course Cut-Off:**

All riders have until 11:15am (4 hours)



# 70KM COURSE DIRECTIONS



No	Km	Turn	Directions
1	0.000		Start on
2	0.013	↙	Turn sharp left
3	0.046	←	Turn left onto Rocky Ridge Road NW
4	0.520	→	Turn right onto Country Hills Boulevard NW
5	4.377	←	Turn left onto Nagway Road
6	4.691	→	Turn right onto Bearspaw Road
7	10.709	→	Turn right onto Township Road 262
8	13.953	→	Turn right onto Range Road 24
9	14.777	←	Turn left onto Township Road 261A
10	18.022	→	Turn right onto Range Road 24
11	18.845	←	Turn left onto Township Road 262
12	25.329	←	Turn left onto Lochend Road
13	25.348	←	Turn left onto Township Road 262
14	28.593	→	Turn right onto Glendale Road
15	41.819	→	Turn right onto Township Road 262
16	45.067	→	Turn right onto Range Road 40
17	45.071	←	Turn left onto Township Road 262
18	48.320	→	Turn right onto Glendale Road
19	55.157	→	Turn right onto Township Road 262
20	61.641	→	Turn right onto Bearspaw Road
21	65.826	←	Turn left onto Church Ranches Boulevard
22	65.974	→	Turn right onto Church Ranches Way
23	65.994	→	Turn right onto Church Ranches Boulevard
24	68.319	←	Turn left onto Aspen Drive
25	69.935	→	Turn right onto Rocky Ridge Road NW
26	70.678	←	Turn left
27	70.745		FINISH

# AID STATIONS



## **Start Line:**

Location: Rocky Ridge YMCA

Includes: Water, F2C GlycoDurance (summer berry)

## **On Course Aid Stations**

Includes: Water, F2C GlycoDurance (mango), cookies, bananas, pretzels, and Dino-sours

\*there will be a porto-potty at the aid station as well

## **40km Route:**

20km **Location: Range Road 40 and Township Road 262**

## **70km Route:**

45km **Location: Range Road 40 and Township Road 262**

## **Finish Line:**

Location: Rocky Ridge YMCA

Includes: Water, F2C GlycoDurance (summer berry), chocolate brownies, and a variety of drinks

# RULES OF THE ROAD



All riders must wear a helmet.

No headphones or other audio devices are permitted.

All riders must RIDE SINGLE FILE to the right and only pass on the left.

You must follow all traffic laws/rules of the road. (ie. obey traffic signs). THIS IS NOT A CLOSED COURSE!

## **Unsafe Riding = Disqualification**

Reports from event staff, volunteers, RCMP, or course marshals will be taken seriously and acted upon.

The YELLOW LINE RULE will be strictly enforced (even when there is no yellow line marked on the road). In order to keep the event safe, you must stay on the far-right side of the road always. Any rider caught crossing the center line may be disqualified from the event.

No littering! Waste should be disposed of at designated aid stations or at the finish area.

Only those officially registered may participate. Unregistered riders may be removed from the course and subject to penalties. Support crews are also not permitted on the route. Additional vehicles pose risks to riders and other users—please leave support to our official event team.



# RULES OF THE ROAD



It is your responsibility to know the course. We will have signage and volunteers directing you, however, you must know where you are riding, and where you are to turn around for your distance in the case signage becomes obstructed or removed from the course. We have GPX files available on the website for you to download and save to your GPS device.

We will have lots of signage and tape out on course. Sometimes the tape is flapping in the wind but keep eyes open for this to reassure you. Watch for signage and pay attention to traffic at all times especially when coming through town. Follow rules of the road, stop at lights and watch for flagging tape hanging from poles.

**If you come to a point where there are no markings but you are unsure, you will be going STRAIGHT!**

We are not permitted to hang signs on city, or provincial sign posts so please pay attention while out riding.

If you decide stop, please report to a staff or volunteer so we can call in your number. This is so we can ensure we know who is still out on course.

If you decide to change distances during the event, you must report to the timing booth at the finish line immediately upon crossing the finish line and inform them of your change.

# POST RIDE



## **Post Ride Food:**

Post Ride food is available from 9am - 12pm. We will be serving a delicious brownie and other light snacks.

## **Lost and Found:**

The lost and found will be located at the finish line. After event day contact [wildroserichelle@gmail.com](mailto:wildroserichelle@gmail.com) for lost and found items. All unclaimed lost items will be donated after 30 days.

Be sure to visit our Wild Rose Women's Events backdrop and get your photo!

Tag us [@wildrosewomensevents](https://www.instagram.com/wildrosewomensevents) on Instagram

# RESULTS AND PHOTOS



## Official Results:

Official results are handled by Startline Timing. Results will be available by the end of the day.

**Please allow up to 30 minutes for accurate results to populate. If after 30 minutes your results are still not accurate, please report to the timing tent.**

**Please inform the timing tent if you have changed distances.**

If there is an issue with your time, please email our Timing Manager at [info@startlinetiming.com](mailto:info@startlinetiming.com)

## Photos:

We will have photographers on course.

These photos will be emailed out to all participants and a link on the website **1 week after the event!**

*Please note most races do not have free photos and Wild Rose Women's Events is happy to provide these photos and the photographers will do their best to capture everyone. Please note: we cannot guarantee a photo.*



# THANK YOU



Hello Wild Rose Women's Gran Fondo Riders!

We just wanted to take the time to THANK YOU for choosing to participate in the Wild Rose Women's Gran Fondo and growing women's cycling.

Please know that if you do have any issues during the event at all. WE WANT TO KNOW AND HAVE THE OPPORTUNITY TO FIX IT OR RECEIVE YOUR FEEDBACK!

Our goal is that everyone has THE BEST day and leaves happy. We are always open to feedback or willing to help make something right if it is not.

If you cannot find either of us, please ask one of the staff to find us. We will make time to come talk to you! You can also call Richelle at 403 554-7532 if you cannot track us down the other ways.

We are so excited to see you all out there!

Richelle and Rose

