



Run Nova Scotia  
Annual General Meeting (AGM)  
November 4<sup>th</sup>, 2024, on Zoom

## MINUTES

**In attendance:** C. McCormick (Chair), S. Jones (Secretary), E. Richard (Equipment Manager), P. Dimock (Registrar), T. Boyce (Sponsorship Coordinator), T. Sooley (Member at Large), N. Holland (Performance Series Coordinator), J. Goodine (member at large), M. McCormick (member at large), K. Terry (Vice Chair and Road Race Series Coordinator), J. Smith (Statistics), C. MacDougall (member at large), T. Duguay (Marketing and PR coordinator), S. Bowman (communications)

**Guests/members:** Tom Fahie (Athletics Nova Scotia), Mia Furlong, Cameron Deacoff, Rob Douglass.

**Regrets:** B. Horne (Volunteer Coordinator), N. Robar (member at large).

1. **Call to Order:** The 2024 Annual General Meeting of Run Nova Scotia was called to order at 6:00 pm, by C. McCormick, Chair.
2. **Approval of the 2023 AGM meeting minutes (C. McCormick):**
  - S. Bowman – correction to Sara’s first name, it should not include an “h”.
3. **Business arising from the 2023 AGM:** No business arising.
4. **Reports:**
  - a) Chair (C. McCormick): Please refer to the attached report.
  - b) Vice Chair (K. Terry): Please refer to the attached report.
  - c) Registrar (P. Dimock): Please refer to the attached report.
  - d) Statistics (J. Smith): Please refer to the attached report.
    - Minor change to the submitted report: A few people signed up for Run Nova Scotia after the Trick or Treat Trot.
  - d) Treasurer (C. McCormick): Please refer to the attached report.
    - For those who are joining, the Treasurer position is vacant. In absence of the Treasurer, the work falls to the Chair (C. McCormick).
  - e) Sponsorship (T. Boyce): Please refer to the attached report.

- f) Volunteer coordinator (B. Horne): Please refer to the attached report. B. Horne was unable to attend. Any questions can be directed to C. McCormick,
- g) Marketing and PR (T. Duguay): Please refer to the attached report.
- h) Road race series (K. Terry): Please refer to the attached report.
- i) Performance Series (N. Holland): Please refer to the attached report.
- j) Communications (S. Bowman). Please refer to the attached report.
- k) Equipment (E. Richard): Please refer to the attached report.

5. **Election of 2025 Board:** Not all management board positions are newly filled each year. Positions are for a 2-year term and position turnover is staggered to ensure continuity from year to year. The Management Board positions that are/will be vacated at the 2024 AGM are below. Nominations for these positions will be sought at the AGM. In the event of multiple nominations for a single position, an online vote by secret ballot will be held. All members of Run Nova Scotia are permitted to vote.

- a) Treasurer (Dec. 2024 – Nov. 2026):
  - C. McCormick called for nominations for Treasurer from the floor three (3) times; one (1) nomination was received for N. Holland. N. Holland accepted the nomination; N. Holland is the Treasurer for 2025.
- b) Volunteer Coordinator (Dec. 2024 – Nov. 2026):
  - C. McCormick called for nominations for Volunteer Coordinator from the floor three (3) times; one (1) nomination was received for M. McCormick. M. McCormick accepted the nomination; M. McCormick is the Volunteer Coordinator for 2025.
- c) Performance Series Coordinator (Dec. 2024 – Nov. 2026):
  - C. McCormick called for nominations for Performance Series Coordinator from the floor three (3) times; one (1) nomination was received for B. Horne; B. Horne is the Performance Series Coordinator for 2025.
- d) Statistics (Dec. 2024 – Nov. 2026):
  - C. McCormick called for nominations for Statistician from the floor three (3) times; one (1) nomination was received for M. Furrlong. M. Furrlong accepted the nomination; M Furrlong is the Statistician for 2025.
- e) Equipment manager (Dec. 2024 – Nov. 2025):
  - C. McCormick called for nominations for Equipment Manager from the floor three (3) times; no nominations for Equipment Manager were received. The position of Equipment Manager is vacant.
- f) Member at Large (Dec. 2024 – 2025); due to M. McCormick stepping into the volunteer coordinator position:
  - C. McCormick called for nominations for Member at Large from the floor three (3) times; no nominations for Member at Large were received. This Member at Large position is vacant.

