

List of all endurance sports events **as of September, 2025:**

|      | Date       | Event                            | Type      | City              | Country    | Distance      |
|------|------------|----------------------------------|-----------|-------------------|------------|---------------|
| 2012 |            |                                  |           |                   |            |               |
| 1    | 2012-06-20 | Hockenheimring-Lauf              | Running   | Hockenheim        | Germany    | 5k            |
| 2013 |            |                                  |           |                   |            |               |
| 2    | 2013-11-10 | Eppelheimer Stadtlauf            | Running   | Eppelheim         | Germany    | 10k           |
|      | 2014       |                                  |           |                   |            |               |
| 3    | 2014-05-31 | Mannheim Half-Marathon           | Running   | Mannheim          | Germany    | Half-Marathon |
| 4    | 2014-10-26 | Frankfurt Marathon               | Running   | Frankfurt         | Germany    | Marathon      |
| 5    | 2014-11-09 | Eppelheimer Stadtlauf            | Running   | Eppelheim         | Germany    | 10k           |
| 2015 |            |                                  |           |                   |            |               |
| 6    | 2015-02-15 | Hypothermic Half                 | Running   | Montreal          | Canada     | Half-Marathon |
| 7    | 2015-03-08 | Frankfurt Half-Marathon          | Running   | Frankfurt         | Germany    | Half-Marathon |
| 8    | 2015-07-19 | 10Freunde-Triathlon              | Triathlon | Frankfurt         | Germany    | Super-Sprint  |
| 9    | 2015-08-02 | Urban Stampede Bangalore         | Running   | Bangalore         | India      | 10k           |
| 10   | 2015-09-27 | Berlin Marathon                  | Running   | Berlin            | Germany    | Marathon      |
| 11   | 2015-11-08 | Naperville Half-Marathon         | Running   | Chicago           | USA        | Half-Marathon |
| 2017 |            |                                  |           |                   |            |               |
| 12   | 2017-02-05 | San Francisco Half-Marathon      | Running   | San Francisco     | USA        | Half-Marathon |
| 13   | 2017-02-11 | Golden Gate Trail Half-Marathon  | Running   | Marin County      | USA        | Half-Marathon |
| 14   | 2017-04-01 | Queen Elisabeth Park Run         | Running   | London            | UK         | 10k           |
| 15   | 2017-05-01 | Neckar Run                       | Running   | Mannheim          | Germany    | 10k           |
| 16   | 2017-05-10 | Firmenlauf Walldorf              | Running   | Walldorf          | Germany    | 5k            |
| 17   | 2017-06-25 | 10Freunde Triathlon              | Triathlon | Frankfurt         | Germany    | Super-Sprint  |
| 18   | 2017-08-27 | 10Freunde Triathlon              | Triathlon | Darmstadt         | Germany    | Super-Sprint  |
| 19   | 2017-10-22 | Franklin Meilenlauf              | Running   | Mannheim          | Germany    | Half-Marathon |
| 2018 |            |                                  |           |                   |            |               |
| 20   | 2018-01-20 | Innogy Winter Run                | Running   | Brno              | Czech Rep. | 8k            |
| 21   | 2018-04-22 | Decathlon 10k Bangalore          | Running   | Bangalore         | India      | 10k           |
| 22   | 2018-06-03 | Ironman 70.3 Kraichgau           | Triathlon | Bad Schönborn     | Germany    | Half-Ironman  |
| 2019 |            |                                  |           |                   |            |               |
| 23   | 2019-05-18 | Early Bird Triathlon             | Triathlon | Ottawa            | Canada     | Olympic       |
| 24   | 2019-05-26 | Ottawa Marathon                  | Running   | Ottawa            | Canada     | Marathon      |
| 25   | 2019-07-13 | Bring on the Bay                 | Swimming  | Ottawa            | Canada     | 3k            |
| 26   | 2019-08-18 | Ironman Mont-Tremblant           | Triathlon | Mont-Tremblant    | Canada     | Ironman       |
| 2020 |            |                                  |           |                   |            |               |
| 27   | 2020-06-24 | Ottawa Marathon (virtual)        | Running   | Ottawa            | Canada     | Marathon      |
| 2021 |            |                                  |           |                   |            |               |
| 28   | 2021-02-26 | Hypothermic Half (virtual)       | Running   | Ottawa            | Canada     | Half-Marathon |
| 29   | 2021-06-13 | Birthday self-supported duathlon | Duathlon  | Ottawa            | Canada     | Duathlon      |
| 30   | 2021-08-15 | VRG Duathlon                     | Duathlon  | Ottawa            | Canada     | Duathlon      |
| 31   | 2021-10-16 | Relentless Arc Trail             | Running   | Low               | Canada     | Half-Marathon |
| 2022 |            |                                  |           |                   |            |               |
| 32   | 2022-01-02 | Madtrapper 10k                   | Running   | Low               | Canada     | 10k           |
| 33   | 2022-02-20 | Winterman                        | Running   | Ottawa            | Canada     | Marathon      |
| 34   | 2022-03-27 | Around the Bay                   | Running   | Hamilton          | Canada     | 30k           |
| 35   | 2022-04-10 | BougeBouge 5k Indoor Race        | Running   | Montreal          | Canada     | 5k            |
| 36   | 2022-04-30 | St. Lawrence Half-Marathon       | Running   | Cornwall          | Canada     | Half-Marathon |
| 37   | 2022-05-21 | Early Bird                       | Triathlon | Ottawa            | Canada     | Olympic       |
| 38   | 2022-05-29 | Ottawa Marathon                  | Running   | Ottawa            | Canada     | Marathon      |
| 39   | 2022-06-25 | Ovarian Cancer Charity Run       | Running   | Vankleek Hill     | Canada     | 10k           |
| 40   | 2022-07-24 | Nova Scotia Marathon             | Running   | Barrington        | Canada     | Marathon      |
| 41   | 2022-08-14 | Thousand Islands                 | Triathlon | Brockville        | Canada     | Olympic       |
| 42   | 2022-08-28 | Ironman Canada                   | Triathlon | Penticton         | Canada     | Ironman       |
| 43   | 2022-10-02 | Hybrid Design 25km Hawaii        | Running   | Kailua            | USA        | 25k           |
| 44   | 2022-10-09 | Fall Colors Marathon             | Running   | Ottawa            | Canada     | Marathon      |
| 45   | 2022-10-15 | Relentless Ark 50k Ultra Trail   | Running   | Low               | Canada     | Ultra         |
| 46   | 2022-11-06 | Hamilton Marathon                | Running   | Hamilton          | Canada     | Marathon      |
| 2023 |            |                                  |           |                   |            |               |
| 47   | 2023-02-04 | Golden Gate Trail 30k            | Running   | Marin County      | USA        | 30k           |
| 48   | 2023-02-19 | Embrace Winter Half-Marathon     | Running   | Ottawa            | Canada     | Half-Marathon |
| 49   | 2023-03-26 | Around the Bay                   | Running   | Hamilton          | Canada     | 30k           |
| 50   | 2023-04-02 | Vanier 5k                        | Running   | Ottawa            | Canada     | 5k            |
| 51   | 2023-04-30 | Oberelbe-Marathon                | Running   | Dresden           | Germany    | Marathon      |
| 52   | 2023-05-20 | Early Bird                       | Triathlon | Ottawa            | Canada     | Olympic       |
| 53   | 2023-05-27 | Ottawa Race Weekend 10k          | Running   | Ottawa            | Canada     | 10k           |
| 54   | 2023-06-11 | Tunnel Marathon                  | Running   | North Bend        | USA        | Marathon      |
| 55   | 2023-07-09 | Ironman 70.3 Musselman           | Triathlon | Geneva            | USA        | Half-Ironman  |
| 56   | 2023-07-15 | Meech Lake Triathlon             | Triathlon | Chelsea           | Canada     | Sprint        |
| 57   | 2023-07-23 | Ironman Lake Placid              | Triathlon | Lake Placid       | USA        | Ironman       |
| 58   | 2023-10-01 | Quebec City Marathon             | Running   | Quebec City       | Canada     | Marathon      |
| 59   | 2023-11-04 | Ironman Florida                  | Triathlon | Panama City Beach | USA        | Ironman       |
| 2024 |            |                                  |           |                   |            |               |
| 60   | 2024-02-18 | Embrace Winter Half-Marathon     | Running   | Ottawa            | Canada     | Half-Marathon |
| 61   | 2024-04-06 | Revel Mt Charleston Marathon     | Running   | Las Vegas         | USA        | Marathon      |

