



Technical Guide

Biking Like a Viking Biosphere Recreational Ride

July 12, 2026



Date: May12, 2026

Event Organizer: Allen Jacobson allenjacobson2@gmail.com

Event Description: Recreational and education focused road ride on county Township and Range Roads. No timing, no podiums. Experience the Beaver Hills Biosphere, a learning space for sustainable development. Celebrate and advance : knowledge, culture, nature, economy.

Registration: Race Roster, Biking Like a Viking
Registration closes July 11, 2026

<https://raceroster.com/search?q=Biking+like+a+Viking>

Routes: Four routes including 35, 55, 100, and 160 km distances. Route descriptions attached in Appendix A. All registered riders will receive a link to route maps through ridewithgps.com.

Regulations: in accordance with the rules and regulations of the Alberta Bicycle Association (ABA)for Gran Fondo Recreational Rides.

Start times: 8:00 am for 160, 9:00 AM for 100, and 10:00 am for 55 and 35 km. Waves of 20 riders to be released at five minute intervals to provide spread.

Start and Finish: at Strathcona Olympiette Centre, 52029 Ceretzke Road, Sherwood Park T8C 1B5. Parking for rider and volunteer vehicles provided on site. Catered indoor buffet provided at the finish line! See Appendix B for location map.

Age of participants: Adult, with 12-18 year olds requiring adult accompaniment.

Signed Waivers: Alberta Bicycle Association waivers for all riders.

Nutrition:

Aid Stations as noted on the route maps shall provide an opportunity to refill water bottles with water or Gatorade, and will serve nutritional options including 7Summit bars and fruit. An end of ride buffet will provide a recovery meal of protein and salads.

Toilet Facilities:

These will be provided at Aid Stations along the course and at the Start/Finish.

Rider Safety and Rider Code of Conduct:

1. A properly fitting cycling helmet is mandatory for all riders.
2. Road worthiness of bicycles and equipment is critical to a safe ride.
3. Obey all traffic laws, traffic signs and signals, in accordance with the Alberta Traffic Safety Act.
4. At all intersections and crossings wait and select a gap in traffic, proceeding with caution and making a crossing decision as an individual. Please note that the course crosses Highway 14 with vehicle and truck traffic, at two locations, controlled by a third party and Ride Volunteers. The roads are not closed for this event and require attention to traffic.
5. Ride single file and pass on the left when safe to do so.
6. Ride as far to the right as is safe.
7. Signal other riders when safely passing, ensuring no overtaking or oncoming traffic. Make sure to say "on your left".
8. Be predictable. Ride in a consistent manner.
9. Signal your intentions with hand signals and by voice.
10. Ear buds and headphones are not allowed.
11. As this is a recreational ride pace lines are discouraged.
12. Move off the road as quickly as possible at Food/Aid Stations.
13. Be respectful to other cyclists, motorists, and residents.
14. Follow the guidance of Bike Marshals, Support Motorcycles, and Support Vehicles.

First Aid:

In the event of an accident or a medical emergency please call 911.

The Emergency Response Team Leader is **Charles World**. Emergencies, incidents, and injuries are to be reported using the Birkie Emergency telephone number at **825 977 7555, once 911 has been called**. First aid provided by twelve members of the Canadian Ski Patrol. Mobile certified first aiders shall patrol the route. Complete first aid kits shall be placed at each Aid Station along the routes.

Registration and bib: Riders will pre register for the event by picking up their rider package prior to entering the Start Area. Riders without display of bibs attached to their jersey will not be allowed to proceed. Bib shall be pinned to the front of the rider jersey ensuring visibility.

Route Patrol:

All routes will be patrolled with 8 -10 experienced ride Marshall's on bicycles, six Motorcycle Support Riders, and two pick up truck sag wagons. A sweep vehicle will ensure that the last riders return to the finish prior to 5 pm.

Spectators:

