



Run Nova Scotia
Annual General Meeting (AGM)
November 4th, 2023

MINUTES

In attendance:

C. McCormick (Chair), K. Terry (Vice Chair and Road Race Series Coordinator), S. Jones (Secretary), E. Richard (Equipment Manager), P. Dimock (Registrar), N. Morley (Treasurer), T. Boyce (Sponsorship Coordinator), B. Horne (Volunteer Coordinator), N. Holland (Performance Series Coordinator), C. Anderson (Member at Large), Nic Robar (member), Colin MacDougall (member), Jeff Goodine (member), Sarah Bowman (member).

Regrets:

J. Smith (Statistics).

1. **Call to Order:** The AGM of Run Nova Scotia was called to order at 3:30 pm, by C. McCormick, Chair.
2. **Approval of the 2022 AGM meeting minutes (C. McCormick):** No corrections.
3. **Business arising from the 2022 AGM:** No business arising.
4. **Reports:**
 - a) Chair (C. McCormick): Please refer to the attached report.
 - Corrections to the Chair's report: The number of Road Race Series events should be listed as 16.
 - b) Registrar (P. Dimock): Please refer to the attached report.
 - c) Statistics (J. Smith): J. Smith was unable to attend. The statistics report has been posted on the website. Any questions can be directed to J. Smith or S. Jones (secretary).
 - d) Treasurer (N. Morley): Please refer to the attached report.
 - e) Sponsorship (T. Boyce): Please refer to the attached report.

- f) Volunteer coordinator (B. Horne): Please refer to the attached report.
- g) Marketing and PR (vacant).
- h) Road race series (K. Terry): Please refer to the attached report.
 - Should there be a two-tiered structure for those events that do not require liability insurance coverage from Run Nova Scotia? Is this possible? We may need to speak with our insurance provider.
 - Correction to report: "...further work will need to be done in 2024", as opposed to 2023.
- i) Performance Series (N. Holland): Please refer to the attached report.
- j) Communications (vacant).
- k) Equipment (E. Richard): Please refer to the attached report.

5. **Election of 2024 Board**

The Management Board positions that are/will be vacated:

- a) Treasurer (Dec. 2023 – Nov. 2025):
 - C. McCormick called for nominations for the Treasurer position; no nominations were received.
 - K. Terry will cover the role until December 2023.
- b) Marketing and PR (Dec. 2023 – Nov. 2025):
 - Tim Duguay expressed interest in the Marketing and PR role prior to the AGM.
 - C. McCormick called for further nominations for the role of Marketing and PR; there were no further nominations.
 - Tim Duguay will fill the role of Marketing and PR.
- c) Communications Coordinator (Dec. 2023 – Nov. 2025):
 - C. McCormick called for further nominations for the role of Communications Coordinator; Sarah Bowman declared interest in the Communications Coordinator role.
 - C. McCormick called for further nominations for the role of Communications Coordinator; there were no further nominations.
 - Sarah Bowman will fill the role of Communications Coordinator.
- d) Member at large (Dec. 2023 – Nov. 2024); up to 5

- The following folks expressed interest in the Member at Large position prior to the AGM:
 - Candice Paul
 - Terrence Sooley
 - Troy Musseau
 - Chris Anderson
 - Nic Robar
 - Myles McCormick
 - Jill McMaster
 - Jeff Goodine
 - Cyril MacDonald
- C. McCormick called for further nominations for the role of Member at Large; Colin MacDougall self-nominated for the role of Member at Large.
- Candice Paul was removed from the list of Member at Large nominations; Candice currently sits on the Management Board as part of the EDI committee.
- A vote by secret ballot was held. Ballots were counted by an impartial Run Nova Scotia member (M. Jessome).
- The Members at Large for the 2024 Management Board include: Nic Robar, Colin MacDougall, Jeff Goodine, Jill McMaster, and Myles McCormick.

The 2024 Run Nova Scotia Management Board:

- Chair: Cate McCormick.
- Vice Chair: Kevin Terry.
- Treasurer: vacant; Kevin Terry to fill in temporarily.
- Secretary: Stephanie Jones.
- Registrar: Pam Dimock.
- Statistician: Jo Smith.
- Sponsorship Coordinator: Tom Boyce.
- Volunteer Coordinator: Beth Horne.
- Marketing and PR: Tim Duguay.
- Communications: Sarah Bowman.
- Road Race Series Coordinator: Kevin Terry.
- Performance Series Coordinator: Nancy Holland.
- Equipment Manager: Evan Richard.
- Members at Large: Nic Robar, Colin MacDougall, Jeff Goodine, Jill McMaster, Myles McCormick.

6. **New Business:** No new business.
7. **Meeting adjournment:** 4:27 pm.