**The 2025 Run Nova Scotia Management Board:**

- Chair: Cate McCormick (one more year of 2 yr term).
- Vice Chair: Kevin Terry (one more year of 2 yr term).
- Treasurer: Nancy Holland (2-year term).
- Secretary: Stephanie Jones (one more year of 2 yr term).
- Registrar: Pam Dimock (one more year of 2 yr term)
- Statistician: Mia Furlong (2-year term).
- Sponsorship Coordinator: Tom Boyce (one more year of 2 yr term).
- Volunteer Coordinator: Myles McCormick (2-year term).
- Marketing and PR: Tim Duguay (one more year of 2 yr term).
- Communications Coordinator: Sarah Bowman (one more year of 2 yr term).
- Road Race Series Coordinator: Kevin Terry (one more year of 2 yr term).
- Performance Series Coordinator: Beth Horne (2-year term).
- Equipment Manager: Vacant.
- Members at Large: Nic Robar, Colin MacDougall, Jeff Goodine, Terrance Sooley (all one more year of 2 yr term); One (1) member at large position is vacant.

6. **New Business:** No new business.

7. **Meeting adjournment:** C. McCormick adjourned the meeting at 6:18 pm.

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 Barrington 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.
- I continue to attend Board meetings with Athletics Nova Scotia, which enables me to share valuable information to the Run Nova Scotia Board.
- We had 19 races on the Road Race Series this year with great turn out to all of them.
- We ended the 2023 season with 668 members, this year we are ending the season with 621. I see a Board challenge in our future to recruit more members for the 2025 year.

I would like to acknowledge the hard work of the 2024 Run Nova Scotia Management Board – everybody on the Board worked hard and it showed during this busy race season.

The 2024 Run Nova Scotia Management Board will be looking for members to fill vacant positions including:

**Treasurer (Dec. 2024 – Nov. 2025)**

**Volunteer coordinator (Dec.2024- Nov. 2026)**

**Statistician ( Dec. 2024- Nov. 2026)**

**Performance Series (Dec. 2024 – Nov. 2026)**

Member at Large:

There will be one position to fill

## Registrar Report for the 2024 Run Nova Scotia Annual Meeting

There were 621 members registered for Run Nova Scotia in 2024. This represented 60% of our record year in 2019 (1036).

With 310 females and 311 males, the 2024 Run Nova Scotia membership is evenly split.

The average age of a 2024 Run Nova Scotia member is 53, same as 2023. Age distribution is shown below with 2023 percentages in the last column.

2024 Run Nova Scotia Age Distribution:

01-19	42	7%	5%
20-29	37	6%	5%
30-39	53	8%	9%
40-49	126	20%	22%
50-59	111	18%	21%
60-69	123	20%	21%
70-79	98	16%	13%
80+	31	5%	4%

In 2024, the 146 (154 in 2023) new members made up 23% (23% in 2023) of the year's total Run Nova membership with an average age of 40 (42). 59% (55%) were female.

Respectfully submitted,

Pam Dimock

Registrar – Run Nova Scotia

## 2024 Run Nova Scotia Statistics Report

### Run Nova Scotia Road Race Series

The table below compares this year's Road Race Series with 2023. The races common to both 2023 and 2024 are marked with a check mark and those which are not are shaded.

	2023			2024		
	Total Finishers	Run NS Members	% Run NS	Total Finishers	Run NS Members	% Run NS
Bee Hive Fives 5K				95	52	55%
Bee Hive Fives 5.25 Miles				66	38	58%
Run Our Shore 5K	66	29	44%			
Run Our Shore 10K	57	18	32%			
Run Our Shore 21.1K	46	30	65%			
Michelin Tire Trot ✓	290	89	31%	406	118	29%
Lunenburg World Heritage Site 5K ✓	350	93	27%	427	125	29%
Johnny Miles Running Event 5K				249	10	4%
Johnny Miles Running Event 10K				191	17	9%
Johnny Miles Running Event 21.1K				160	16	10%
Ulnooweg Summer Solstice Run 5K ✓	152	74	49%	124	59	48%
Arnold Robertson Two-Mile Race				67	32	48%
Dick Beazley Memorial Six-Mile Race				62	37	60%
Run for the Lobster				206	31	15%
Nova Scotia Marathon 6K ✓	69	8	12%	106	5	5%
Nova Scotia Marathon 10K ✓	94	10	11%	125	28	22%
Nova Scotia Marathon 21.1K ✓	98	20	20%	154	21	14%
Nova Scotia Marathon 42.2K ✓	91	10	11%	79	11	14%
Nasty Nuttby 5K (Run) ✓	151	43	28%	138	44	32%
Nasty Nuttby 5K (Walk) ✓	83	4	5%	55	3	5%
MACPASS Miles ✓	280	69	25%	335	68	20%
Dartmouth Natal Day 2 Miler ✓	572	79	14%	609	75	12%
Dartmouth Natal Day 6 Miler ✓	323	80	25%	380	59	16%
Middleton Heart Run 5K ✓	37	20	54%	47	32	68%
Middleton Heart Run 10K ✓	26	11	42%	44	20	45%
Middleton Heart Run 21.1K ✓	19	12	63%	19	10	53%
Louisbourg Race Through Time 8 Miler ✓	106	8	8%	99	10	10%
Annapolis Royal 5K ✓	121	63	52%	130	67	52%
Cobequid Trail Run 5K ✓	124	34	27%	105	31	30%
Cobequid Trail Run 10K ✓	89	34	38%	108	34	31%
Cobequid Trail Run 21.1K ✓	73	19	26%	132	28	21%
Berwick Gala Days 5 Miler ✓	123	67	54%	153	64	42%
Kicking PancreAS 5K ✓	201	26	13%	229	42	18%