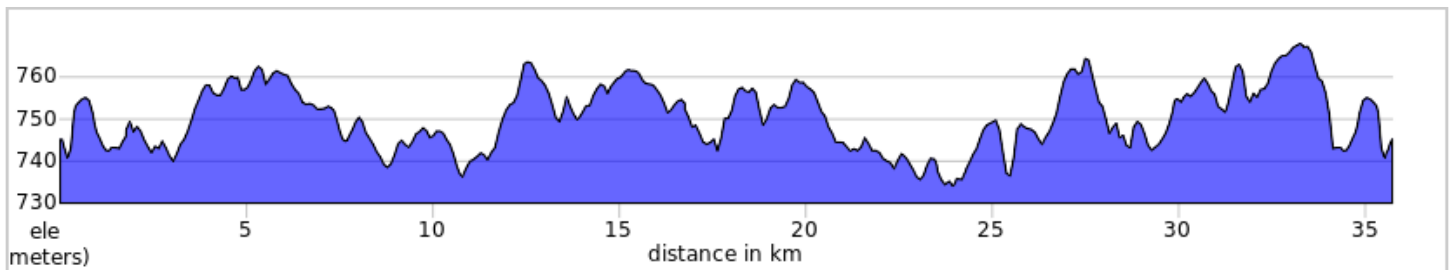
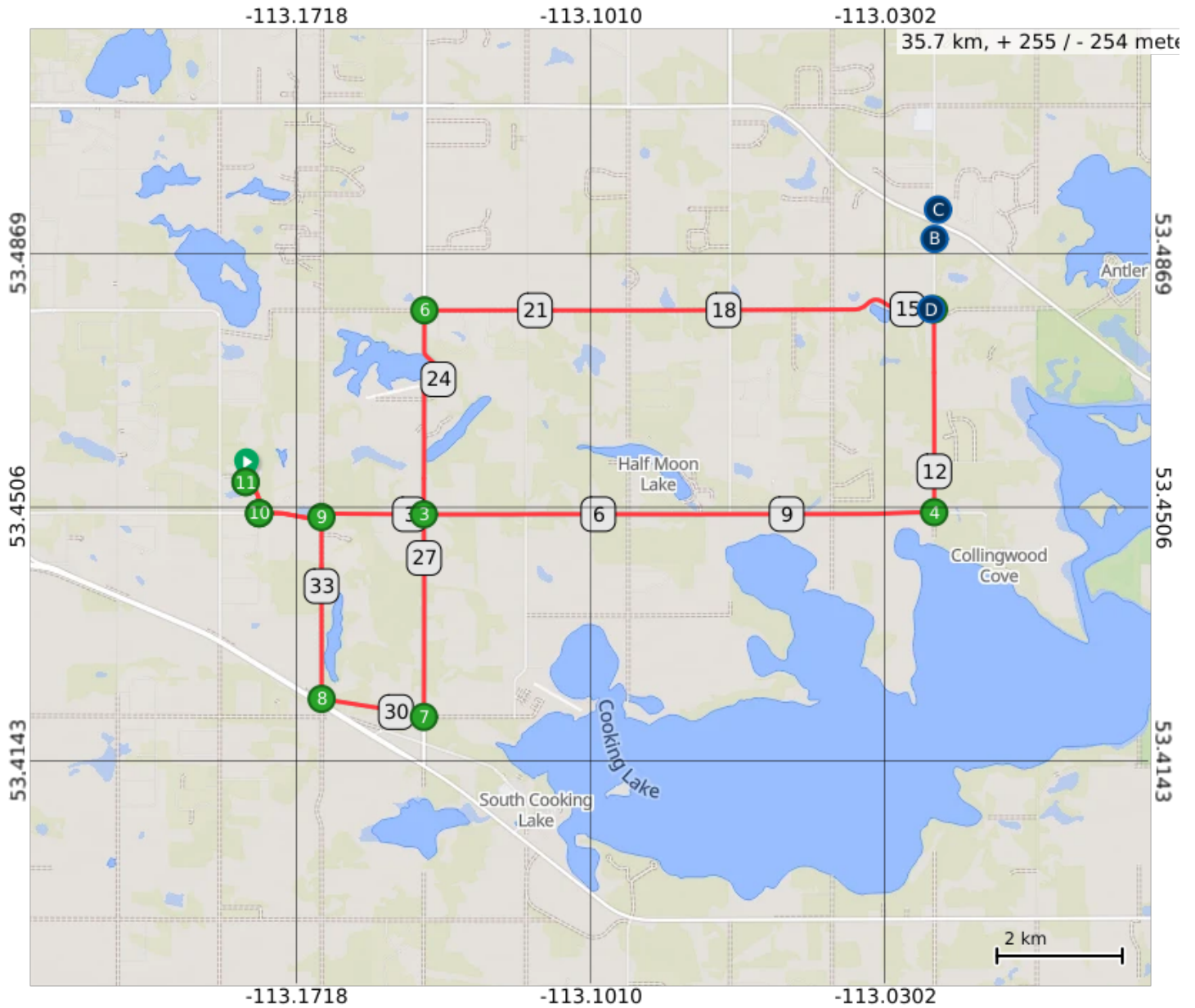
There is no provision of bleachers for spectators. Family and friends are welcome to greet their riders at the Finish.

Appendix A: Routes

TDA/BLV 35 km 2026 Final



- | | | | |
|----|--|----|--|
| A. | Strathcona Wilderness Rest Stop | C. | Careful crossing Train Tracks and Wye Road |
| B. | Careful crossing Wye Road and Train Tracks ahead | D. | Drink and Dash 55k |



TDA/BLV 35 km 2026 Final

Num	Dist	Type	Prev	Note	Next
1.	0.0	📍	0.0	Start of route	0.6
2.	0.6	←	0.6	L onto Townsh ip Road 520	2.6
3.	3.2	↑	2.6	Continu e on Townsh ip Road 520	8.1
4.	11.4	←	8.1	L onto Range Road 213	3.2
5.	14.6	←	3.2	L onto Townsh ip Road 522	8.2
6.	22.8	←	8.2	L onto Highwa y 824	6.8