Chair's Report, 2023 Run Nova Scotia Annual General Meeting

Run Nova Scotia has been in existence since 1983, making the organization 40 years old. This year we have had monthly contests celebrating the 40 years. There has been great participation in the contests and numerous prizes have been given away, examples were gift certificates to Aerobics First, free membership and even candy.

Run Nova Scotia is operated entirely by volunteers and the mission is to promote health, fitness, and camaraderie to people of all ages and abilities through the sport of road racing. Our members and the Road Race and Performance Series span all across the province of Nova Scotia, from Yarmouth to Sydney serving runners everywhere in the province.

The following are some of the items that were ongoing throughout the year.

- The Code of Conduct was reviewed in December and Conflicts of Interests were declared to the Chair. This process will continue annually at every December Run Nova Scotia meeting.
- All the Run Nova Scotia Board members completed the Safe Sport Course.
- Meetings have resumed with Athletics Nova Scotia, and I attend their Board meetings, which enables me to share valuable information to the Run Nova Scotia Board.
- Run Nova Scotia got a new Website (Creative Curve). It is more user friendly and has a clean look to it. We were fortunate to get some funding from a grant that Athletics Nova Scotia made us aware about.
- We had 17 races on the Road Race Series this year with great turn out to all of them.
- The constitution was reviewed and updated.

I would like to acknowledge the hard work of the 2023 Run Nova Scotia Management Board – everybody on the Board worked hard and it showed during the busy race season.

The 2023 Run Nova Scotia Management Board will be looking for members to fill vacant positions including:

Treasurer (Dec. 2023 – Nov. 2025)

Marketing and PR (Dec.2023-Nov. 2025)

Member at Large (Dec. 2023 – Nov. 2024)

- The following members have expressed interest in the Member at Large position.
 - Candice Paul
 - Terrance Sooley
 - Troy Musseau
 - Chris Anderson
 - Nic Robar
 - Myles McCormick



- Jill MacMaster
- Jeff Goodine
- Cyril MacDonald

Registrar Report for the 2023 Run Nova Scotia Annual Meeting

There were 663 members registered for Run Nova Scotia in 2023. This represented 64% of our record year in 2019 (1036). The registration year was divided into two sections, first was registration for the 2022 year end celebration which included registration for 2023 at \$25.00 for an Individual membership, then post-year-end registration at \$35.00. 483 registered in the early campaign, 180 registered after the year-end celebration.

With 333 females and 330 males, the 2023 Run Nova Scotia membership is quite evenly split. Gender split in the previous six years had been 56% female.

The average age of a 2023 Run Nova Scotia member is 53, slightly higher than 2022 (51). Age distribution is shown below with 2022 percentages in brackets.

2023 Run Nova Scotia Age Distribution:

01-19	35	5%	(6%)
20-29	32	5%	(4%)
30-39	58	9%	(12%)
40-49	146	22%	(25%)
50-59	142	21%	(25%)
60-69	137	21%	(17%)
70-79	88	13%	(10%)
80+	25	4%	(2%)

In 2023, the 154 (79 in 2022) new members made up 23% (9%) of the year's total Run Nova membership with an average age of 42 (50). 55% (51%) were female.

Respectfully submitted,

Pam Dimock

Registrar – Run Nova Scotia

2023 Run Nova Scotia Statistics Report

Run Nova Scotia Road Race Series

The table below compares this year's Road Race Series with 2022. The races common to both 2022 and 2023 are marked with a check mark and those which are not are shaded.

	Total Finishers	2022 Run NS Members	% Run NS	Total Finishers	2023 Run NS Members	% Run NS
Run Our Shore 5K *	82	27	33%	66	29	44%
Run Our Shore 10K *	55	25	45%	57	18	32%
Run Our Shore 21.1K *	53	32	60%	46	30	65%
Blue Nose Marathon 5K	1372	90	7%			
Blue Nose Marathon 10K	1153	87	8%			
Blue Nose Marathon 21.1K	824	37	4%			
Blue Nose Marathon 42.20K	171	12	7%			
Michelin Tire Trot *	379	110	29%	290	89	31%
Lunenburg World Heritage Site 5K *	336	84	25%	350	93	27%
Ulnooweg Summer Solstice Run 5K *	118	59	50%	152	74	49%
Ulnooweg Summer Solstice Run 10K	31	9	29%			
EPIC Canadian 5K	293	80	27%			
EPIC Canadian 10K	203	70	34%			
Popsicle Run 5K	452	75	17%			
Sheila Poole 10K	61	23	38%			
Nova Scotia Marathon 6K				69	8	12%
Nova Scotia Marathon 10K *	107	24	22%	94	10	11%
Nova Scotia Marathon 21.1K *	127	25	20%	98	20	20%
Nova Scotia Marathon 42.2K *	69	6	9%	91	10	11%
Nasty Nuttby 5K (Run)				151	43	28%
Nasty Nuttby 5K (Walk)				83	4	5%
MACPASS Miles *	348	95	27%	280	69	25%
Dartmouth Natal Day 2 Miler (1.8 miles in 2022) *	459	82	18%	572	79	14%
Dartmouth Natal Day 6 Miler (5.4 miles in 2022) *	242	69	29%	323	80	25%
Louisbourg Race Through Time 8 Miler *	132	23	17%	106	8	8%
Middleton Heart Run 5K				37	20	54%
Middleton Heart Run 10K				26	11	42%
Middleton Heart Run 21.1K				19	12	63%
Annapolis Royal 5K *	70	31	44%	121	63	52%
Cobequid Trail Run 5K *	111	33	30%	124	34	27%
Cobequid Trail Run 10K *	75	31	41%	89	34	38%
Cobequid Trail Run 21.1K *	47	17	36%	73	19	26%

