



Minutes – KRR Annual General Meeting (AGM)

Date: Thursday, October 17th, 2024

Time: 7h03pm – 7h43pm

Location: Sports Council, 1550 Island Parkway Unit 101 MacArthur Island

Agenda:

1. Welcome and Call to Order
2. Confirmation of Quorum
3. Adoption of Agenda
4. Adoption of Minutes from previous AGM (2023)
5. Reports:
 - President
 - Treasurer
 - Membership
6. New Business
 - Discussions from the floor
7. Election of Directors
8. Adjournment

Meeting Minutes:

1. Welcome and Call to Order: President Monika Kriedemann called the meeting to order at 7h03pm

2. Confirmation of Quorum:

In Attendance: Brian Malerby, Candido Pooli, Carol Yancey, Dan Yancey, David Graham, David Montpetit, Elaine Warner, Grace Hiom, Hanna Young, Jeremi Bombardier, Julia Sudworth, Kim Nordli, Matt Treger, Megin Fong, Monika Kriedemann, Phil Hiom, Poly Carrera Flores, Ray Warner, Rick Cameron and Shirley Fisher.

President Monika Kriedemann confirmed the quorum in attendance and welcomed all attendees to the board meeting.

3. Adoption of Agenda: President Monika Kriedemann asked all the attendees if they had any objections to the proposed agenda or if there was any item that should be included. Kim Nordli moved the adoption of the Agenda, and Ray Warner seconded it.

4. Adoption of Minutes from previous AGM (2023): Matt Treger motioned to approve the last AGM minutes and Rick Cameron seconded it.

5. Reports:



President: Monika Kriedemann noted the Board Members of this year, as follows:

Matt Norton - Vice President
Carol Yancy – Treasurer
Poly Carrera – Secretary
Brian Malerby – Webmaster
Dave Montpetit – Membership and Communication
Carman-Anne Schulz - Prizes
Grace Hiom and Matt Treger – Race Director
Jordan Sim – IRA Rep.
Monika Kriedemann – President

President announced that this year, several members have assumed various roles to ensure the smooth operation of our club. President extended her gratitude to David Montpetit and Matt Treger for their diligent efforts in developing our monthly run schedule and for leading numerous runs throughout the year. Additionally, President acknowledged David Montpetit for his contributions in posting the run details on our website, as well as Carol Yancy and Matt Treger for promoting these events on our Facebook page.

President highlighted that Jordan Sim took the lead in ordering new club shirts and noted that we still have some available for purchase if someone is interested.

President reported that we have successfully attracted a number of younger members to our club this year. In an effort to enhance the training, Matt Treger organized workout runs aimed at improving speed and race preparedness. The club subsequently hired a coach, Mark Rakobowchuk, who provided structure to our workout sessions and shared his expertise, significantly aiding many of our members in their preparation for the Victoria Marathon.

President pointed out that the Victoria Marathon was the first of what we hope will be many future club races. Seven club members participated in either the half or full marathon, achieving commendable results; each participant met or exceeded their individual goals and expressed enthusiasm for future challenges.

President noted that we successfully hosted two races this year: the Bob Trudeau Memorial Spring Run Off and the Blackwell Dairy Run. President reported a notable increase in participation for both events compared to last year.

In an effort to attract new members, we launched a challenge in January that awarded prizes for the most distance run in a week, the highest elevation gained, the longest time spent running, and a random draw. Each winner received a gift card each week.

President mentioned that our club entered the ParticipACTION Community Challenge. While we did not secure the title of the most active community, but we remained competitive throughout the event.



President noted that Runners Sole hosted a Prediction Run for our club, which featured prizes for participants. Jeremy emerged as the lucky winner of this event, receiving a free pair of shoes.

Our Socials:

President highlighted that we maintained our tradition of gathering socially after our Thursday evening runs, convening at various local pubs every last Thursday of the month. Additionally, we continued our longstanding practice of enjoying breakfast together following each Saturday morning run.