22.8 kilometers. +145/-150 meters

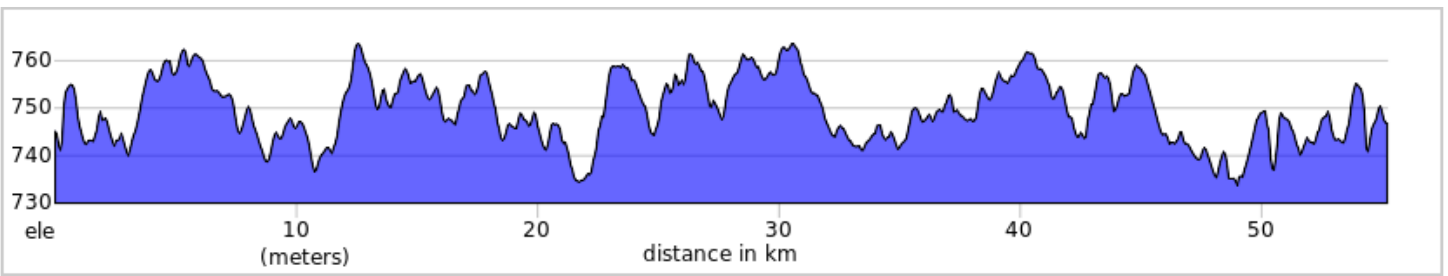
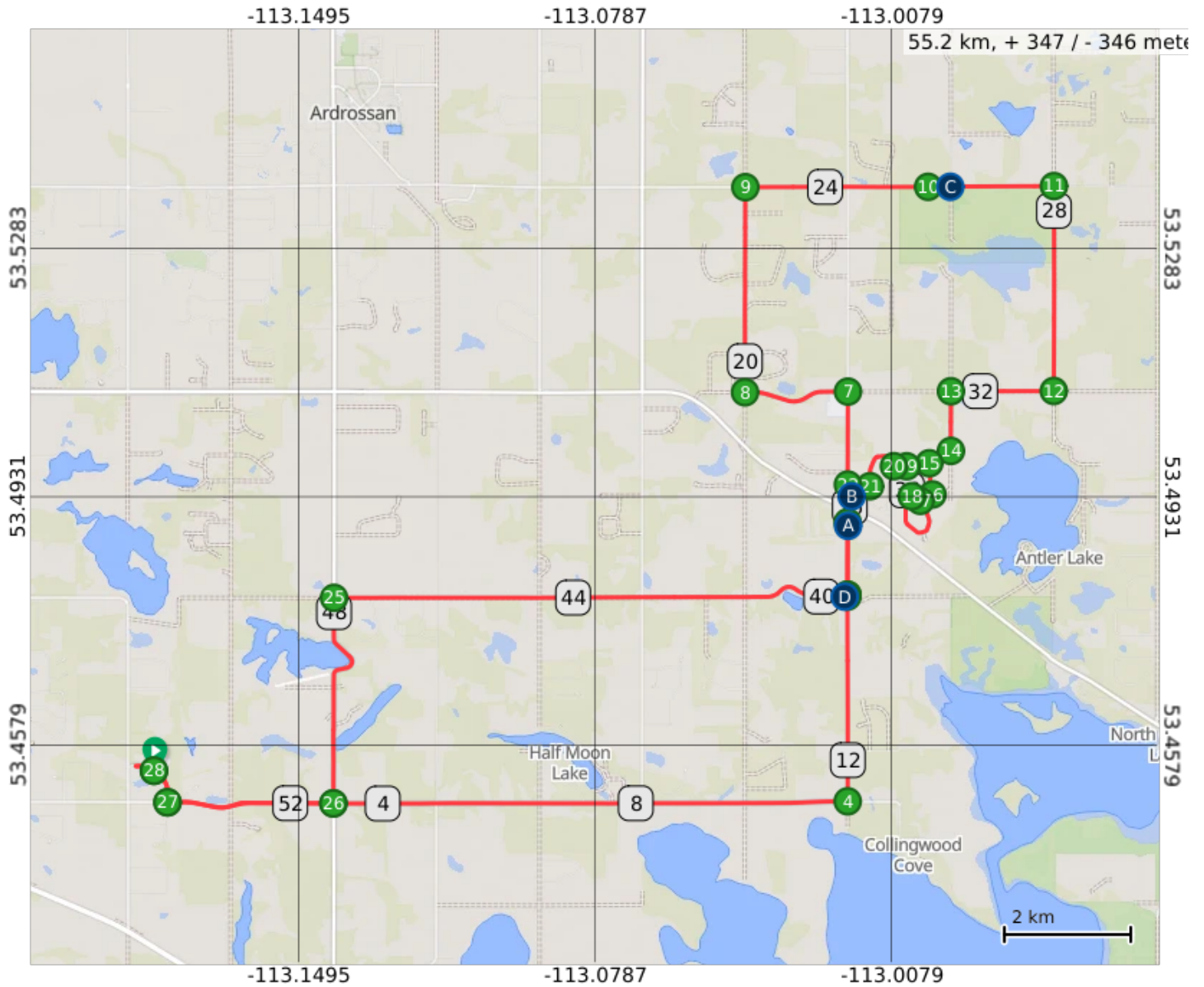
Num	Dist	Type	Prev	Note	Next
7.	29.6	→	6.8	R onto Townsh ip Road 514	1.7
8.	31.2	→	1.7	R onto Range Road 223	2.9
9.	34.1	←	2.9	L onto Townsh ip Road 520	1.0
10.	35.1	→	1.0	R	0.6
11.	35.7	📍	0.6	End of route	0.0

12.9 kilometers. +50/-52 meters

TDA/BLV 55k 2026 Final



- | | | | |
|----|--|----|---------------------------------|
| A. | Careful crossing Wye Road and Train Tracks ahead | C. | Strathcona Wilderness Rest Stop |
| B. | Careful crossing Train Tracks and Wye Road | D. | Drink and Dash 55k |