	2022				2023		
	Total	Run NS	%		Total	Run NS	%
	Finishers	Members	Run NS		Finishers	Members	Run NS
Berwick Gala Days 5 Miler *	138	77	56%		123	67	54%
Kicking PancreAS 5K					201	26	13%
Cape Breton Fiddlers Marathon 5K *	162	11	7%		223	21	9%
Cape Breton Fiddlers Marathon 10K *	109	15	14%		129	12	9%
Cape Breton Fiddlers Marathon 21.1K *	107	16	15%		150	19	13%
Cape Breton Fiddlers Marathon 42.2K *	21	5	24%		48	4	8%
Maritime Race Weekend Sunset 5K	1119	122	11%				
Maritime Race Weekend Sunrise 5K	567	53	9%				
Maritime Race Weekend 10K	544	70	13%				
Sole Sisters 5K	311	45	14%				
Valley Harvest Marathon 5K	551	36	7%				
Valley Harvest Marathon 10K	538	62	12%				
Valley Harvest Marathon 21.1K	548	56	10%				
Valley Harvest Marathon 42.2K	96	9	9%				
YMCA Trick or Treat Trot 5K					111	48	43%
Number of RNS Members	885				708		
Number of Races	39				30		
Complete Series	12,181	1,833	15%		4,302	1,054	25%
Average Finishers/Run NS Members Per Race	312	47			143	35	
Average Races Per Run NS Member		2.1				1.5	
* 22 Common Races Only	3,347	897	27%		3,605	882	24%
Average Finishers/Run NS Members Per Race	152	41			164	40	
Average Races Per Run NS Member		1.0				1.2	

This year the Road Race Series consisted of 30 races within 16 events, which is down from 39 races within 19 events in 2022.

To qualify for a year-end award, Run Nova Scotia (Run NS) members had to finish at least four races, or finish three and volunteer at one. Because of the decrease in the number of races, the maximum number of races used to calculate points was reduced from nine to eight. Members could finish eight races (440 points) or finish seven races and volunteer at one (445 points). Two members achieved 440 points and three members achieved 445 points.

When comparing the complete series, although there was a large drop in overall finishers (largely because of the far fewer races), the percentage of Run NS members increased from 15% to 25%. When comparing the common races, there was a small increase in overall finishers, but the percentage of Run NS members decreased from 27% to 24%.

Overall participation was down in six races and up in six. The largest losses were the Michelin Tire Trot which dropped by 89 from 379 to 290 and the MACPASS Miles which dropped by 68 from 348 to 280. Run NS members increased from 29% to 31% at the Michelin Tire Trot and decreased from 27% to 25% at the MACPASS Miles.

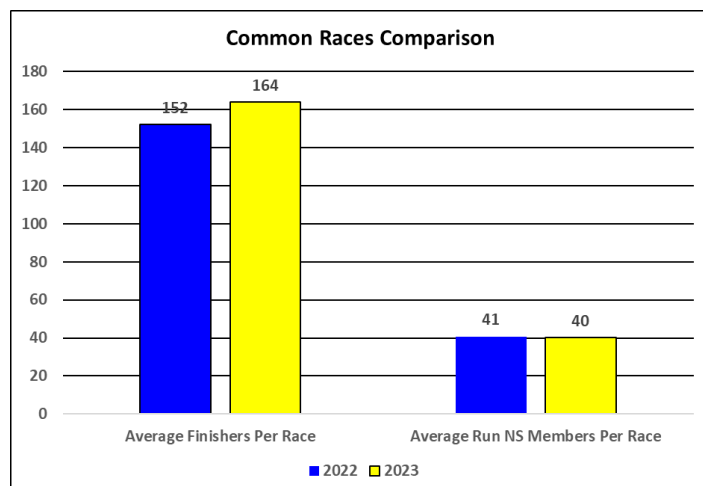
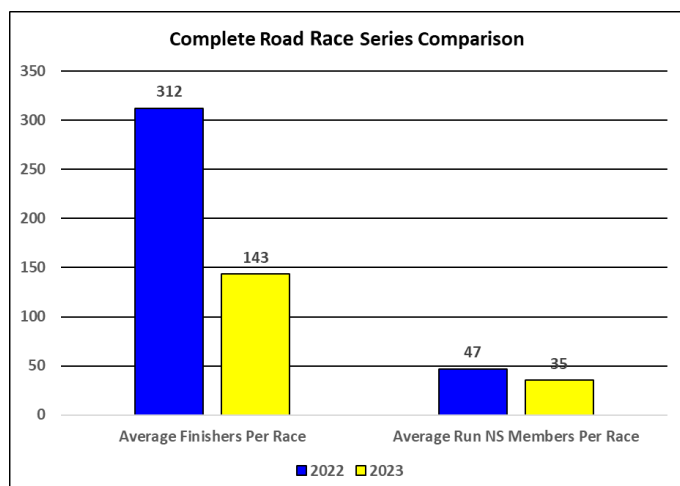
The largest increases were the Dartmouth Natal Day Road Races which went up by 194 from 701 to 895 and the Fiddlers Marathon which went up by 151 from 399 to 550. These increases were not reflected in the percentage of Run NS members which decreased from 22% to 18% and from 12% to 10% respectively.