	2023			2024		
	Total Finishers	Run NS Members	% Run NS	Total Finishers	Run NS Members	% Run NS
Cape Breton Fiddlers Marathon 5K ✓	223	21	9%	236	7	3%
Cape Breton Fiddlers Marathon 10K ✓	129	12	9%	169	10	6%
Cape Breton Fiddlers Marathon 21.1K ✓	150	19	13%	141	18	13%
Cape Breton Fiddlers Marathon 42.2K ✓	48	4	8%	64	8	13%
YMCA Trick or Treat Trot 5K ✓	111	53	48%	90	50	56%
<b>Number of RNS Members</b>	<b>715</b>			<b>667</b>		
<b>Number of Races</b>	<b>30</b>			<b>35</b>		
<b>Complete Series</b>	<b>4,304</b>	<b>1,059</b>	<b>25%</b>	<b>5,800</b>	<b>1,280</b>	<b>22%</b>
<b>Average Finishers/Run NS Members Per Race</b>	<b>143</b>	<b>35</b>		<b>166</b>	<b>37</b>	
<b>Average Races Per Run NS Member</b>		<b>1.5</b>			<b>1.9</b>	
<b>✓ 27 Common Races Only</b>	<b>4,135</b>	<b>982</b>	<b>24%</b>	<b>4,704</b>	<b>1,047</b>	<b>22%</b>
<b>Average Finishers/Run NS Members Per Race</b>	<b>153</b>	<b>36</b>		<b>214</b>	<b>48</b>	
<b>Average Races Per Run NS Member</b>		<b>1.4</b>			<b>1.6</b>	

This year the Road Race Series consisted of 35 races within 19 events, which is up from 30 races within 16 events in 2023.

To qualify for a year-end award, Run Nova Scotia (Run NS) members had to finish at least five races, or finish four races and volunteer at two races. For members who raced often, the maximum number of races used to calculate points was eight. Members could finish eight races (440 points) or finish seven races and volunteer at two (445 points). Three members achieved 440 points and six members achieved 445 points.

When comparing both the complete series and the common races only, there was an increase in the number of overall finishers but a decrease in the percentage of Run NS members. This may be a reflection of the decrease in membership from 715 in 2023 to 667 in 2024.

Overall participation was down in four races and up in eleven. Run NS membership participation was down in eight races and up in six.

Although the Nasty Nuttby Killer 5K saw the largest decrease going from 234 to 193 (a loss of 41), the number of Run NS members (47) remained the same.

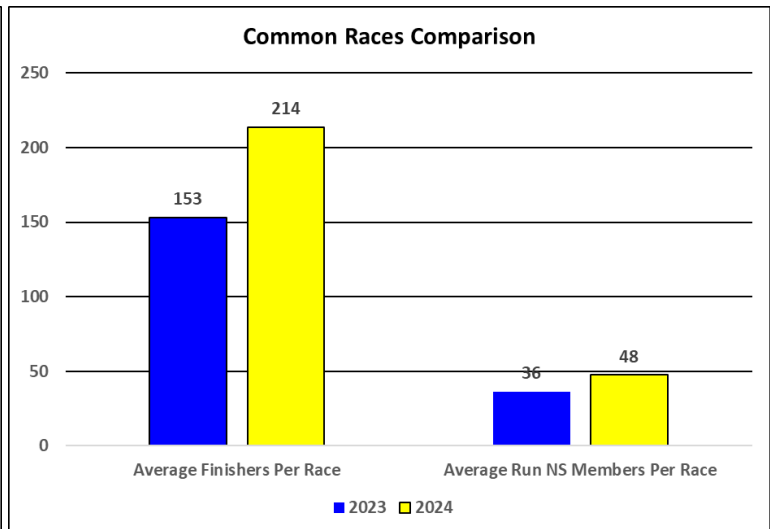
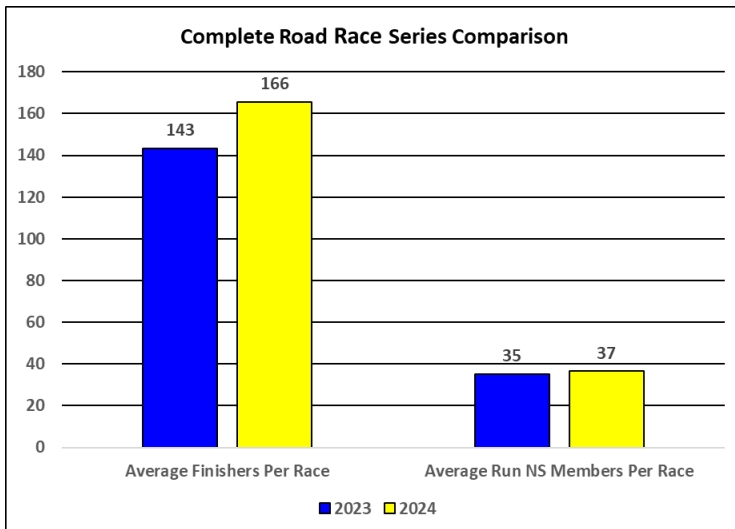
The races which saw the largest increases were the Michelin Tire Trot which went up by 116 from 290 to 406 and the Nova Scotia Marathon which went up by 112 from 352 to 464. These increases were not reflected in the percentage of Run NS members which decreased from 31% to 29% at the Michelin Tire Trot and remained the same (14%) at the Nova Scotia Marathon.