Num	Dist	Type	Prev	Note	Next
1.	0.0		0.0	Start of route	0.6
2.	0.6		0.6	L onto Townsh ip Road 520	2.6
3.	3.2		2.6	Continu e on Townsh ip Road 520	8.1
4.	11.4		8.1	L onto Range Road 213	3.3

11.4 kilometers. +73/-76 meters

Num	Dist	Type	Prev	Note	Next
5.	14.6		3.3	Drink and Dash after the next R	1.1
6.	15.7		1.1	Careful crossin g Wye Road and Train Tracks ahead	0.0

4.4 kilometers. +2/-6 meters

Num	Dist	Type	Prev	Note	Next
7.	15.8		0.0	Careful crossin g of highwa y and train tracks ahead Careful crossing of highway and train tracks ahead	2.1
8.	17.9		2.1	L onto Townsh ip Rd 524	1.7
9.	19.5		1.7	R onto Range Rd 214	3.2

3.8 kilometers. +19/-26 meters

Num	Dist	Type	Prev	Note	Next
10.	22.8		3.2	R onto Townsh ip Rd 530	2.9
11.	25.7		2.9	Rest stop ahead Rest stop ahead	0.4
12.	26.0		0.4	Strathc ona Wildern ess Rest Stop	1.6
13.	27.6		1.6	R onto Range Rd 211	3.2
14.	30.9		3.2	R onto Townsh ip Rd 524	1.6

11.3 kilometers. +47/-36 meters

Num	Dist	Type	Prev	Note	Next
15.	32.5	←	1.6	L onto Range Rd 212	0.9
16.	33.4	→	0.9	R onto 52306 Range Rd 212	0.4
17.	33.8	←	0.4	L to stay on 52306 Range Rd 212	0.5
18.	34.4	→	0.5	R to stay on 52306 Range Rd 212	0.2
19.	34.6	←	0.2	L onto 52306 Range Rd 212	1.3

3.7 kilometers. +5/-8 meters

Num	Dist	Type	Prev	Note	Next
20.	35.9	←	1.3	L onto 52306 Range Rd 212/ Antler Meadows/ Range Rd 212	0.5
21.	36.4	←	0.5	L onto Antler Meadows	0.2
22.	36.6	→	0.2	R onto 52307 Range Rd 213	0.9
23.	37.5	→	0.9	R to stay on 52307 Range Rd 213	0.4

2.9 kilometers. +7/-6 meters

Num	Dist	Type	Prev	Note	Next
24.	37.8	←	0.4	L onto Range Rd 213	0.2
25.	38.0	! B	0.2	Careful crossing Train Tracks and Wye Road	1.6
26.	39.6	💧	1.6	Drink and Dash Water stop ahead	0.0
27.	39.6	→	0.0	R onto Township Rd 522	8.2