Healthy increases were also shown by the Cobequid Trail Run (up by 53), the Annapolis Royal 5K (up by 51) and the Ulnooweg Summer Solstice Run 5K (up by 34). Although the percentage of Run NS members increased from 44% to 52% at the Annapolis Royal 5K, it decreased from 35% to 30% at the Cobequid Trail Run and from 50% to 49% at the Ulnooweg Summer Solstice Run 5K.

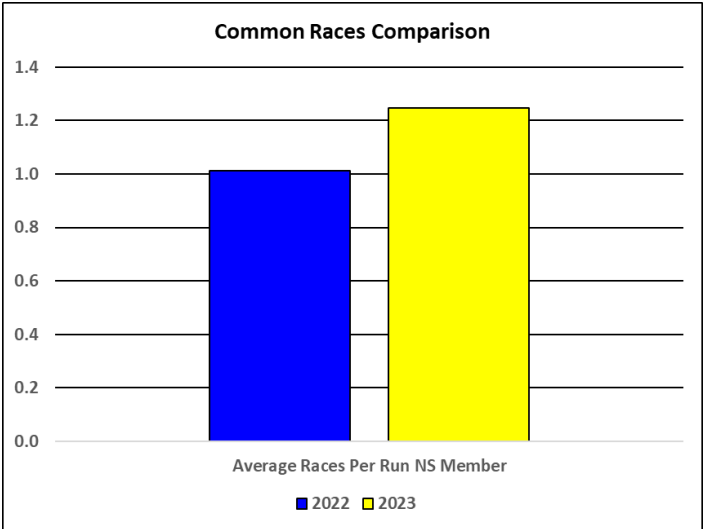
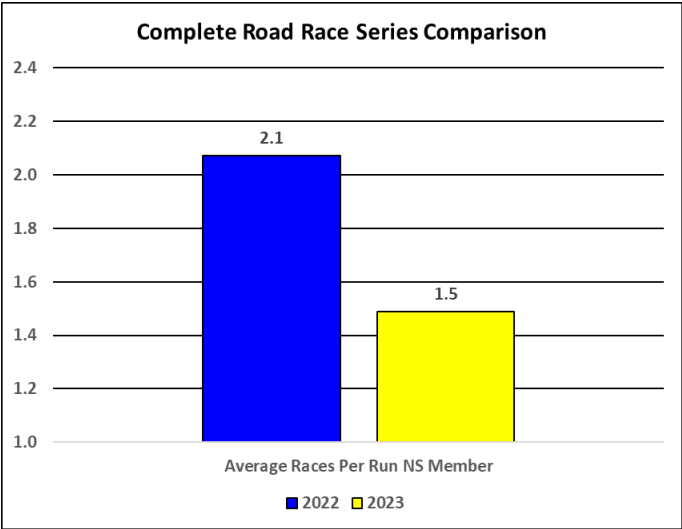
Of the remaining five races, the percentage of Run NS members stayed the same or increased at four races. Three of those races saw a decline in overall participation and one an increase. Both the overall and Run NS members participation decreased at one race.

- Run Our Shore: overall down 21 (11%), Run NS members up from 44% to 46%
- Lunenburg World Heritage Site 5K Road Race: overall up by 14 (4%), Run NS members up from 25% to 27%
- Nova Scotia Marathon: overall down 28 (7%), Run NS members the same at 14%
- Louisbourg Race Through Time: overall down 26 (20%), Run NS members down from 17% to 8%
- Berwick Gala Days: overall down 15 (11%), Run NS members the same at 54%

The two charts below compare the average number of overall finishers and average Run NS Members per race for 2022 and 2023. The first chart compares the complete series while the second compares the common races.



