

**2025 Competitions - Off Track - as of April 10, 2025**

<b>DATE</b>	<b>Competition</b>	<b>Location</b>	<b>Information</b>
<b>Sat May 10, 2025</b>	<b>Royal Road Race</b>	<b>Regina</b>	<b>jaletapacers.com/royal-road-race</b>
<b>Sat May 17, 2025</b>	<b>Reesor 50</b>	Reesor Ranch/Cypress Hills	<b>pskyrunning.com</b>
<b>Sun May 18, 2025</b>	<b>Lions Echo Lake Road Race</b>	<b>Fort Qu'Appelle</b>	racerooster.com/events/2025/103183/fort-quappelle-lions-echo-lake-road-race
Sat May 24, 2025	Ottawa 10K (Canadian 10K championships)	Ottawa, ON	www.runottawa.ca
<b>Sun May 25, 2025</b>	Saskatchewan Marathon (Provincial 5k, 10k, Half-Marathon and Marathon Championships)	<b>Saskatoon</b>	<b>www.saskmarathon.ca/</b>
<b>Sat June 14, 2025</b>	<b>Summit Run</b>	<b>Prince Albert</b>	<b>www.summitrun.org</b>
Fri Jul 4-6, 2025	Quebec Mega Trail (Canadian Trail Running Championships, 50k & 80k)	Quebec City, QC	ultratrailcanada.com
Sun Aug 17, 2025	Servus Edmonton Marathon(Canadian 1/2-Marathon Championships)	Edmonton, AB	www.edmontonmarathon.ca
<b>Sat Sept 13, 2025</b>	<b>Beaver Flat 50</b>	Sask Landing Prov Park	<b>pskyrunning.com</b>
<b>Sat Sept 13, 2025</b>	<b>Melfort Multi-K</b>	<b>Melfort</b>	<b>melfortmultik.ca</b>
Sat Sept 20, 2025	Canadian 5k Championships (Road)- Montreal Marathon	Montreal, QC	couronsmtl.com/en/marathon-beneva/accueil
	World Athletics Road Running Championships		athletics.ca
Fri Oct 17-19, 2025	Vertical + Classic Up & Down Mountain Canadian Championships (Défi des Couleurs)	Mont-Sainte-Anne, QC	defidescouleurs.ca
Sun Oct 19, 2025	Toronto Waterfront Marathon (Canadian Marathon Champs)	Toronto, ON	torontowaterfrontmarathon.com/elites-and-awards
Sat Oct 25, 2025	Canada West Cross-Country (University Only)	Victoria, BC	govikesgo.com
Sat Nov 8, 2025	USports Cross-Country (University Only)	Sherbrooke, QC	usherbrooke.ca/crosscountry/
Sat Nov 29-30, 2025	Canadian Cross Country Championships	London, ON	athletics.ca