2.1 kilometers. +13/-4 meters

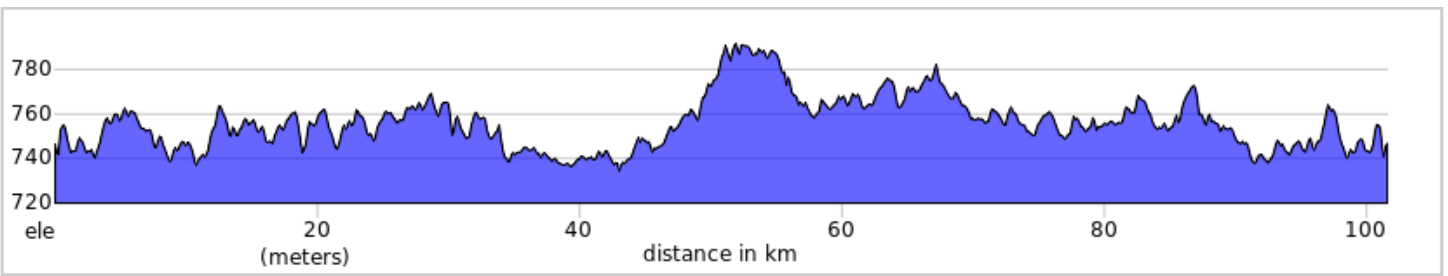
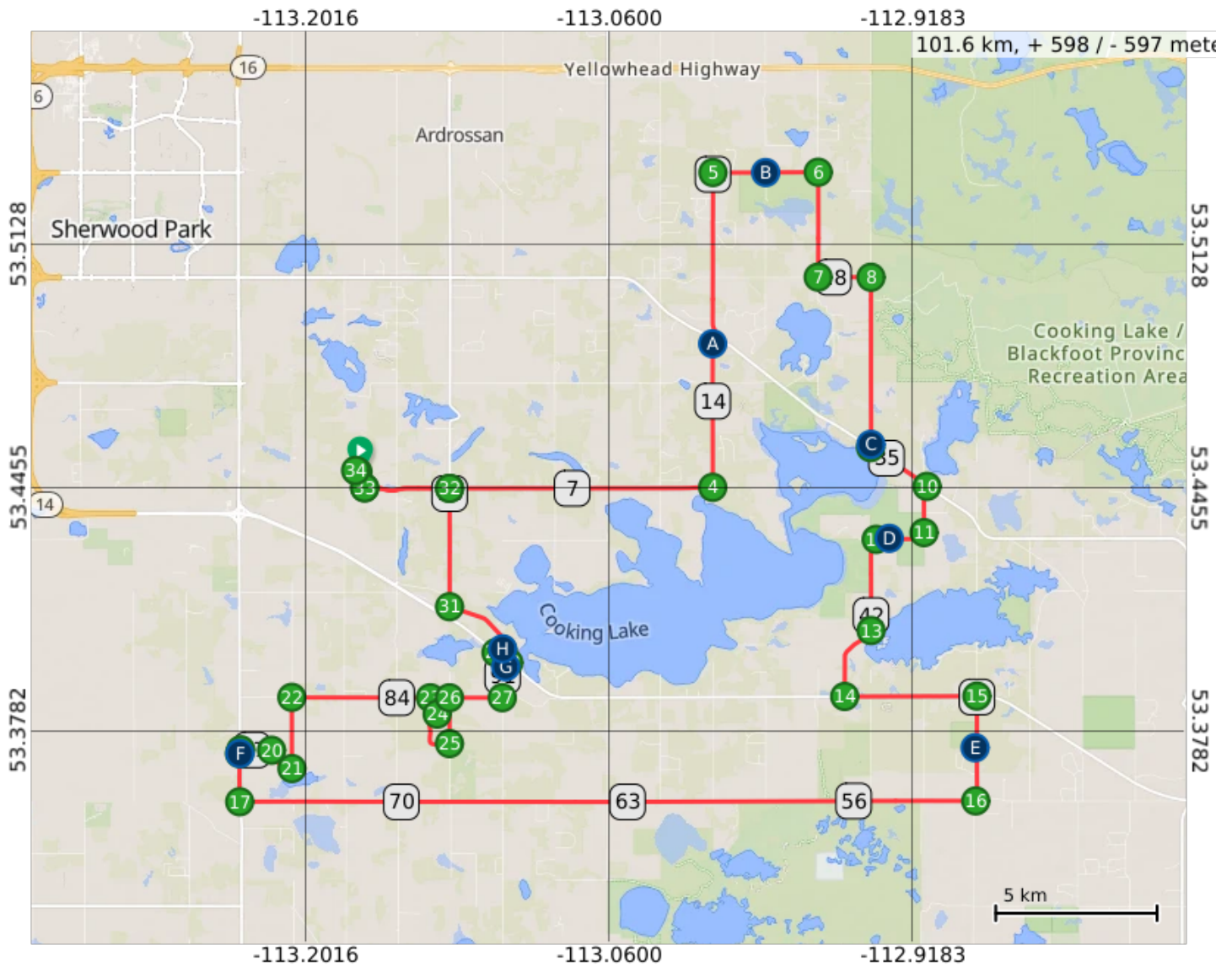
Num	Dist	Type	Prev	Note	Next
28.	47.8	←	8.2	L onto 824 South/ Range road 222	3.5
29.	51.4	→	3.5	R onto Township Rd 520	2.6
30.	54.0	→	2.6	R onto Range Rd 224 to complete your ride	1.2
31.	55.2	📍	1.2	End of route	0.0

15.6 kilometers. +60/-52 meters

TDA/BLV 100k 2026 Final



A.	Careful crossing!	E.	Hastings Lake Rest Stop
B.	Strathcona Wilderness Rest Stop	F.	Esso Rest Stop
C.	Careful crossing!	G.	Careful crossing.
D.	Golden Ranches Conservation Area	H.	Cooking Lake Drink and Dash



Num	Dist	Type	Prev	Note	Next
1.	0.0		0.0	Start of route	0.6
2.	0.6		0.6	L onto Township Rd 520	2.6
3.	3.2		2.6	Continue on Township Road 520	8.1
4.	11.4		8.1	L onto Range Road 213	4.4

11.4 kilometers. +73/-77 meters

Num	Dist	Type	Prev	Note	Next
5.	15.8		4.4	Careful crossing! Careful crossing Wye Road and Train Tracks.	5.3
6.	21.1		5.3	R onto Township Rd 530	1.6

9.7 kilometers. +37/-40 meters

Num	Dist	Type	Prev	Note	Next
7.	22.7		1.6	Strathcona Wilderness Rest Stop Strathcona Wilderness Rest Stop. Food, Water and Portable Toilet.	1.6
8.	24.3		1.6	R onto Range Rd 211	3.2
9.	27.6		3.2	L onto Township Rd 524	1.6

6.5 kilometers. +26/-19 meters

Num	Dist	Type	Prev	Note	Next
10.	29.2		1.6	R onto Range Rd 210	5.2
11.	34.3		5.2	Careful crossing! Careful crossing Train Tracks and Wye Road.	0.1
12.	34.4		0.1	L onto Wye Rd/AB-630 E	2.1
13.	36.6		2.1	R onto Range Rd 205/ Township Rd 520	1.5