The next two charts compare the average number of races per Run NS Member for 2022 and 2023. Again, the first chart compares the complete series while the second compares the common races.



Run Nova Scotia Performance Series

There were 10 events on the Performance Series (3 x 5K, 3 x 10K and 4 x 21.1K) and members had to run at least one race at each distance to qualify, which 16 females and 22 males did.

In 2022 there were nine events (3 x 5K, 3 x 10K, 3 x 21.1K) on the Performance Series and 10 females and 12 males qualified.

Run Nova Scotia Youth Performance Series

There were three 5K events on the Youth Performance Series and to qualify members had to run two, which three females and six males did.

No members qualified in 2022.



At the time of writing this report, total membership is 708, a decline of 177 (127 females and 50 males) from 2022.

Note: In the table below, the 2023 volunteer numbers indicate once per person at Run NS Series Races. Many members volunteered at more than one event. In addition, 20 members volunteered at Run NS supported events.

Age Category	Females				Males			
	Number Of Members	Number Of Races	Average Races Per Member	Volunteers	Number Of Members	Number Of Races	Average Races Per Member	Volunteers
19 and under	16	26	1.63	0	26	50	1.92	2
20 to 24	10	4	0.40	0	7	5	0.71	0
25 to 29	15	12	0.80	1	8	12	1.50	0
30 to 34	18	31	1.72	0	9	21	2.33	1
35 to 39	21	35	1.67	4	14	31	2.21	1
40 to 44	48	62	1.29	4	36	69	1.92	6
45 to 49	48	58	1.21	5	26	44	1.69	2
50 to 54	44	72	1.64	3	29	46	1.59	3
55 to 59	42	49	1.17	3	38	46	1.21	9
60 to 64	42	85	2.02	11	41	43	1.05	7
65 to 69	28	36	1.29	4	31	85	2.74	10
70 to 74	24	30	1.25	4	30	51	1.70	6
75 to 79	6	10	1.67	1	27	25	0.93	6
80 to 84	2	1	0.50	0	14	4	0.29	1
85 to 89	1	5	5.00	0	5	2	0.40	0
90 to 94					2	4	2.00	0
2022 Figures	365	516	1.41	40	343	538	1.57	54
	492	1024	2.08	80	393	809	2.06	67

Comparing the complete Series, i.e., 30 races within 16 events this year versus 39 races within 19 events in 2022:

- The total number of races run decreased by 508 for female members and 271 for male members.
- The following is a breakdown of the number of races run by Run NS members in 2022 and 2023:

# of Races	2022 Females	2023 Females	2022 Males	2023 Males
< 4	373 (75.81%)	313 (85.75%)	313 (79.64%)	290 (84.55%)
4	31 (6.30%)	16 (4.38%)	18 (4.58%)	18 (5.25%)
5	28 (5.69%)	5 (1.37%)	9 (2.29%)	1 (0.29%)
6	15 (3.05%)	7 (1.92%)	12 (3.05%)	4 (1.17%)
7	5 (1.02%)	7 (1.92%)	10 (2.54%)	6 (1.75%)
8	8 (1.63%)	9 (2.47%)	5 (1.27%)	10 (2.92%)
> 8	32 (6.50%)	8 (2.19%)	26 (6.62%)	14 (4.08%)

- The highest participation rate was in the 60-64 Age Category for females (42 members ran a total of 85 races) and the 65-69 Age Category for males (31 members ran a total of 85 races). Last year the highest participation was in the 45-49 Age Category for females (75 members ran a total of 159 races) and the 65-69 Age Category for males (37 members ran a total of 116 races).
- The highest average number of races per member was in the 85-89 Age Category for females (5) and the 65-69 Age Category for males (2.74). Last year the highest average number of races per member was in the same 85-89 Age Category for females (8) and the 90-44 age category for males (3.5).

- Female members ran a total of 516 races for an average of 1.41 races per member, a decrease over last year's average of 2.08. Male members ran a total of 538 races for an average of 1.57 races per member, a decrease over last year's average of 2.06.

Respectfully submitted,
Jo Smith
Run Nova Scotia Statistician

Run Nova Scotia Society

Financial Statements

For the year ended October 31, 2023

Prepared at November 2, 2023

Run Nova Scotia Society
Balance Sheet
October 31, 2023

	Note	2023 \$	2022 \$
Assets			
Current assets			
Cash		2,504	11,274
Investment	2.	15,000	-
Interest receivable		188	-
Accounts receivable		520	500
Shirt inventory		10,337	18,746
Prepaid expenses		-	332
		28,549	30,852
Non-current assets			
Capital assets	3.	13,400	13,367
		41,949	44,219
Liabilities and Net Assets			
Current liabilities			
Accounts payable and accruals		241	90
Deferred revenue	4.	6,580	5,005
		6,821	5,095
Net Assets			
Invested in capital assets		13,400	13,367
Internally restricted for capital asset replacement		16,131	20,000
Unrestricted		5,597	5,757
		35,128	39,124
		41,949	44,219