Healthy increases were also shown by the Lunenburg World Heritage Site 5k Road Race (up by 77), the MACPASS Miles (up by 55), the Dartmouth Natal Day Road Races (up by 94), the Cobequid Trail Run (up by 59) and the Cape Breton Fiddlers Marathon (up by 60). Although the percentage of Run NS members increased from 27% to 30% at the Lunenburg World Heritage Site 5k Road Race, it decreased from 25% to 20% at the MACPASS Miles, from 18% to 14% at the Dartmouth Natal Day Road Races, from 30% to 27% at the Cobequid Trail Run and from 10% to 7% at the Cape Breton Fiddlers Run.

Of the remaining 15 common races, three saw a decline in overall participation and four an increase. The percentage of Run NS members decreased at two, stayed the same at one and increased at four:

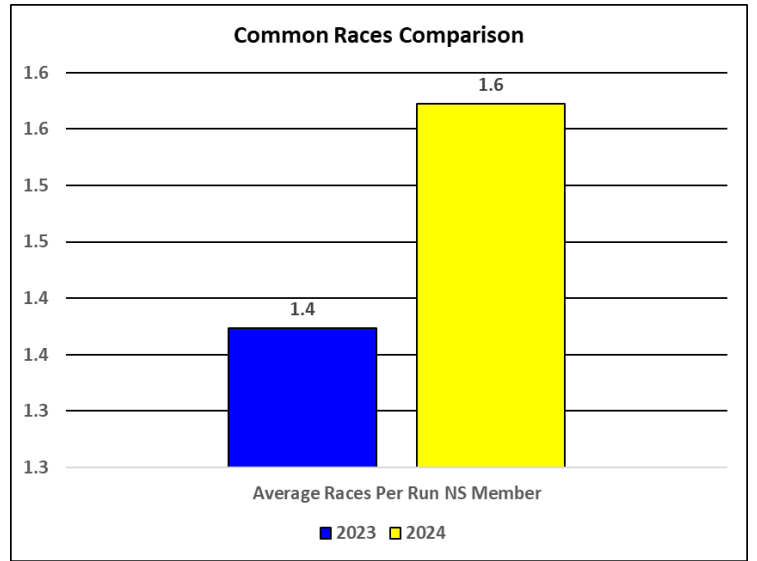
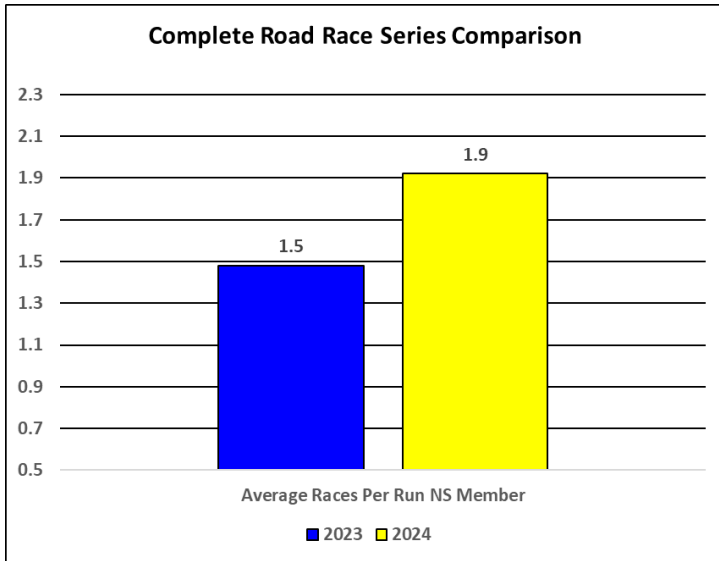
- Ulnooweg Summer Solstice Run 5K: overall down 28 (18%), Run NS members down from 49% to 48%
- Middleton Heart Run: overall up by 28 (34%), Run NS members up from 52% to 56%
- Louisbourg Race Through Time: overall down 7 (7%), Run NS members up from 8% to 10%
- Annapolis Royal 5K: overall up 9 (7%), Run NS members the same at 52%
- Berwick Gala Days: overall up 30 (24%), Run NS members down from 54% to 42%
- Kicking PancreAS 5km: overall up 28 (14%), Run NS members up from 13% to 18%
- YMCA Trick or Treat Trot: overall down 23 (20%), Run NS members up from 47% to 56%