9.0 kilometers. +39/-54 meters

Num	Dist	Type	Prev	Note	Next
14.	38.0	→	1.5	Slight R onto Township Rd 515	1.2


1.5 kilometers. +0/-0 meters

Num	Dist	Type	Prev	Note	Next
16.	39.6	↑	0.4	Continue onto Range Rd 210	2.9
17.	42.5	↑	2.9	Continue onto Range Rd 210A	2.4
18.	44.9	←	2.4	L onto Highway 14	4.1
19.	49.0	→	4.1	R onto Spilstead Rd/ Range Rd 204	1.6


9.8 kilometers. +47/-28 meters

Num	Dist	Type	Prev	Note	Next
15.	39.3		1.2	Golden Ranches Conservation Area Golden Ranches is located in the Beaver Hills UNESCO Biosphere Reserve, which contains numerous wetlands and aspen forest, and are critical habitat for many species of wildlife. The	0.4

1.2 kilometers. +0/-0 meters

Num	Dist	Type	Prev	Note	Next
20.	50.6		1.6	Hastings Lake Rest Stop Hastings Lake Rest Stop. Water and food.	1.7
21.	52.3	→	1.7	R onto Township Rd 510	22.8
22.	75.1	→	22.8	R onto Highway 21 N	1.5
23.	76.6	→	1.5	R onto Service Rd/of highway 21	0.0


27.6 kilometers. +122/-149 meters

Num	Dist	Type	Prev	Note	Next
24.	76.6		0.0	Esso Rest Stop	0.1
25.	76.7	→	0.1	R onto Townsh ip Rd 511	1.0
26.	77.7	→	1.0	Townsh ip Rd 511 turns slightly R and becomes Range Rd 225	1.0
27.	78.6	←	1.0	L onto Range Rd 225	2.2


2.1 kilometers. +11/-9 meters

Num	Dist	Type	Prev	Note	Next
28.	80.8	→	2.2	R onto Townsh ip Rd 512	4.3
29.	85.1	→	4.3	R onto 51112 Range Rd 222/ Hillside Park/ Kathleen Cres	0.6
30.	85.7	→	0.6	R onto 51112 Range Rd 222/ Hillside Park	1.6
31.	87.4	←	1.6	L onto Range Rd 222	1.4

8.7 kilometers. +40/-35 meters

Num	Dist	Type	Prev	Note	Next
32.	88.8	→	1.4	R onto Townsh ip Rd 512	1.6
33.	90.4	←	1.6	L onto Range Rd 221	1.0
34.	91.4		1.0	Careful crossing. Careful crossing Highway 14.	0.2
35.	91.6	←	0.2	L onto highway 14 W	0.5
36.	92.1	→	0.5	R onto S Cooking Lake Rd	0.2

