



**Run Nova Scotia
Annual General Meeting (AGM)
November 3rd, 2025, 6:00 pm on Zoom**

MEETING MINUTES

In attendance: C. McCormick, K. Terry, J. Smith, S. Bowman, M. McCormick, T. Duguay, S. Jones, T. Boyce, T. Sooley, P. Dimock, J. Goodine, C. MacDougall, N. Holland, N. Robar, B. Horne, J. McDonald, C. Spurr, K. Reynolds, M. Kerman, A. Hernandez, C. Lehmann.

1. **Call to Order + Land Acknowledgement:** The Annual General Meeting of Run Nova Scotia was called to order at 6:00pm by C. McCormick, Chair.
2. **Approval of the 2024 AGM meeting minutes (C. McCormick):** Minutes approved as submitted.
3. **Business arising from the 2024 AGM:** No business arising.
4. **Reports:**
 - a) Chair and Vice Chair (C. McCormick & K. Terry): Please refer to the attached reports.
 - **Highlights:** conflicts of interest disclosed, all Board members completed the Safe Sport course, connection with Athletics Nova Scotia, 20 races on the Road Race Series, ending the season with 617 members, challenges with the woods access ban/fire ban.
 - THANK YOU to the 2025 Management Board and best wishes to Kevin Terry who is stepping into the Chair role.
 - THANK YOU to C. McCormick for her work as Chair over the past 3 years!
 - b) Registrar (P. Dimock): Please refer to the attached report.
 - Finishing the 2025 year with 617 members; even split between males/females; average age = 53 years; 179 members were rolled over from the previous year as perpetual or life members.
 - c) Statistics (J. Smith): Please refer to the attached report.

- 34 race distances within the entire Road Race Series; Number of overall Run NS finishers decreased by 8%; participation down in 5 races and up in 11; eight events on the Performance Series (12 females and 9 males completed one of each race distance); three 5km races on the Youth Performance Series (no females qualified this year; 3 males qualified this year); average races/member are about the same across males and females; maximum number of events run = 16; 72 members volunteered at one or more races; the majority of members live in the central region (55%).
- d) Treasurer (N. Holland): Please refer to the attached report.
- Run NS made a bit of money this year; biggest expenses = PR and marketing (e.g., year-end awards, expo fees, swag), insurance; Sponsorship brought in the most money, followed by membership, Road Race Series fees; raised about \$1020 for the gantry; almost broken even on swag purchases.
- e) Sponsorship (T. Boyce): Please refer to the attached report.
- Sponsorship role is to attract new corporate sponsors to Run Nova Scotia + foster relationships with existing sponsors; 2025 started with 13 sponsors + 3 new sponsors over the year (listed in the report); Initiatives: extended ambassador agreement with Race Roster, which created a revenue stream; complimentary booth at the RV show; attended a seminar on fundraising for non-profits; 3 year agreement with Bauld Insurance; partnered with Acadia Broadcasting to advertise our races.
- f) Volunteer coordinator (M. McCormick): Please refer to the attached report.
- Role included coordinating volunteers for our races and events; secured volunteers for 19 races and 2 expos; THANK YOU to the Management Board and our volunteers for contributing to your time over this past year! Best wishes to the new volunteer coordinator.
- g) Marketing and PR (T. Duguay): Please refer to the attached report.
- Selfie photo booth; guesstimate run event for the second year in a row; the guesstimate has lead to bringing in Penguin Run back for 2026; Looking ahead, more contests would be great.
- h) Road race series (K. Terry): Please refer to the attached report.
- The 2025 Road Race Series included 19 events (Cobequid Trail had to be cancelled due to the woods band); lost a few events from last year but gained several new ones; 86 members met the minimum requirement to be considered for the Age Class Awards; Looking ahead to 2026, K. Terry will continue to work with the 2026 Road Race Series coordinator – trying to get new events and access events in areas of the province that are in more locations.

- i) Performance Series (B. Horne): Please refer to the attached report.
 - 2025 Performance Series consisted of 8 races (Cobequid Trail Run had to be cancelled); please refer to the attached report for the winners in each category.
 - THANK YOU to J. Smith for computing the statistics and THANK YOU to J. Ratushny for sponsoring the Performance Series!
- j) Communications (S. Bowman): Please refer to the attached report.
 - Security questions asked to prevent bots from joining our Facebook group; Instagram is an untapped resource – attempt to attract more members in 2026; Twitter can also be used more in 2026; Sponsor Sundays; contest for the 2026 membership shirt went well; gantry fundraising will continue over the winter months; posts for races will continue next year; non-Road Race Series events are also advertised but less often than Road Race Series events; ideas welcome; N. Robar connects Run NS with Strava – THANK YOU.
- k) Equipment (J. MacDonald): Please refer to the attached report.
 - Challenges with accessing equipment due to cancelled/re-scheduled races. THANK YOU to those who have supported equipment maintenance this year; some items are failing (e.g., tent, gantry).

