

| Date | Event | Distance | Location |
|-----------------|-----------------------------------|--|-----------------------|
| March 1 | Race Team Workout | -- | Civic Track |
| March 8 | Race Team Workout | -- | Henderson Lake |
| March 13 | St. Patricks Day Road Race | 5k/10k | Calgary, AB |
| March 15 | Race Team Workout | -- | Henderson Lake |
| March 19 | Moonlight Run | 6k/10k | Lethbridge, AB |
| March 22 | Race Team Workout | -- | Fort Whoop-Up |
| March 29 | Race Team Workout | -- | Civic Track |
| April 2 | Run for L'Arche | 1k/5k/10k/Half Marathon | Calgary, AB |
| April 5 | Race Team Workout | -- | Henderson Lake |
| April 9 | Coaldale 5k | 5k | Coaldale, AB |
| April 12 | Race Team Workout | -- | Fort Whoop-Up |
| April 19 | Race Team Workout | -- | Civic Track |
| April 26 | Race Team Workout | -- | Henderson Lake |
| May 3 | Race Team Workout | -- | Fort Whoop-Up |
| May 8 | Mother's Day Run | 5k/10k | Calgary, AB |
| May 10 | Race Team Workout | -- | Civic Track |
| May 17 | Race Team Workout | -- | Henderson Lake |
| May 29 | Calgary Marathon | 5k/10k/Half Marathon/Marathon/50k | Calgary, AB |