The two charts below compare the average number of overall finishers and average Run NS Members per race for 2023 and 2024. 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 2023 and 2024. Again, the first chart compares the complete series while the second compares the common races.





### Run Nova Scotia Performance Series

There were nine events on the Performance Series (3 x 5K, 3 x 10K and 3 x 21.1K) and members had to run at least one race at each distance to qualify, which 17 females and 19 males did.

In 2023 there were 10 events (3 x 5K, 3 x 10K, 4 x 21.1K) on the Performance Series and 16 females and 22 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 one female and seven males did.

In 2023 there were also three 5K events on the Youth Performance Series and three females and six males qualified.



### Interesting Facts

At the time of writing this report, total membership is 667, a decline of 48 (29 females and 19 males) from 2023.

The table below compares race participation by age group and gender. It includes only the races common to both the 2023 and 2024 Series.

Note: the volunteer numbers indicate once per person at Run NS Series Races. Many members volunteered at more than one event. In addition, 22 members volunteered at Run NS supported events.

Age Category	2023 Females				2024 Females			
	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	25	1.56	0	18	28	1.56	1
20 to 24	10	4	0.40	0	10	5	0.50	1
25 to 29	15	11	0.73	1	15	21	1.40	2
30 to 34	18	30	1.67	0	17	33	1.94	2
35 to 39	22	35	1.59	4	24	43	1.79	0
40 to 44	51	61	1.20	4	42	72	1.71	1
45 to 49	48	53	1.10	5	40	89	2.23	4
50 to 54	44	66	1.50	3	35	57	1.63	2
55 to 59	42	46	1.10	3	35	75	2.14	3
60 to 64	42	79	1.88	11	33	87	2.64	5
65 to 69	28	34	1.21	4	29	58	2.00	6
70 to 74	24	27	1.13	4	29	51	1.76	4
75 to 79	6	9	1.50	1	9	12	1.33	4
80 to 84	2	1	0.50	0	2	1	0.50	0
85 to 89	1	5	5.00	0	2	2	1.00	0
90 to 94								
	<b>369</b>	<b>486</b>	<b>1.32</b>	<b>40</b>	<b>340</b>	<b>634</b>	<b>1.86</b>	<b>35</b>

Age Category	2023 Males				2024 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	26	48	1.85	2	28	62	2.21	0
20 to 24	7	4	0.57	0	4	5	1.25	0
25 to 29	8	11	1.38	0	11	17	1.55	0
30 to 34	9	20	2.22	1	6	14	2.33	0
35 to 39	14	28	2.00	1	16	29	1.81	0
40 to 44	37	66	1.78	6	36	77	2.14	5
45 to 49	26	40	1.54	2	20	63	3.15	4
50 to 54	31	43	1.39	3	25	45	1.80	2
55 to 59	38	42	1.11	9	26	44	1.69	4
60 to 64	41	38	0.93	7	38	65	1.71	3
65 to 69	31	78	2.52	10	33	111	3.36	11
70 to 74	30	46	1.53	6	26	54	2.08	3
75 to 79	27	23	0.85	6	34	49	1.44	7
80 to 84	14	4	0.29	1	18	9	0.50	1
85 to 89	5	2	0.40	0	4	1	0.25	0
90 to 94	2	4	2.00	0	2	3	1.50	0
	<b>346</b>	<b>497</b>	<b>1.44</b>	<b>54</b>	<b>327</b>	<b>648</b>	<b>1.98</b>	<b>40</b>