5. Election of 2026 Board:

2026 Management Board positions to be filled:

- a) Vice Chair (November 2025-2027): Beth Horne is nominated. C. McCormick calls for additional nominations. No other nominations. Beth Horne is Vice Chair.
- b) Secretary (November 2025-2027): Meaghan Kerman is nominated. C. McCormick calls for additional nominations. No other nominations. Meaghan Kerman is Secretary.
- c) Sponsorship (November 2025-2027): Tom Boyce is nominated. C. McCormick calls for additional nominations. No other nominations. Tom Boyce is Sponsorship coordinator.
- d) Marketing and PR (November 2025-2027): Tim Duguay is nominated. C. McCormick calls for additional nominations. No other nominations. Tim Duguay is Marketing and PR coordinator.
- e) Road Race Series (November 2025-2027): Terrence Sooley is nominated. C. McCormick calls for additional nominations. No other nominations. Terrence Sooley is Road Race Series Coordinator.
- f) Communications (November 2025-2027): Sara Bowman is nominated. C. McCormick calls for additional nominations. No other nominations. Sara Bowman is Communications coordinator.
- g) Member at large (up to 5; November 2025-2027): Nic Robar, Jeff Goodine, Alex Hernandez, Christian Lehmann are nominated. C. McCormick calls for additional

nominations. No other nominations. Nic Robar, Jeff Goodine, Alex Hernandez and Christian Lehmann are members at large.

The 2026 Run Nova Scotia Management Board:

- Chair: Kevin Terry
- Vice Chair: Beth Horne
- Treasurer: Nancy Holland
- Secretary: Meagan Kerman
- Registrar: Pam Dimock
- Statistician: Jo Smith
- Sponsorship Coordinator: Tom Boyce
- Volunteer Coordinator: Katie Reynolds
- Marketing and PR: Tim Duguay
- Communications: Sara Bowman
- Road Race Series Coordinator: Terrance Sooley
- Performance Series Coordinator: Cate McCormick
- Equipment Manager: Jack MacDonald
- Members at Large: Nic Robar, Jeff Goodine, Alex Hernandez, Christian Lehmann.

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

7. **Meeting adjournment:** 6:37 pm.

Chair's Report – 2025 Run NS AGM

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

Here are some of the highlights from this season:

- In December 2024 Conflicts of Interests were declared to the Chair. As well, all the Run Nova Scotia Board members completed the Safe Sport Course.
- I have been attending the Board meetings with Athletics Nova Scotia, which enables me to share valuable information to the Run Nova Scotia Board.
- We had 20 races on the Road Race Series this year with one of them having to defer to next year due to the woods ban.
- We started a fund to replace the gantry, which is ongoing
- We ended the 2024 season with 621 members, this year we are ending the season with 617.

We had a few challenges with races this year with the forest fires as well with the woods ban, causing a race to defer to next year and another one to change the date it occurred.

As I step down as Chair for Run Nova Scotia, I would like to acknowledge the hard work of the 2025 Run Nova Scotia Management Board. I have enjoyed the three years in the position of Chair, and wish Kevin Terry all the best as incoming Chair.

Positions to be filled this year are as follows:

Secretary (Dec. 2025- Nov. 2027)

Member at Large:

There will be three positions to fill

Registrar Report for the 2025 Run Nova Scotia Annual Meeting

There were 617 members registered for Run Nova Scotia in 2025. This represented 60% of our record year in 2019 (1036).

With 309 females and 308 males, the 2025 Run Nova Scotia membership is evenly split.

The average age of a 2025 Run Nova Scotia member is 54 (53 in 2024). Age distribution is shown below with 2024 percentages in the last column.

2025 Run Nova Scotia Age Distribution:

0-19	32	5%	7%
20-29	33	5%	6%
30-39	59	10%	8%
40-49	117	19%	20%
50-59	101	16%	18%
60-69	123	20%	20%
70-79	119	19%	16%
80+	33	5%	5%

In 2025, the 133 (146) new members made up 22% (23%) of the year's total Run Nova membership with an average age of 40 (40). 53% (59%) were female.

There were 179 members who were rolled over from the previous year as Perpetual or Life members. This represents 29% (26%) of our membership. 46 of those are marked as Inactive, that is, they haven't volunteered or participated in a race for 3 years.

Respectfully submitted,

Pam Dimock

Registrar – Run Nova Scotia

2025 Run Nova Scotia AGM Statistics Report

Run Nova Scotia Road Race Series

The table below compares this year's Road Race Series with 2024. The races common to both 2024 and 2025 are marked with a check mark and those which are not are shaded.