4.7 kilometers. +7/-18 meters

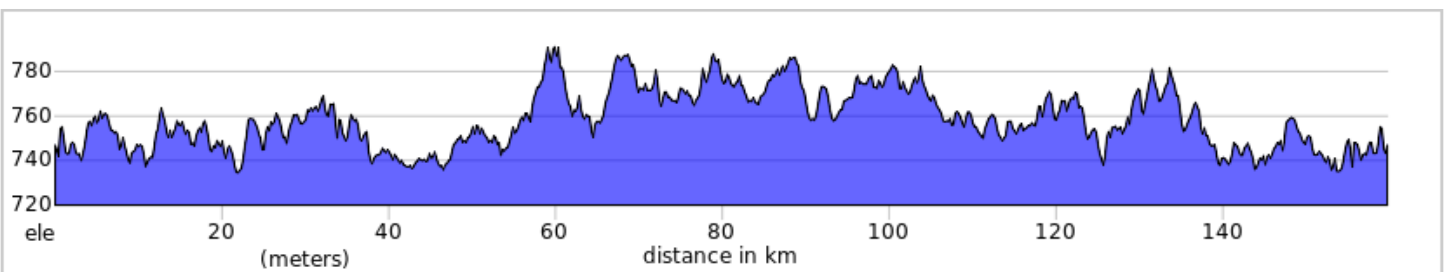
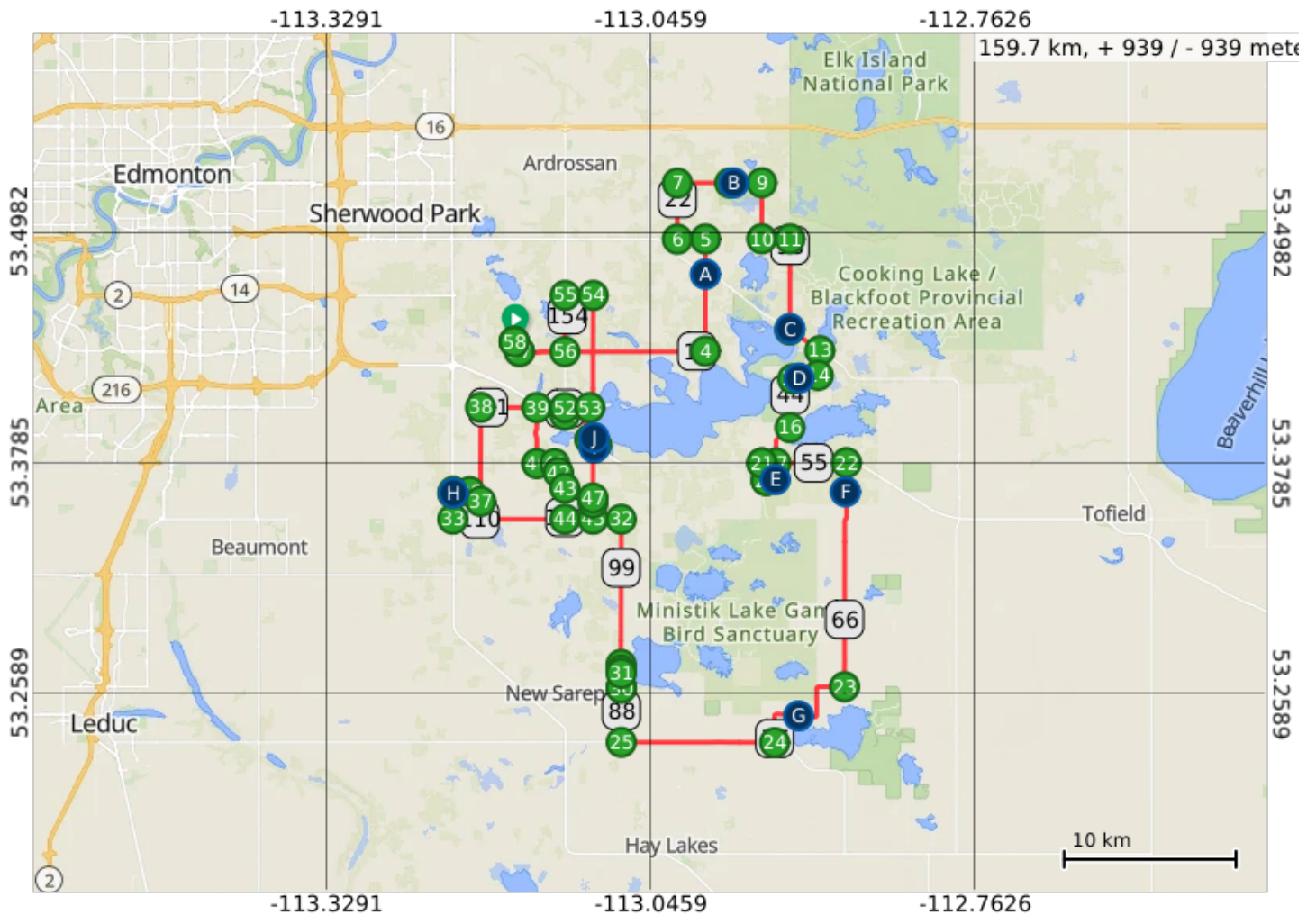
Num	Dist	Type	Prev	Note	Next
37.	92.3	←	0.2	L onto S Cooking Lake Rd	0.0
38.	92.3		0.0	Cooking Lake Drink and Dash	2.3
39.	94.6	→	2.3	R onto Range Road 222	3.7
40.	98.3	←	3.7	L onto Townsh ip Rd 520	2.6
41.	100.9	→	2.6	R onto Ceretzke Rd	0.7

8.9 kilometers. +61/-45 meters

TDA/BLV AllRoute Overlay 2026 Final



A.	Careful crossing Wye Road and Train Tracks	F.	Hasting Lakes Rest Stop
B.	Strathcona Wilderness Rest Stop	G.	Possible Drink and Dash
C.	Careful crossing Train Tracks and Wye Road	H.	Esso Rest stop
D.	Golden Ranches Conservation Area	I.	Careful crossing
E.	Careful crossing Highway 14	J.	Cooking Lake Drink and Dash



TDA/BLV AllRoute Overlay 2026 Final

Num	Dist	Type	Prev	Note	Next
1.	0.0	📍	0.0	Start of route	0.0
2.	0.0	➔	0.0	R	0.7
3.	0.7	←	0.7	L onto Townsh ip Rd 520	10.8
4.	11.5	←	10.8	L onto Range Rd 213	4.4
5.	15.9	⚠ A	4.4	Careful crossin g Wye Road and Train Tracks Careful crossing Wye Road and Train Tracks	2.0

15.9 kilometers. +110/-102 meters

Num	Dist	Type	Prev	Note	Next
6.	18.0	←	2.0	L onto Townsh ip Rd 524	1.7
7.	19.7	➔	1.7	R onto Range Rd 214	3.2
8.	22.9	➔	3.2	R onto Townsh ip Rd 530	3.0
9.	25.9	💧	3.0	Water and food at next intersec tion Water and food at next intersec tion	0.2

10.0 kilometers. +52/-52 meters

Num	Dist	Type	Prev	Note	Next
10.	26.2	ⓘ B	0.2	Strathc ona Wildern ess Rest Stop Full rest stop with Portable Toilet	1.6
11.	27.8	➔	1.6	R onto Range Rd 211	3.2
12.	31.0	←	3.2	L onto Townsh ip Rd 524	1.6
13.	32.6	➔	1.6	R onto Range Rd 210	5.2


6.7 kilometers. +35/-28 meters

Num	Dist	Type	Prev	Note	Next
14.	37.8	⚠ C	5.2	Careful crossin g Train Tracks and Wye Road	0.1
15.	37.9	←	0.1	L onto Wye Rd	2.1
16.	40.0	➔	2.1	R onto Range Rd 205	1.5
17.	41.5	➔	1.5	Slight R onto Townsh ip Rd 515	1.2