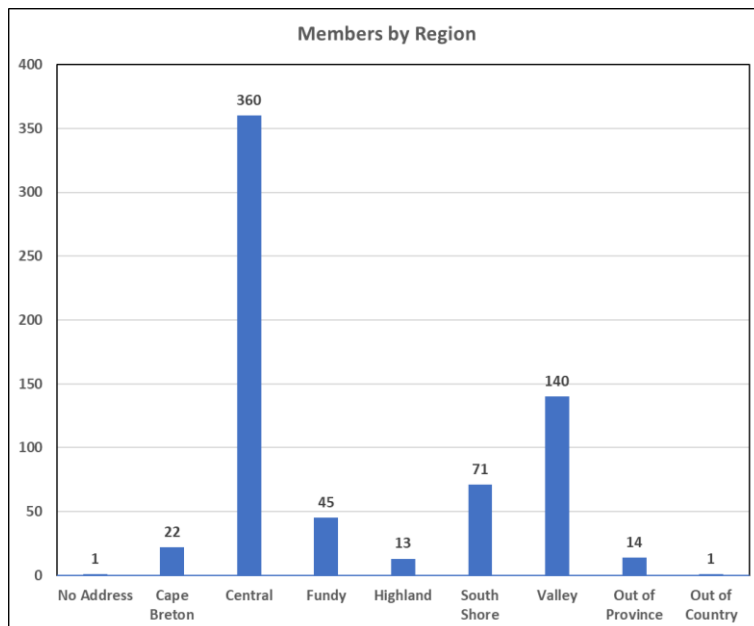
Comparing the complete series, i.e., 35 races within 19 events this year versus 30 races within 16 events in 2023:

- The following is a breakdown of the number of races run by Run NS members in 2023 and 2024:

# of Races	2023 Females (369)	2024 Females (340)	2023 Males (346)	2024 Males (327)
0	157 (42.55%)	143 (42.06%)	159 (45.95%)	142 (43.43%)
< 5	176 (47.70%)	154 (45.29%)	152 (43.93%)	133 (40.67%)
5	5 (1.36%)	12 (3.53%)	1 (0.29%)	11 (3.36%)
6	7 (1.90%)	5 (1.47%)	4 (1.16%)	8 (2.45%)
7	7 (1.90%)	3 (0.88%)	6 (1.73%)	8 (2.45%)
8	9 (2.44%)	6 (1.76%)	10 (2.89%)	7 (2.14%)
> 8	8 (2.17%)	17 (5.00%)	14 (4.05%)	18 (5.50%)

- The highest participation rate (ie, highest average number of races per member) was in the 60-64 Age Category for females (33 members ran a total of 87 races for an average of 2.64 races per member) and the 65-69 Age Category for males (33 members ran a total of 111 races for an average of 3.36 races per member). Last year the highest participation was in the 85-89 Age Category for females (1 member ran a total of 5 races for an average of 5 per member) and the 65-69 Age Category for males (31 members ran a total of 85 races for an average of 2.74 races per member).
- Female members ran a total of 634 races for an average of 1.87 races per member, an increase over last year’s average of 1.42. Male members ran a total of 648 races for an average of 1.98 races per member, an increase over last year’s average of 1.57.

The last chart is shows where Run NS members are located. *Note: the regions are those used by Athletics Nova Scotia.*



Respectfully submitted,  
 Jo Smith  
 Run Nova Scotia Statistician

Starting balance November 2023-\$8,355.73

Closing balance as of October 27, 2024- \$ 29,716.65

- Still waiting for payment from Natal Day, Berwick, Kicking PancreAs, Fiddlers and YMCA Trick or Trot ( \$1,064.50 outstanding).
- Once the race payments have been received- total revenue will be \$4,863.00
- Still looking into Hfx Harbour Bridges for Sponsorship money- all other sponsors have paid- once Hfx Harbour Bridges pay- total sponsorship will be \$18,200.00
- Race Roster sponsorship total was \$2,581.00
- Major expenses this year were: Shirts \$9,523.44  
Banquet \$6,036.91
- Part of the GIC was redeemed in January 2024- \$6,706.23
- GIC matured in June 2024-\$8,500

# TOM BOYCE

## Run Nova Scotia 2024 AGM Sponsorship Coordinator Report November 4th, 2024

(902) 430 0677  
tomboyce565@gmail.com

### Sponsorship Update

As we begin 2024, we have secured partnerships with 13 sponsors, two fewer than in 2023. Our esteemed sponsors include:

- Aerobics First
- Bauld Insurance
- Clayton Orthotics
- Dr. Jeff Ratushny
- Kachan Physiotherapy
- HHB
- Nova Physiotherapy
- O'Regan's Auto Dealers
- Paramount Electric
- Race Roster
- Rework Business Solutions
- Seaside Chiropractic
- Whalesong
- Atlantic Chip Sport Timing

### 2024 Initiatives

- We successfully entered into an Ambassador Agreement with Race Roster, which pays Run Nova Scotia \$0.50 per registration transaction. This has provided us with a significantly enhanced revenue stream—over a 150% increase compared to a standard sponsorship fee.
- Although Labatt's Brewery initially agreed to sponsor us, further discussions led to the decision that they were not a suitable fit at this time.
- Coast Tire Halifax generously provided new tires for our van, following our request for sponsorship or assistance.
- Despite reaching out to various other businesses for corporate sponsorship, we were unable to secure additional support.
- With the expertise of Communications Coordinator Sara Graves, we created and distributed a newsletter for our Corporate Sponsors in late September highlighting our 2024 season.