	2024				2025		
	Total Finishers	Run NS Members	% Run NS		Total Finishers	Run NS Members	% Run NS
Bee Hive Fives 5K ✓	95	52	55%		90	51	57%
Bee Hive Fives 5.25 Miles ✓	66	38	58%		76	45	59%
Spike Family Fun Runs 5K					46	21	46%
Spike Family Fun Runs 10K					46	26	57%
Bumrun Halifax					198	29	15%
Lunenburg World Heritage Site 5K ✓	427	128	30%		401	113	28%
Michelin Tire Trot ✓	406	118	29%		364	90	25%
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 ✓	124	59	48%		137	44	32%
Ulnooweg Summer Solstice Run 10K					63	7	11%
Tatamagouche Beer Run 5K					89	10	11%
Tatamagouche Beer Run 8K					49	10	20%
Arnold Robertson Two-Mile Race ✓	67	32	48%		114	47	41%
Dick Beazley Memorial Six-Mile Race ✓	62	37	60%		101	48	48%
Run for the Lobster 5K	206	31	15%				
Nova Scotia Marathon 6K ✓	106	5	5%		112	9	8%
Nova Scotia Marathon 10K ✓	125	28	22%		112	17	15%
Nova Scotia Marathon 21.1K ✓	154	21	14%		184	26	14%
Nova Scotia Marathon 42.2K ✓	79	11	14%		104	7	7%
Nasty Nuttby 5K (Run) ✓	138	44	32%		105	28	27%
Nasty Nuttby 5K (Walk) ✓	55	3	5%		19	1	5%
Friday Night Lights 5000 5K					72	39	54%
MACPASS Miles ✓	335	68	20%		295	61	21%
Dartmouth Natal Day 2 Miler ✓	609	75	12%		685	80	12%
Dartmouth Natal Day 6 Miler ✓	380	59	16%		406	74	18%
Middleton Heart Run 5K ✓	47	32	68%		50	29	58%
Middleton Heart Run 10K ✓	44	20	45%		43	18	42%
Middleton Heart Run 21.1K ✓	19	10	53%		49	22	45%
Louisbourg Race Through Time 8 Miler ✓	99	10	10%		114	8	7%
Cobequid Trail Run 5K	105	31	30%				

	2024			2025		
	Total Finishers	Run NS Members	% Run NS	Total Finishers	Run NS Members	% Run NS
Cobequid Trail Run 10K	108	34	31%			
Cobequid Trail Run 21.1K	132	28	21%			
Berwick Gala Days 5 Miler ✓	153	64	42%	159	78	49%
Annapolis Royal 5K ✓	130	67	52%	93	60	65%
Kicking PancreAS 5K ✓	229	42	18%	395	41	10%
Cape Breton Fiddlers Marathon 5K ✓	236	7	3%	289	13	4%
Cape Breton Fiddlers Marathon 10K ✓	169	10	6%	208	18	9%
Cape Breton Fiddlers Marathon 21.1K ✓	141	18	13%	191	15	8%
Cape Breton Fiddlers Marathon 42.2K ✓	64	8	13%	73	5	7%
YMCA Trick or Treat Trot 5K	90	54	60%			
Number of RNS Members	672			649		
Number of Races	35			34		
Complete Series	5,800	1,287	22%	5,532	1,190	22%
Average Finishers/Run NS Members Per Race	166	37		163	35	
Average Races Per Run NS Member		1.9			1.8	
✓ 27 Common Races Only	4,559	1,066	23%	4,969	1,048	21%
Average Finishers/Run NS Members Per Race	169	39		226	48	
Average Races Per Run NS Member		1.6			1.6	

This year the Road Race Series consisted of 34 races within 19 events. In 2024 there were 35 races within 19 events. *Note: The Cobequid Trail Run had been on the 2025 Series but was cancelled due to the provincial woods restrictions.*