President noted that last December, we hosted our Christmas party at the Sandman Centre, which featured an outdoor setting. Many participants took part in the parkrun prior to breakfast. We also successfully reinstated the Christmas Light Run, which was well-received by our members.

Our annual picnic at Paul Lake was another highlight, featuring a run/hike to Gibraltar Rock. Furthermore, our Ice Cream Run attracted significant participation.

We organized a Pub Run that included plenty of beer, further enhancing our social interactions. Additionally, we held a Volunteer Appreciation event after each race, recognizing the invaluable contributions of our volunteers who play a crucial role in the success of our events.

Other club News:

President pointed out that we made the decision to move our runs from the last Saturday of each month to Sunday in order to accommodate the Parkrun event. President extended her gratitude to all the volunteers who have contributed their time and effort to support this initiative. President noted that this change has allowed us to recruit several new members from the Parkrun community.

Additionally, we participated in the Boogie the Bridge expo, where we had a KRR table that provided an opportunity to engage with the public and promote our club.

Furthermore, in response to security concerns regarding our storage facility at Mac Arthur Park, President noted that we have secured a second storage unit at Valleyview Mini Storage. This new location will house our equipment and other items that were previously stored in various members' basements, as the Mac Arthur storage container has unfortunately experienced multiple break-ins.

Donations: President Monika Kriedemann informed that KRR donated to the following causes this year:

Nicolas Run for Youth Mental Health - \$300.00

The Myeloma society in memory of Bob Trudeau - \$1,200

Kidsport - \$500.00

Achievements: President Monika Kriedemann emphasized that our members have continued to achieve remarkable successes in a variety of races throughout the year. While it is not feasible to list every accomplishment, President highlighted some notable achievements:



Iron Legs certificate – Poly Carrera, Nina Gales, Monika Kriedemann

Jeremy Bombardier (the bomb)– second runner-up in the beat the buzzer race with 27 laps completed. 3rd place at Walk in the Park 50K. Completed Victoria Marathon in 3.14.

Matt Treger – A 50/50 weekend which consisted of running the 50km Wildhorse traverse on Saturday and the 50km Kal Park race with Dirty Feet the next day. He also was second overall in the 25km distance at Walk in the Park

Our coach, Mark Rakobowchuk - 2nd in the 25km Slay the Dragon race

Jeanine Ball completed the Beyond the Ultimate 3- day stage race in the Highlands of Scotland.

Carry Stiles participated in the sprint triathlon at the Seniors games held in Salmon Arm this year and achieved 3rd place in her age group.

Shirley Fisher - while not busy organizing activities for the Kamloops Triathlon Club, she was placing first in her age group at the Long Distance BC Championships.

Amy Tucker was everywhere this year and competed more than anyone else.

Nina Gales and Hannah Young completed their first full marathon this year in Victoria.

Monika Kriedemann placed 3rd place in her age group at the Victoria Marathon

Matt Norton – after breaking his ankle this year came back and completed the half marathon in Victoria while pacing Poly Carrera to the finish, securing her a PB of 3 minutes.

Grace and Phil Hiom participated in the 100k Kodiak Ultra Marathon located in California.

Membership: David Monpetit reported that the membership has experienced significant growth over the past year, increasing from 59 members to a total of 80 members this year. Notably, 30 of these members are under the age of 50, while the remaining members are over the age of 50. Looking ahead, preparations for the 2025 membership setup are underway. Testing is scheduled for the first week of November, after which the membership will be officially opened.

Treasurer: Carol Yancey presented the Financial Report...

Kamloops Ridge Runners Financial Reports 2024

Notes:

Due to the Annual General Meeting (AGM) occurring before the end of the calendar/fiscal year, these reports reflect figures between October 1, 2023, and September 27, 2024.

Two significant expenses are not reflected in these reports:

1. Annual members' Christmas Breakfast event: approximately \$2,000 (plus \$200 for gift baskets)
2. Marathon Coaching: approximately \$1,500

There are no other expected significant sources of revenue expected for November or December other than guest tickets for the breakfast event (expected to be less than \$100)

KRR (Kamloops Ridge Runners) has enacted a new policy regarding late membership registration. Anyone registering for membership between November 1 and December 31 is considered to be registering for 2025 membership and this revenue will be reflected in 2025. New members are granted membership for the remainder of 2024 at no additional cost.