**Annual Report to AGM**  
**Volunteer Coordinator – Beth Horne**  
**November 2024**

I would like to take this opportunity to thank all the Run Nova Scotia volunteers for ensuring the success of the 2024 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 2025.

In addition to the 19 events on the road race series, volunteers were present at the following expos: The Bluenose Marathon, Valley Harvest Marathon, and Cape Breton Fiddlers Marathon.

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 Annapolis Royal 5k. Having 2 sets of equipment is beneficial in these situations.

The volunteer points system was changed this year. Volunteers received 30 points per event (instead of 60) to a maximum of 60 points which counted towards the Road Race Series statistics. This change combined with the elimination of 50-25-25 sales, helped with the recruitment of volunteers this season.

All the best to Myles McCormick, my successor in the role of Volunteer Coordinator.

## 2024 Run Nova Scotia Marketing report.

This year we started the season with a Run Nova Scotia free event for members.

We hosted a 5km guesstimate run in April. The idea was to engage members in preparation for the 2024 season. I feel like we should do something like this yearly. It would most likely be better to host these events in HRM to help engage more members. however open to any area in the province that offers low-cost solutions.

We also learned the importance of having items to draw in people to the Run Nova Scotia booth. Thanks to prizes (race entries) and yummys, it help engage conversations at public events.

Ideas for next year;

- Contest – Photos with Run nova Scotia shirts
- Ask members why they are Run Nova Scotia members (to be shared in newsletters/socials
- Prizes from sponsors

Working on new ways to help engagement and help grow the membership numbers

Tim

**2024 Road Race Series Annual Report to AGM**  
**November, 2024**  
**Kevin Terry- Road Race Series Coordinator**

**2024 Road Race Series Composition**

The 2024 Road Race Series consisted of 19 events (See Appendix A). This is a significant increase over the 2023 Series of 16 events. Unfortunately, the organizers of a longtime Series race (Run Our Shore in Liverpool) decided not to continue with the event. However this loss was more than made up with the addition of The Bee Hive Fives, Dick Beazley Memorial Six-Mile Race and The Arnold Robertson Two-Mile Race, Johnny Miles and Run for the Lobster.

Prior to the announcement of the 2024 Series, the Board made efforts to attract some of the larger events in the Province to participate. This paid dividends with Johnny Miles joining the Series. However, significant efforts to recruit the Blue Nose Marathon and/or the Valley Harvest Marathon proved to be unsuccessful.

Given the increase in the number of Series races from 16 in 2023 to 19 in 2024, the Board came to the decision to increase the minimum number of races required for age class award to 5 from 4. In order to encourage volunteer numbers, 30 points were awarded for volunteering at one race as opposed to the previous 60 points. A maximum of 60 volunteer points could be awarded and volunteering at 2 races was required to count as one race completed for age class award purposes. Board members received 60 volunteer points to acknowledge their contribution.

**Road Race Series Participation**

In 2024, 96 members completed the minimum number of races (5) to be eligible for age group awards. This compares with 105 members completing the minimum number of events (4) in 2023. (An additional 20 members completed a total of 4 events in 2025. While this did not render them eligible for an age class award, it demonstrates general increased member participation in the Series over 2023.)

As per the Statistician's report, the overall number of finishers (including non-members) in Road Race Series events increased rather significantly, especially when races common between the 2023 and 2024 Series are considered. Furthermore, the average number of events per Run NS member increased.

**Looking forward to 2025**

The Coordinator will continue to seek out new races for the 2025 Series with hopes to fill some geographical gaps. Several new races have already flagged interest in participating in the Series in 2025. Invitations to apply to the Series will be sent out shortly after the Annual General Meeting.