Run Nova Scotia Society
Statement of Operating Activities
For the year ended October 31, 2023

	Note	2023	2022
		\$	\$
Revenues:			
Sponsorships		20,200	5,400
Memberships		10,587	3,345
Road race series fees		4,337	5,041
Merchandise sales		3,360	356
Fundraising		2,378	-
Honorariums		300	400
Interest income		188	-
		41,350	14,542
Expenses:			
Member shirt costs		16,158	-
Performance series prize payouts		5,200	5,200
Liability insurance		4,900	4,025
40th anniversary shirt costs		3,715	-
Annual awards banquet costs		3,269	-
Van insurance and operating costs		3,015	4,130
Expo booth participation costs		1,325	173
Road race series costs		988	940
Road race series prizes		955	674
Sponsorship costs		926	633
Software & website costs		736	719
Administration		323	40
Equipment repairs		-	404
		41,510	16,938
Operating deficit		(160)	(2,396)
Depreciation		3,836	4,876
Deficit for the year		(3,996)	(7,272)

Run Nova Scotia Society
Statement of Cash Flows
For the year ended October 31, 2023

	2023	2022
	\$	\$
Operating activities:		
Deficit for the year	(3,996)	(7,272)
Add back non-cash item:		
Depreciation	3,836	4,876
	(160)	(2,396)
Changes in non-cash working capital:		
Interest receivable	(188)	-
Accounts receivable	(20)	(500)
Prepaid expenses	332	(332)
Shirt inventory	8,409	(18,746)
Accounts payable and accruals	151	90
Deferred revenue	1,575	5,005
Cash provided (used) by operations	10,099	(16,879)
Investing activities:		
Purchase of investment	(15,000)	-
Cost of new website	(5,950)	-
Capital grant received for website	3,161	-
Purchase of new sound system	(1,079)	-
Cash used by investing activities	(18,869)	-
Net cash outflow for the year	(8,770)	(16,879)
Cash - beginning of year	11,274	28,153
Cash - end of year	2,504	11,274

Run Nova Scotia Society
Statement of Change in Net Assets
For the year ended October 31, 2023

	Invested In Capital Assets \$	Internally restricted for capital asset replacement \$	Unrestricted \$	2023 Total \$
Net Assets - beginning of year	13,367	20,000	5,757	39,124
Deficit for the year	(3,836)	-	(160)	(3,996)
Purchase of capital assets	7,030	(7,030)	-	-
Capital grant received	(3,161)	3,161	-	-
Net Assets - end of year	13,400	16,131	5,597	35,128

Run Nova Scotia Society
Notes to Financial Statements
For the year ended October 31, 2023

Run Nova Scotia Society ("Run Nova Scotia") was incorporated as a society under the laws of Nova Scotia on February 15, 2006. Run Nova Scotia's mission is to promote health, fitness, and camaraderie to people of all ages and abilities through the sport of road running.

1. Basis of Accounting

The basis of accounting applied in the preparation of the balance sheet of Run Nova Scotia as at October 31, 2023 and the statement of operating activities for the period then ended is on the historical cost basis, reflecting cash transactions with the addition of:

- Investment and related Interest receivable
- Accounts receivable less an allowance for doubtful accounts
- Shirt inventory acquired for next year
- Capital assets are recorded at cost, net of capital grants received, and amortized in accordance with the following rates:

Equipment	Declining balance rate of 20%
Van	Declining balance rate of 30%
Website	Straight-line over 5 years

- Accounts payable and accrued liabilities
- Deferred revenue represents amounts collected in the current year pertaining to activities of next year

2. Investment

The investment is a cashable Guaranteed Investment Certificate from the Bank of Montreal, bearing interest at 3% per annum, and maturing May 29, 2024.

3. Capital assets

	2023			2022
	Cost	Accumulated Amortization	Net Carrying Value	Net Carrying Value
	\$	\$	\$	\$
Cost:				
Van	22,390	16,076	6,314	8,419
Equipment	42,184	37,423	4,761	4,778
Website	5,951	992	4,959	170
	70,525	54,491	16,034	13,367
Capital grants:				
Website	(3,161)	(527)	(2,634)	-
	67,364	53,964	13,400	13,367

4. Deferred revenue

	2023	2022
	\$	\$
Next year membership fees collected	5,837	3,570
Annual awards banquet ticket sales	743	-
Shirt sales collected in advance	-	1,435
	6,580	5,005

Sponsorship Report:

Aerobics First

Atlantic Chip

Bauld Insurance

Clayton Orthotics

Dr. Jeff Ratushny

Gypsy Group Travel

Life Start Training First Aid & Safety

Kachan Physio

Nova Physio

O'Regan's Auto Dealers

Paramount Electric

Race Roster

Rework Business Solutions

Seaside Chiropractic

Whalesong

New Sponsors to Run NS for 2023

Whalesong Group Inc.