|      |            |                            |           |              |         |                  |
|------|------------|----------------------------|-----------|--------------|---------|------------------|
| 62   | 2024-05-05 | Vancouver Marathon         | Running   | Vancouver    | Canada  | Marathon         |
| 63   | 2024-05-26 | Ottawa Marathon            | Running   | Ottawa       | Canada  | Marathon         |
| 64   | 2024-07-07 | Ironman 70.3 Musselman     | Triathlon | Huntsville   | Canada  | Half-Ironman     |
| 65   | 2024-11-24 | Ironman Cozumel            | Triathlon | Isla Cozumel | Mexico  | Ironman          |
| 2025 |            |                            |           |              |         |                  |
| 66   | 2025-02-16 | Embrace Winter Marathon    | Running   | Ottawa       | Canada  | Marathon         |
| 67   | 2025-04-27 | Almonte Paris-Roubaix      | Cycling   | Almonte      | Canada  | 90k Gravel Race  |
| 68   | 2025-05-18 | Chemnitz Marathon          | Running   | Chemnitz     | Germany | Marathon         |
| 69   | 2025-07-12 | Meech Lake Triathlon       | Triathlon | Ottawa       | Canada  | Sprint           |
| 70   | 2025-08-03 | Ironman Ottawa             | Triathlon | Ottawa       | Canada  | Ironman          |
| 71   | 2025-08-09 | Big Red Gravel Run         | Cycling   | Harrington   | Canada  | 130k Gravel Race |
| 72   | 2025-09-14 | Ironman World Championship | Triathlon | Nice         | France  | Ironman          |
| 73   | 2025-09-27 | Gravelle du Parc           | Cycling   | Wakefield    | Canada  | 110k Gravel Race |
| 72   | 2025-11-23 | Ironman Cozumel            | Triathlon | Isla Cozumel | Mexico  | Ironman          |

Summary of events as of November 2025:

| Type of race                     | Distance   | Freq. | Countries                   |
|----------------------------------|------------|-------|-----------------------------|
| Standalone marathons             | 42.2km     | 18    | Germany, USA, Canada        |
| Ultramarathons                   | 50+ km     | 1     | Canada                      |
| Ironman long-distance triathlons | 226km      | 8     | Canada, USA, Mexico, France |
| Half-Ironman triathlons          | 113km      | 3     | Germany, USA, Canada        |
| Bike races                       | 90-130km   | 3     | Canada                      |
| Long distance runs               | 25-30km    | 4     | Canada, USA                 |
| Half-Marathons                   | 21.1km     | 12    | Germany, USA, Canada        |
| Olympic distance triathlons      | 46km       | 4     | Canada                      |
| Shorter triathlons               | 25km       | 5     | Germany, Canada             |
| 10k running events               | 10km       | 9     | Germany, UK, India          |
| Shorter events                   | 3km to 8km | 7     | Germany, Czech, Canada      |
|                                  | Total:     | 74    |                             |