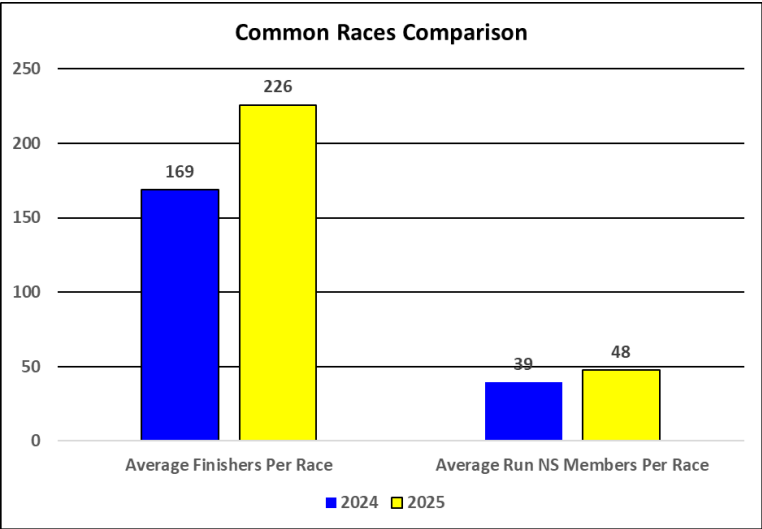
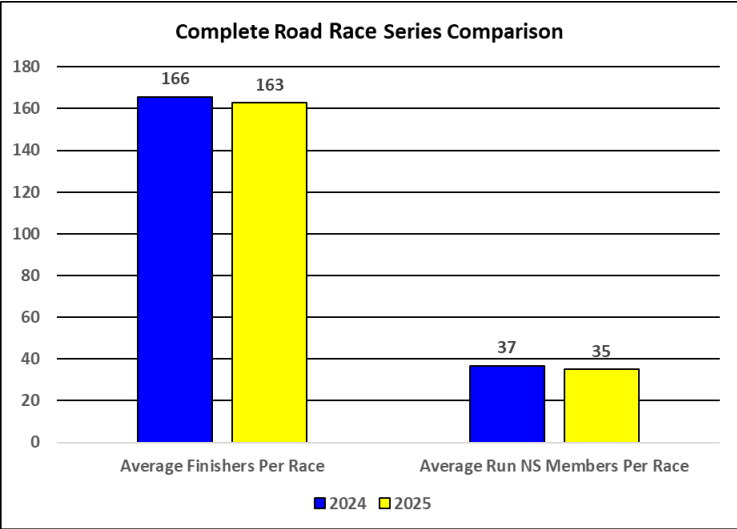
To qualify for a year-end award, Run Nova Scotia (Run NS) members had to finish at least five races, or finish four races and volunteer at one race. For members who raced often, the maximum number of races used to calculate points was eight. Members could finish eight races (440 points) or finish seven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

When comparing the complete series, the number of overall finishers decreased by 5% and the number of Run NS finishers decreased by 8%. When comparing the common races only, the number of overall finishers increased by 9% while the number of Run NS members decreased by 2%.

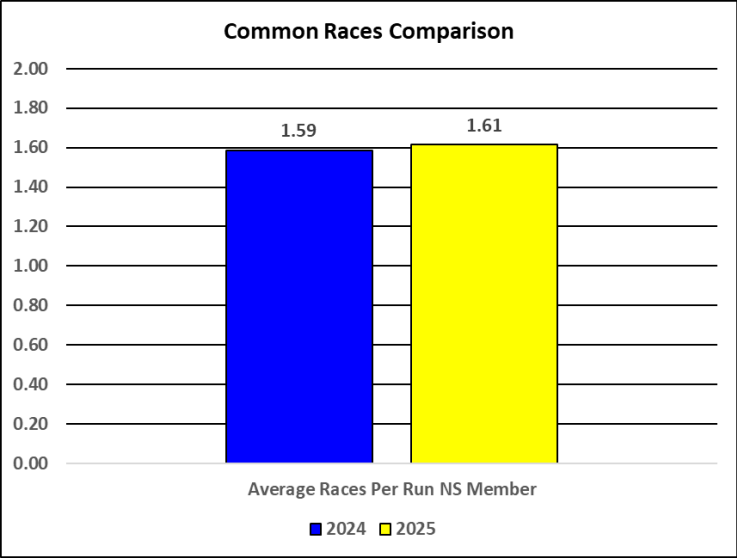
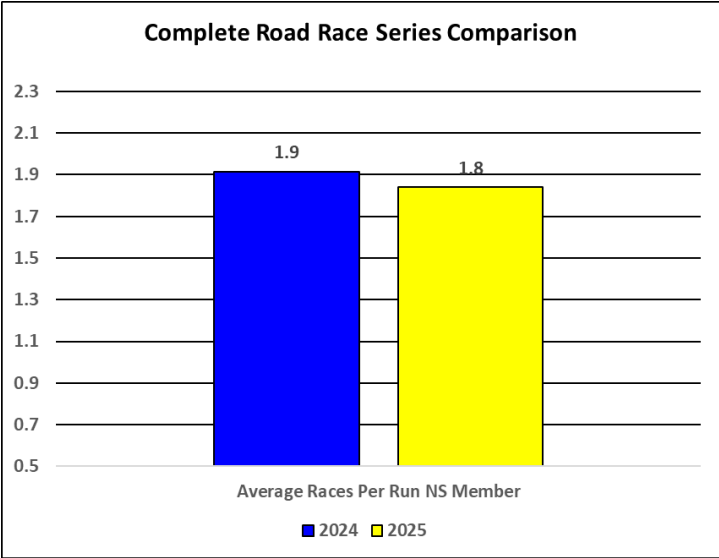
Overall participation was down in five races and up in 11. Run NS member participation was down in 11 races and up in five.

The decrease in Run NS member participation may be a reflection of the decrease in membership from 672 in 2024 to 649 in 2025, a drop of 3%. *Note: the membership numbers are those as at 2 November 2024 and 27 October 2025 respectively.*

The two charts below compare the average number of overall finishers and the average number of Run NS finishers per race for 2024 and 2025. 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 2024 and 2025. Again, the first chart compares the complete series while the second compares the common races.