8.8 kilometers. +11/-12 meters

Num	Dist	Type	Prev	Note	Next
18.	42.7		1.2	Golden Ranches Conservation Area Golden Ranches is located in the Beaver Hills UNESCO Biosphere Reserve, which contain numerous wetlands and aspen forest, and are critical habitat for many species of wildlife. The	0.4


1.2 kilometers. +0/-0 meters

Num	Dist	Type	Prev	Note	Next
24.	52.1	→	1.4	R onto Pound maker Trail	4.9
25.	57.0	→	4.9	R onto Spilstead Rd/ Range Rd 204	1.7
26.	58.7		1.7	Hasting Lakes Rest Stop Hasting Lakes Rest Stop	11.3
27.	70.0	→	11.3	R onto Spilstead Rd/ Townsh ip Rd 500	4.3

19.3 kilometers. +122/-99 meters

Num	Dist	Type	Prev	Note	Next
19.	43.1	↑	0.4	Continue onto Range Rd 210	2.9
20.	46.0	↑	2.9	Continue onto Range Rd 210A	2.4
21.	48.4	→	2.4	R onto Pound maker Trail	0.8
22.	49.2	←	0.8	L onto Range Road 211	1.4
23.	50.6	↻	1.4	Make a U-turn	1.4


7.9 kilometers. +38/-21 meters

Num	Dist	Type	Prev	Note	Next
28.	74.3		4.3	Possible Drink and Dash Possible Drink and Dash	3.0
29.	77.3	→	3.0	R onto SEC Hwy 623 W/ Townsh ip Road 494	8.9
30.	86.3	→	8.9	R onto Range Road 221	3.2
31.	89.5	↑	3.2	Continue onto Range Road 221	1.3

19.5 kilometers. +77/-68 meters

Num	Dist	Type	Prev	Note	Next
32.	90.8	↶	1.3	Make a U-turn onto Range Road 221	0.3
33.	91.1	↑	0.3	Continue onto Range Road 221	1.0
34.	92.1	↶	1.0	Make a U-turn onto Range Road 221	0.8
35.	93.0	↗	0.8	Keep R onto Range Road 221	8.9

3.5 kilometers. +15/-10 meters

Num	Dist	Type	Prev	Note	Next
36.	101.9	←	8.9	L onto Township Rd 510	9.8
37.	111.7	→	9.8	R onto Highway 21 N	1.5
38.	113.2	→	1.5	R onto Service Rd/AB-21	0.1
39.	113.2		0.1	Esso Rest stop	0.1
40.	113.3	→	0.1	R onto Township Rd 511	1.0

20.3 kilometers. +43/-64 meters

Num	Dist	Type	Prev	Note	Next
41.	114.3	→	1.0	Township Rd 511 turns slightly R and becomes Range Rd 225	1.0
42.	115.2	←	1.0	L onto Clairridge Estates/Range Rd 225	5.4
43.	120.7	→	5.4	R onto Township Rd 514	3.3
44.	123.9	→	3.3	R onto Range Rd 223	3.3

10.6 kilometers. +50/-58 meters

Num	Dist	Type	Prev	Note	Next
45.	127.2	←	3.3	L onto Township Rd 512	1.0
46.	128.2	→	1.0	R onto 51112 Range Rd 222/ Hillside Park/ Kathleen Cres	0.6
47.	128.8	→	0.6	R onto 51112 Range Rd 222/ Hillside Park	1.6
48.	130.5	→	1.6	R onto Range Rd 222	1.8

6.5 kilometers. +25/-18 meters

Num	Dist	Type	Prev	Note	Next
49.	132.3	←	1.8	L onto Township Rd 510	1.6
50.	133.9	←	1.6	L onto Range Rd 221	0.9
51.	134.8	→	0.9	R onto 51047 Range Rd 221/ Parklane Estates	1.8
52.	136.6	→	1.8	R onto Range Rd 221	2.9

6.1 kilometers. +27/-30 meters

Num	Dist	Type	Prev	Note	Next
53.	139.5	! ⓘ	2.9	Careful crossing Highway 14.	0.2
54.	139.7	←	0.2	L onto AB-14 W	0.5
55.	140.2	→	0.5	R onto S Cooking Lake Rd	0.2
56.	140.5	←	0.2	L onto S Cooking Rd/S Cooking Lake Rd	2.3

3.9 kilometers. +4/-3 meters

Num	Dist	Type	Prev	Note	Next
57.	142.8	→	2.3	R onto AB-824 N	0.4
58.	143.2	→	0.4	R onto Township Rd 514	1.4
59.	144.7	←	1.4	L onto Range Rd 221	6.5
60.	151.2	←	6.5	L onto Township Rd 522	1.6
61.	152.8	←	1.6	L onto Range Road 222 S	3.5
62.	156.4	→	3.5	R onto Township Rd 520	2.6

15.9 kilometers. +78/-80 meters

Num	Dist	Type	Prev	Note	Next
63.	159.0	→	2.6	R onto Ceretzke Rd/	0.7
64.	159.7	📍	0.7	End of route	0.0

3.3 kilometers. +6/-13 meters

Appendix B: Start/Finish Location



Strathcona Olympiette Centre, 52029 Ceretzke Road, Sherwood Park T8C 1B5