Life Start Training First Aid & Safety

O'Regan's Auto Group

Other initiatives: We investigated the possibility of generating a new revenue stream with a co-branded opportunity with Marsquest sunglasses. It was decided that at this time it would not be financially responsible for Run NS to enter into this opportunity.

Annual Report to AGM
Volunteer Coordinator – Beth Horne
November 2023

I would like to take this opportunity to thank all of the Run Nova Scotia volunteers for ensuring the success of the 2023 series events, without whom the Road Race Series and the Performance Series would not be possible. On behalf of the board, we appreciate your time and commitment to Run Nova Scotia and are hopeful for your continued support in 2024.

In addition to the 16 events on the road race series, volunteers were present at the following expos: The Bluenose Marathon, Valley Harvest Marathon, and Cape Breton Fiddlers Marathon. Volunteers also hosted a busy water station on Nantucket Avenue for participants in the Bluenose Marathon.

A new volunteer position was added this year – a ticket seller for 50-25-25. Run NS received some monies from this endeavour.

We were able to successfully navigate two Run NS events in the span of 14 hours in opposite parts of the province: The Louisburg Race Through Time and the Middleton Heart Run. Having 2 sets of equipment is beneficial in these situations.

For some events, finding enough volunteers proved to be a challenge, and we will be looking at ways to address this situation leading into the 2024 season.

2023 Road Race Series Annual Report to AGM
November, 2023
Kevin Terry- Road Race Series Coordinator

2023 Road Race Series

The 2023 Road Race Series consisted of the following 16 race events:

Run Our Shore	Steve Burns	May 6	Liverpool
Michelin Tire Trot	Matt Roberts	June 10	Bridgewater
Lunenburg World Heritage 5K Road Race and Muffin Run	Lisa Tanner	June 11	Lunenburg
Ulnooweg Summer Solstice Run	Andrea Durfee	June 17	Millbrook
Nova Scotia Marathon	Misty James	July 23	Barrington
Nasty Nuttby 5k	Kevin Terry	July 29	Nuttby
MacPass Miles	Steven David Proctor	Aug. 6	Dartmouth
Dartmouth Natal Day Road Races	Dave Nevitt	Aug. 7	Dartmouth
27th Annual Louisbourg Race Through Time	Cindy Hynes	Aug. 12	Louisbourg
Middleton Heart Run	Lisa Fenton	Aug. 13	Middleton
Annapolis Royal 5K	Terrence Sooley	Aug. 20	Annapolis Royal
Cobequid Trail Run	Craig Burgess	Aug. 27	Truro
Berwick Gala Days 5 Mile Road Race	Laura Peters	Sept. 3	Berwick
Kicking PancreAS 5k	Helen Wright	Oct. 14	Dartmouth
Cape Breton Fiddlers Marathon	Nick Burke	Oct. 22	Sydney
YMCA Trick or Treat Trot	Samantha Green	Oct. 28	Bridgewater

There were significant changes to the makeup of the Series compared to 2022. In 2022, there were 19 race events. Two of the larger events in the province, Blue Nose and Valley Harvest decided not to participate in the 2023 Series despite efforts from the Chair and Road Race Series Coordinator to recruit them. The same organization also had their Popsicle Run on the Series in 2022. Two other popular events, the Epic Canadian and Maritime Race Weekend, were cancelled (it appears permanently) by organizers. Two events (Fun Run for WHEC and Privateer Five Mile Road Race) initially applied for and were approved for the Series but later withdrew citing an inability to hold the events.

Happily, the Series welcomed new races in 2023: the Nasty Nuttby 5k, Middleton Heart Run, Kicking PancreAS 5k and YMCA Trick or Treat Trot. While there were some expected learning pains with some of these events to adjust to Series requirements, they were well enjoyed by participating members.

Given the reduction in the number of Series races from 19 in 2022 to 16 in 2023, the Board came to the decision to reduce the maximum number of races counted for points from 9 to 8 and the minimum required for age class award from 5 to 4.

Road Race Series Agreement Requirements

Much work was done by the Series Coordinator to ensure that race events registration pages met the requirements of the agreement. Pages were reviewed and any deficiencies shared with the race director. Many races required several reminders of the requirements including: requirement to use the Run NS waiver, acknowledgment that the race was on the Series, display of the Run NS sponsorship, etc. As a result, the level of compliance was high. However, further work will need to be done in 2023 by the Coordinator to reduce workload and increase initial compliance. The Coordinator plans to provide a detailed, clear message to all race directors which includes copy and paste text that will cover most of the required information.