Run Nova Scotia Performance Series

There were eight events on the Performance Series (3 x 5K, 3 x 10K and 2 x 21.1K) and members had to run at least one race at each distance to qualify, which 12 females and 9 males did.

Note: The Cobequid Trail Run 10K and 21.1K had been on the 2025 Series but were cancelled due to the provincial woods restrictions. The Cape Breton Fiddlers Run 21.1K was already on the Series and the 10K was added to replace the Cobequid Trail Run 10K.

In 2024 there were nine events (3 x 5K, 3 x 10K, 3 x 21.1K) on the Performance Series and 17 females and 19 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 no females and three males did.

In 2024 there were also three 5K events on the Youth Performance Series and one female and seven males qualified.



Interesting Facts

At the time of writing this report, total membership is 649, a decline of 23 (13 females and 10 males) from 2024. *As previously noted, the 2024 membership numbers are as at 27 October 25 and the 2024 membership numbers are as at 2 November 2024.*

The table below compares race participation by age group and gender. It includes only the races common to both the 2024 and 2025 Series.

Note: the volunteer numbers indicate once per person at Run NS Series Races. Many members volunteered at more than one event. In addition, 17 members volunteered at Run NS supported events.

Age Category	2024 Females				2025 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	19	29	1.53	1	15	30	2.00	0
20 to 24	10	5	0.50	1	7	2	0.29	0
25 to 29	15	21	1.40	2	10	27	2.70	1
30 to 34	17	33	1.94	2	18	21	1.17	2
35 to 39	24	43	1.79	0	21	53	2.52	2
40 to 44	42	72	1.71	1	37	76	2.05	4
45 to 49	40	89	2.23	4	36	60	1.67	5
50 to 54	35	57	1.63	2	31	46	1.48	1
55 to 59	35	75	2.14	3	36	78	2.17	4
60 to 64	33	87	2.64	5	37	93	2.51	6
65 to 69	29	58	2.00	6	31	51	1.65	5
70 to 74	29	51	1.76	4	31	40	1.29	4

Age Category	2024 Females				2025 Females			
	Number Of Members	Number Of Races	Average Races Per Member	Volunteers	Number Of Members	Number Of Races	Average Races Per Member	Volunteers
75 to 79	9	12	1.33	4	11	6	0.55	3
80 to 84	2	1	0.50	0	5	5	1.00	0
85 to 89	2	2	1.00	0	1	7	7.00	0
90 to 94					1	0	0.00	0
	341	635	1.86	35	328	595	1.81	37

Age Category	2024 Males				2025 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	30	64	2.13	0	20	38	1.90	0
20 to 24	4	5	1.25	0	5	8	1.60	1
25 to 29	11	17	1.55	0	11	17	1.55	1
30 to 34	6	14	2.33	0	12	18	1.50	1
35 to 39	16	29	1.81	0	15	37	2.47	1
40 to 44	36	77	2.14	5	24	56	2.33	3
45 to 49	20	63	3.15	4	28	70	2.50	3
50 to 54	25	45	1.80	2	21	46	2.19	0
55 to 59	26	44	1.69	4	21	34	1.62	4
60 to 64	39	65	1.67	3	31	50	1.61	4
65 to 69	34	112	3.29	11	29	72	2.48	6
70 to 74	26	54	2.08	3	38	68	1.79	6
75 to 79	34	49	1.44	7	40	61	1.53	3
80 to 84	18	9	0.50	1	17	14	0.82	2
85 to 89	4	1	0.25	0	7	3	0.43	0
90 to 94	2	3	1.50	0	2	3	1.50	0
	331	651	1.97	40	321	595	1.85	35

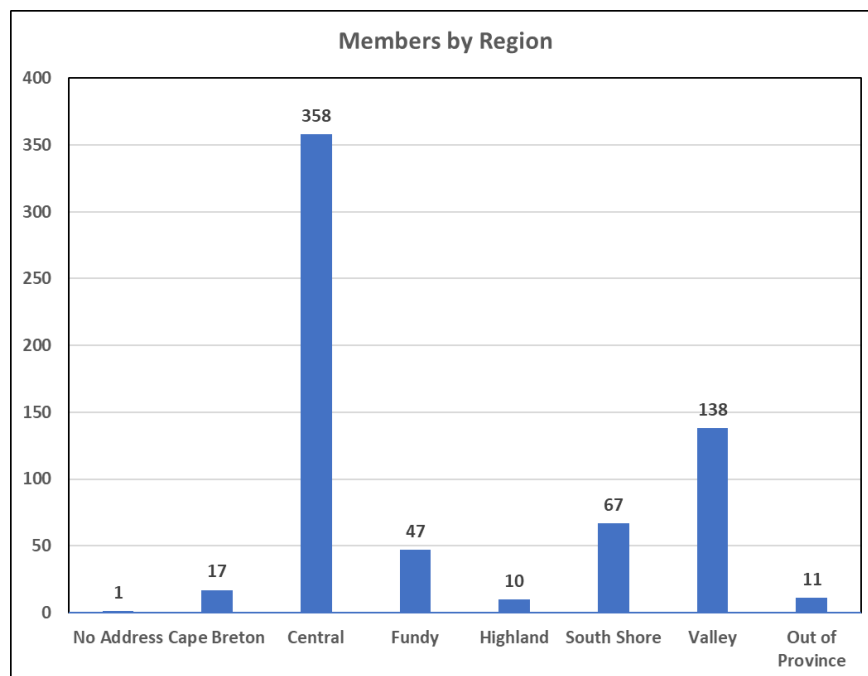
Comparing the complete series, i.e., 34 races within 19 events this year versus 35 races within 19 events in 2024:

- The following is a breakdown of the number of races run by Run NS members in 2024 and 2025:

# of Races	2024 Females (340)	2025 Females (326)	2024 Males (327)	2025 Males (320)
0	143 (42.06%)	132 (40.24%)	142 (43.43%)	134 (41.74%)
< 5	154 (45.29%)	145 (44.21%)	133 (40.67%)	132 (41.12%)
5	12 (3.53%)	13 (3.96%)	11 (3.36%)	13 (4.05%)
6	5 (1.47%)	6 (1.83%)	8 (2.45%)	7 (2.18%)
7	3 (0.88%)	7 (2.13%)	8 (2.45%)	5 (1.56%)
8	6 (1.76%)	5 (1.52%)	7 (2.14%)	5 (1.56%)
> 8	17 (5.00%)	13 (3.96%)	18 (5.50%)	16 (4.98%)

- The highest participation rate (ie, highest average number of races per member) was in the 85-89 Age Category for females (1 member ran a total of 7 races for an average of 7 races per member) and the 45-49 Age Category for males (28 members ran a total of 70 races for an average of 2.50 races per member). Last year the highest participation was in the 60-64 Age Category for females (33 members ran a total of 87 races for an average of 2.64 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).
- Female members ran a total of 595 races for an average of 1.81 races per member. Male members also ran a total of 595 races for an average of 1.85 races per member. Both were a slight decrease from last year's averages of 1.86 for females and 1.97 for males.

The last chart shows where Run NS members are located. *Note: with the exception of "Out of Province" the regions are those used by Athletics Nova Scotia.*



Respectfully submitted,
Jo Smith
Run Nova Scotia Statistician

Treasurer's Year End Report

31 October 2025

Opening balance			30,360.60
Expenses:			(29,255.72)
Accounting	QuickBooks		168.72
Equipment maintenance	tent bag repair		122.85
Race expenses:			1,409.49
	Gas	998.30	
	Food	95.08	
	Lodging	316.11	
Insurance:			6,547.00
	Bauld (van)	1,336.00	
	Allied (liability)	5,200.00	
Board:			278.29
	Registry of Joint Stock Companies	31.15	
	Zoom subscription	247.14	
Performance Series			5,400.00
Bank fees			7.50
PR and Marketing:			15,321.87
	Year-end awards	784.66	
	Poster and van decals	1,100.10	
	Website	339.25	
	Blue Nose expo	1,395.25	
	Year-end expenses	1,907.54	
	Postage	3.94	
	T-shirts	7,205.78	
	Hats	2,585.35	
Income:			38,629.13
	Memberships	11,292.21	
	Sponsorship	17,252.42	
	Hats	1,545.00	
	Gantry fundraiser	1,020.00	
	Race fees	5,584.50	
	Swag	260.00	
	Silent auction	1,675.00	
Closing balance			39,734.01

Respectfully submitted,
Nancy Holland

TOM BOYCE

Run Nova Scotia 2025 AGM Sponsorship Coordinator Report November 3rd, 2025

(902) 430 0677
tomboyce565@gmail.com

Sponsor Update – 2025

We began 2025 with 13 sponsors, one fewer than the previous year. Over the course of the year, we welcomed 3 new sponsors, bringing our total to 16 — a net increase of 2 compared to 2024.

Our esteemed sponsors include:

- Acadia Broadcasting - *(new sponsor)*
- Old Orchard Inn & Spa - *(new sponsor)*
- CBI Health - *(new sponsor)*
- Aerobics First
- Atlantic Chip Sports Timing
- Bauld Insurance
- Clayton Orthotics
- Dr. Jeff Ratushny
- Kachan Physiotherapy
- Nova Physiotherapy
- Greenlight Used Cars (Oregans.com)
- Race Roster
- EZO Board
- Seaside Chiropractic
- Whalesong Studios

2025 Initiatives

- We have extended our Ambassador Agreement with Race Roster, under which Run Nova Scotia receives \$0.50 for each registration transaction. This arrangement has substantially strengthened our revenue model, yielding an increase over conventional sponsorship agreements.
- We successfully secured a complimentary booth at the Halifax RV Show at \$1,300, providing an excellent opportunity to promote Run Nova Scotia and engage with prospective members. I had the pleasure of working alongside Myles McCormick in the booth.
con't.