## Appendix A: 2024 Road Race Series Schedule

<b>Date</b>	<b>Event</b>	<b>Location</b>
April 27	Bee Hive Fives	Port Williams
June 1	Michelin Tire Trot	Bridgewater
June 9	Lunenburg World Heritage 5K Road Race and Muffin Run	Lunenburg
June 16	Johnny Miles Running Event	New Glasgow
June 22	Summer Solstice Run - Ulnooweg Development Group	Millbrook
July 1	Dick Beazley Memorial Six-Mile Race and The Arnold Robertson Two-Mile Race	Hantsport
July 7	Run for the Lobster	Pictou
July 21	Nova Scotia Marathon	Barrington
July 27	Nasty Nuttby 5k	Nuttby
Aug. 4	MacPass Miles	Dartmouth
Aug. 5	Dartmouth Natal Day Road Races	Dartmouth
Aug. 11	Middleton Heart Run	Middleton
Aug. 17	28th Annual Louisbourg Race Through Time	Louisbourg
Aug. 18	Annapolis Royal 5K	Annapolis Royal
Aug. 25	Cobequid Trail Run	Truro
Sept. 1	Berwick Gala Days 5 Mile Road Race	Berwick
Oct. 5	Kicking PancreAS 5k	Dartmouth
Oct. 20	Cape Breton Fiddlers Marathon 5k, 10k, Half and Full Marathon	Sydney
Oct. 26	YMCA Trick or Treat Trot	Bridgewater

## Performance Series Year-End Report 2024

The 2024 Performance Series consisted of nine races: 5Ks, three 10Ks and three half marathons:

- 5K
  - Lunenburg Muffin Run
  - Ulnooweg Solstice Run
  - Annapolis Royal
  
- 10K
  - Nova Scotia Marathon
  - Dartmouth Natal Day 6-Miler
  - Cobequid Trail Run
  
- Half marathon
  - Nova Scotia Marathon
  - Cobequid Trail Run
  - Fiddlers Marathon

The Performance Series requires that participants run at least one of each distance in the series. If they choose to run more than one of each distance, their fastest time for that distance counts.

The Youth Performance Series required that runners 18 or younger run at least one of the 5Ks. If they choose to run more than one 5K, their fastest time counts.

Without further ado, here are the Performance Series winners for 2024:

### Women

<b>Open</b>	<b>Total time</b>	<b>Prize</b>
Meaghan Strum	2:09:43	650.00
Klara Andersson	2:21:28	450.00
Erin Poirier	2:27:40	350.00
Rayleen Hill	2:28:55	250.00
Lexi Juurlink	2:38:39	200.00
<b>Masters (40-49)</b>		
Christine Pound	2:45:57	200.00
<b>Senior Masters (50-59)</b>		
Beth Horne	2:50:33	200.00
<b>Golden Masters (60-69)</b>		
Linda Turner	4:42:08	200.00
<b>Platinum Masters (70+)</b>		

Louise LeDuc	3:25:14	200.00
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## Men

<b>Open</b>	<b>Total time</b>	<b>Prize</b>
Alex Neuffer	1:53:32	650.00
Kieran MacDonald	1:54:09	450.00
Hudson Grimshaw-Surette	1:55:58	350.00
Jacob Halloran	1:59:57	250.00
Ian Holdway	2:08:21	200.00
<b>Masters (40-49)</b>		
Jarvis Googoo	2:10:07	200.00
<b>Senior Masters (50-59)</b>		
Tim Harmon	2:41:10	200.00
<b>Golden Masters (60-69)</b>		
Dave Nevitt	2:28:55	200.00
<b>Platinum Masters (70+)</b>		
Phil Reid	3:27:20	200.00

Our two Youth Performance Series winners are Molly Evers and James Burke. They each receive a free 2025 membership.

I'd like to thank Jo Smith for meticulously compiling the stats for the series.

Special thanks to Dr. Jeff Ratushny for sponsoring the Performance Series and providing the prizes.

Respectfully submitted,

Nancy Holland

Performance Series Coordinator

## AGM: Communications Report

Our 2024 race season was a busy one online! We have great engagement on all platforms, Facebook, Instagram, Twitter and the public Facebook group. Our social media platforms allows for members and non-members to stay up to date with running events happening within the province.

Strava club became active again this year. We published about 40 posts regarding the races in our series, other Run NS events, and other running events. The club has 1,442 members now, which is an increase of about 110 since we started posting again.

Thanks to all of our members and 2024 sponsors for making this a great year. We look forward to the 2025 race series.

Respectfully submitted,

Sara Bowman

## Run Nova Scotia AGM equipment report 2024

Another year of running events across the province. From Barrington to Sydney and use of Run Nova Scotia equipment. Mileage on van, accumulated hours on generators, wear on gantry from set up and tear down.

Many thanks to Tom for securing operating donation of new tires for the van from a local tire shop, nice to have direct support of this kind.

Van will require end of year cleaning, oil and filter change. Deferred brake service needs to happen, should have been performed last year, right rear brake lock up from sitting for 45 days over the off season.

Three tired and worn generators require end of season services, oil, spark plugs, air filter cleaning and re oiling. One of the Honda's may have an issue, low oil level sensor performing it's job?

After seven interesting years on Run Nova Scotia board, will be stepping away from the board.

Respectfully submitted,

Evan Richard