Compliance with in-race Series requirements was very high. Where there was an issue, the Coordinator provided feedback to the race director as soon as possible following the event. The most common issue was insufficient signage/marshalling which caused confusion with runners.

Road Race Series Participation

In 2023, 105 members completed the minimum number of races (4) to be eligible for age group awards. Of these, 52 were females and 53 males. This compares with 150 members completing the minimum number of events. Of these, 88 were females and 62 were males. As such, there was a significant decline in 2023 even without considering that the minimum number of events was reduced from 5 to 4.

One positive point to note is the significant increase in youth participation. In 2023 6 males and 3 females in the 0-19 category were eligible for age class awards. In 2022, there were only 3 males and 2 females in this category.

Looking to 2024

Acknowledging the importance of the larger race events to the profile and impact on membership to Run NS, a committee was struck in Oct. 2023 to discuss recruitment of these events to the 2024 Series. The committee decided to approach Race Directors of Blue Nose/Valley Harvest and the Johnny Miles Running Events for in person meetings. The Coordinator and Sponsorship Coordinator subsequently met with the race director of the Blue Nose/Valley Harvest. Despite best efforts to highlight the win-win nature of participation, the race director has indicated that none of the organization's events will be applying for the Series in 2023. The Chair is seeking to meet with the race director of the Johnny Miles Running Events.

The Coordinator will continue to seek out new races to the 2024 Series with hopes to fill some geographical gaps, such as the Yarmouth area.

Performance Series Year-End Report

4 November 2023

First off, I would like to thank Dr. Jeff Ratushny for being the sole sponsor of the Performance Series again. This is a \$5,200 investment that lets the series continue.

At the Series selection meeting the board selected three 5Ks, three 10Ks and four half marathons for the Performance Series:

5K	10K	Half Marathon
Lunenburg 5K (11 June) Ulnooweg 5K (17 June) Annapolis 5K (20 August)	Dartmouth Natal Day 6-Miler (7 August) Cobequid Trail 10K (27 August) Cape Breton Fiddlers Marathon 10K (22 October)	Run Our Shore (6 May) Nova Scotia Marathon Half Marathon (23 July) Cobequid Trail (27 August) Cape Breton Fiddlers Marathon Half Marathon (22 October)

The dates of the events, and having to double up at two events, wasn't optimal, but we did the best we could with what was available. We were very fortunate that the events that had to withdraw from the regular series were not also part of the Performance Series.

We had some great competition in the Youth Performance Series: Only 20 seconds separated the top two in the male division. Congratulations to Wyatt Boyd and Emma Quinton for their efforts. They each win a 2024 Run Nova Scotia membership and a \$50 coupon from Aerobics First.

Participation in the adult series was about average and the competition was fierce! There were a lot of participants who were aiming for the random draw prize and that was great to see. The series encourages participants to work a little harder to see what they can do—and I think several people surprised themselves with how much they progressed through the race season.

Right up to the last races at the Cape Breton Fiddlers Marathon we did not know who would be eligible for prize money in the adult races. In that sense, it was an exciting series! The winners this year:

Division	Female	Male
Open	Meaghan Strum Rayleen Hill Erin Poirier Maura Wieczorek Beth Horne	Jacob Halloran Alec Freeman Jamie Lamond Justin Clarke Ian Holdway
Masters (40-49)	Erin MacDonald	Jarvis Googoo
Senior Masters (50-59)	Cate McCormick	Wade Were
Golden Masters (60-69)	Cindy O'Donnell	Dave Nevitt
Platinum Masters (70-79)	Louise LeDuc	

Respectfully submitted,

Nancy Holland
Performance Series Coordinator

Run Nova Scotia Equipment AGM Report November 2023

2023 is the second full season post pandemic.

Many events around the province, some new, many carry over, some lost.

The Run Nova Scotia van travelled from Sydney and Louisbourg to Barrington Passage and Annapolis Royal.

Van at 6 ½ years in service and approximately 40,000 km of travelled distance. Time for maintenance, replacements, and end of season cleaning prior to five months of rest. Licence plate renewal, MVI expiring, oil change due, factory tires at end of life plus likely brake work required once wheels removed. Estimated \$4000.

Items such as gantry and tent expect some cleaning, mending and patching.

Generators, tired. One Honda the fuel fill strainer went MIA and now suspect has a clogged fuel filter. Second "burns" oil, and low oil shutdown protection activates when 15% of 200 ml total oil capacity, a challenge to get filled with fuel, let alone check and top up oil every 10 hours of use. Can do basic maintenance myself on all three for \$125. Or spend up to \$1000. for professional shop to perform maintenance.

First year for new Bluetooth wireless speaker, can run off rechargeable internal battery, though most people run off generator power along with wireless microphone that requires 120 volt power to function.

Evan Richard

Run Nova Scotia Equipment Manager

November 1, 2023