- Participated in a tabletop tradeshow hosted by Tom Dugay at BIO in Dartmouth, Nova Scotia, to promote Run Nova Scotia and encourage new membership sign-ups.
- I attended the GGBA Seminar on Fundraising for Nonprofits.
- Collaborated with Bauld Insurance to enter into a three-year agreement. This partnership will provide Run Nova Scotia Members with group pricing on Home and Auto Insurance.
- Partnered with Acadia Broadcasting to deliver targeted radio advertising in the regions hosting our races, airing in the weeks leading up to each event. This collaboration may also include the establishment of cheering stations featuring swag giveaways, where feasible at future race events for 2026.

Respectfully,

Tom Boyce

Sponsorship Coordinator

Annual Report To AGM, November 3, 2025
Volunteer Coordinator M. McCormick

Special thanks to our volunteers for your support and dedication.

Your energy, enthusiasm, and commitment are the very essence of Run NovaScotia. Your presence helped support 19 road race series events, 2 race expos, and our year-end celebration .

Run NovaScotia values your contributions in our efforts to promote health, fitness, and camaraderie to people of all ages and abilities through the sport of road running.

As I finish my term, I would like to thank our board members and volunteers for your time and support; it's greatly appreciated.

All the best to our new volunteer coordinator for the 2026 season .

Respectfully submitted,

Myles McCormick
Volunteer Coordinator

2025 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 upcoming season. This year we held the event in Enfield using the old Penguin Run Route. The weather was not on our side, however the members who participated got to see firsthand the commitment the Run Nova Scotia board offers. The added plus side to that rain filled event, is that its reopen the conversation about bringing back the “Penguin Run”. Fingers crossed/

Thanks to a great observation from Tom Boyce, it was noted that Run Nova Scotia members are photogenic. Tom came up with the idea to have selfie frames at the Run Nova Scotia both. With that idea, we were able to find a company who would purchase the below signs for Run Nova Scotia.



Sadly this year, I could not provide members with full engagement. I feel like I missed a few golden opportunities.

For next year, I want to plan to have a social media contest in the winter to engage with members sharing pics in there member shirts. Help to engage winter running and talks of the up coming season .

Ideas for next year;

- Contest – Photos with Run nova Scotia shirts (One in the winter, one in August to help the 2027 membership drive
- 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

2025 Road Race Series Annual Report to AGM
November, 2025
Kevin Terry- Road Race Series Coordinator

2025 Road Race Series Composition

The 2025 Road Race Series consisted of 19 events (See Appendix A) matching the number on the 2024 Series. Unfortunately, the organizers of a former Series race (Trick or Treat Trot in Bridgewater) decided not to continue with the event. The organizers of the Johnny Miles Running Events and the Lobster Run declined to apply for the Series in 2025. Furthermore, while it was initially included in the Series, the Cobequid Trail run was cancelled due to the provincial woods (fire prevention) ban that was in place at the time. However, these losses were made up for with the exciting addition of the Friday Night Lights 5000m race in Windsor. the Spike Family Fun Runs in Kentville, the Bumrun Dartmouth and the Tatamagouche Beer Run in Tatamagouche. The other events were carry overs from 2024.

The Board decided to revert to awarding 60 points for volunteering at a single Run NS event after awarding 30 points to a maximum of 60 in 2024.

Road Race Series Participation

In 2025, 86 members completed the minimum number of races/volunteering to be eligible for age group awards. This compares with 96 members completing the minimum number of events in 2024.

As per the Statistician's report, the overall number of finishers (including non-members) in Road Race Series events that were on the Series in both 2024 and 2025 quite significantly from 169 to 226. Furthermore, the average number of Run NS member finishers in common races increased from 39 in 2024 to 48 in 2025.

Looking forward to 2026

A new Road Race Series coordinator will take the helm for the 2026 season. I suggest that the new coordinator continue to seek out new races for the 2026 Series with hopes to fill some geographical gaps in the province. Invitations to apply to the Series will be sent out shortly after the Annual General Meeting.

Appendix A: 2025 Road Race Series Schedule

Date	Event	Location
April 19	Bee Hive Fives	Port Williams
May 3	Spike Family Fun Runs	Kentville
May 24	Bumrun Dartmouth	Dartmouth
June 8	Lunenburg World Heritage 5km Road Race and Muffin Run	Lunenburg
June 14	Michelin Tire Trot	Bridgewater
June 21	Ulnooweg Summer Solstice Run	Millbrook
June 22	Tatamagouche Beer Run	Tatamagouche
July 1	Dick Beazley Memorial Six-Mile Race and The Arnold Robertson Two-Mile Race	Hantsport
July 20	Nova Scotia Marathon	Barrington
July 26	Nasty Nuttby 5k	Nuttby
Aug. 1	Friday Night Lights 5000	Windsor
Aug. 31	MacPass Miles	Halifax
Aug. 4	Dartmouth Natal Day Road Races	Dartmouth
Aug. 10	Middleton Heart Run	Middleton
Aug. 16	29th Annual Louisbourg Race Through Time	Louisbourg
Aug. 31	Berwick Gala Days 5 Mile Road Race	Berwick
Sept. 7	Annapolis Royal 5K	Annapolis Royal
Oct. 4	Kicking PancreAS 5k	Dartmouth
Oct. 19	Cape Breton Fiddlers Marathon 5k, 10k, Half and Full Marathon	Sydney

Performance Series Year-End Report, AGM, 2025

The 2025 Performance Series consisted of eight races: three 5Ks, three 10Ks, and two 21.1Ks:

- Lunenburg 5K Road Race and Muffin Run
- Ulnooweg Summer Solstice Run 5K
- Annapolis Royal 5K
- Nova Scotia Marathon 10K
- Dartmouth Natal Day 6-Miler (time adjusted to 10K)
- Cape Breton Fiddlers Run 10K
- Nova Scotia Marathon 21.1K
- Cape Breton Fiddlers Run 21.1K

The Performance Series requires that participants run at least one 5K, one 10K, and one 21.1K in the series. If participants choose to run more than one of each distance, their fastest time counts.

The Youth Performance Series requires participants to run two of three 5Ks. The races on the Youth Performance Series this year included: Lunenburg 5K Road Race, Ulnooweg Summer Solstice Run 5K, and the Annapolis Royal 5K. The fastest cumulative time for the 2 races earns top spot.

Performance Series winners for 2025 are as follows:

Women

Open	Total time
Meaghan Strum	2:09:11
Klara Andersson	2:18:41
Paula James	2:28:13
Erin MacNeil	2:31:22
Linda Shurman MacDonald	2:33:51
Masters (40-49)	
Senior Masters (50-59)	
Cate McCormick	2:58:41

Golden Masters (60-69)	
Cindy O'Donnell	2:49:14
Platinum Masters (70+)	
Louise LeDuc	3:33:15

Men

Open	Total time
Ian Holdway	2:05:52
Jacob Halloran	2:07:22
Alan Robinson	2:13:31
Liam Hynes	2:21:21
David Nevitt	2:57:56
Masters (40-49)	
Senior Masters (50-59)	
Robert MacPherson	3:06:38
Golden Masters (60-69)	
Thomas J Mitchell	3:35:10
Platinum Masters (70+)	
Rob Gamberg	3:11:16

Our male Youth Performance Series winner is James Burke. He will receive a free 2026 membership.

Special thanks to both Jo Smith for her quick work compiling stats, and to Jeff Ratushny for funding the prizes.

Respectfully submitted,

Beth Horne

Performance Series Coordinator

AGM: Communications Report, AGM 2025
Sara Bowman

We have had a busy 2025 on social media. We ran a contest to create the 2026 membership shirt, fundraising for our new gantry, 15, 10, 5 and day of race posts for those on the series. 2 week post for run not on the series. Sponsor Sundays also gave us an opportunity to highlight each of our 2025 sponsors.

Run Nova Scotia has had a strong presence on Facebook with 60% of Facebook followers between the ages of 35-54 on our Facebook page. We have 1,873 followers on our Facebook page, and 6,100 members on our Facebook Group. This year we made our Facebook Group private with security questions for members to join. This limited the amount of "spam" accounts we were observing on our page.

Posting day of pictures on the Facebook page and group the morning and after seem to engage more members. (comments, or likes)

Our Instagram platform currently has 2,194 followers. More engagement on Instagram is noted for the 2026 series. More of our content is being viewed by non followers on this platform. This could attract more runners to sign up to become members.

Our Twitter account has not been used much this race series but would like to see it grow more for 2026.

2025 was a wonderful year of engagement and communication. I am looking forward to 2026 with more engagement and ideas to our Facebook page, group as well as our Instagram.

Run Nova Scotia Equipment Report 2025

Equipment manager is challenged to immediately address equipment issues due to limited access to the van and equipment during the running season. Limited access is due to residence location. Thanks to all who have stepped up to attend to equipment issues.

Van will require year end cleaning, organization and check to determine required maintenance including oil and filter and brakes. Check on insurance and inspection status.

Inventory of van contents is required.

Check of sound system is required.

End of season service of generators is required.

Check and assessment of timing system is required.

Equipment requiring attention:

- Gantry is functioning but looking old.
- Tent is functioning but requires frequent attention due to wear and tear. Tent bag zipper has been replaced.
- Van logos and sponsorship signage are faded.
-

Submitted by Jack MacDonald

October 28, 2025