Kamloops Ridge Runners Annual Financial Report
October 1, 2023 – September 27, 2024

Balance Forward October 1, 2023

\$12,992.70

	\$23,823.91	\$24,337.95	
	Revenue	Expense	Profit/Loss
Membership	\$3,863.22	\$7,614.50	-\$3,751.28
Spring Run Off	\$7,781.39	\$5,317.43	\$2,463.96
Blackwell Dairy	\$10,813.01	\$5,580.05	\$5,232.96
Interest	\$370.83	\$0.00	\$370.83
Donations	\$0.00	\$2,438.37	-\$2,438.37
Website	\$0.00	\$135.08	-\$135.08
Equipment	\$120.00	\$2,847.91	-\$2,727.91
Miscellaneous	\$875.46	\$404.61	\$470.85
Annual Profit or Loss September 27, 2024			-\$514.04
Term Deposits			\$13,442.95
Balance Ending September 27, 2024			\$25,921.61

TERM DEPOSITS

Matured November 28, 2023 principal=\$10,159.29 plus \$279.38 interest, total deposited \$10,438.67

Matured November 28, 2023 principal=\$3,283.66 plus \$90.30 interest, total deposited \$3,373.96

Total Term Deposits principal amounts including interest **\$13,812.63**

Membership Expenses for 2024

BC Athletic Reg	\$273.22
AGM Food	\$111.03
Club Shirts	\$2,995.61
Kamloops Sports Council	\$36.75
Runner of the year	\$50.00
Volunteer of the year	\$50.00
Athletics Reg Bulk Up-load	\$107.64
Christmas Light Run	\$90.09
Gift Baskets for Santa Breakfast	\$236.97
Society Filing Fees	\$40.00
January Challenge	\$400.00
Santa Breakfast	\$2,205.42
Board Members Reimbursement	\$463.19
BC Athletics Manual Reg	\$80.55
Pub Run	\$236.08
Summer Picnic	\$107.65
Ice Cream Run	\$130.30
Total	\$7,614.50



Phil Hiom asked about the Board's decision regarding the rollover of cash reserves. The Board confirmed that this decision was reached unanimously. The rationale for this decision was based on potential upcoming expenditures, including the acquisition of equipment and the hiring of a coach, among other priorities. It was mentioned that the New Board will have the opportunity to reevaluate and make decisions regarding this matter. Additionally, should it be determined that the funds are not required, we will ensure that they are returned to the reserve.

Phil Hiom asked what is included in "Equipment". Carol noted that it included lock, tablecloth, Webscore, etc.

Monika Kriedemann approved the financial report and Matt Treger seconded it.

6. New Business

Monika mentioned that Kaisa Wiens passed away while hiking. She ran with us as a teenager. Her father has been a member for many years and continues to volunteer for us at the races. We will ask her mother about a way to donate.

7. Election of Directors

President:

Monika Kriedemann nominated Matt Norton, while Grace Hiom nominated Phil Hiom. The voting results were as follows: Matt Norton received 14 votes, and Phil Hiom received 1 vote.

Following the election, Grace Hiom expressed her concerns regarding Mr. Matt Norton's extensive travel commitments. In response, Monika Kriedemann assured the Board that Matt is already aware of these concerns and has taken them into consideration.

Matt Norton has been officially elected as President.

Vice-president: Monika Kriedemann nominated Poly Carrera Flores. Poly Carrera Flores accepted.

Secretary: No candidates

Treasurer: Kim Nordli was nominated by Matt Treger and subsequently accepted the nomination. Kim Nordli, who retired six months ago, joined KRR last December and has a substantial background in financial management, having served as the administrator of a hospital and managed millions of dollars in funds.

Additionally, Phil Hiom also put his name forward for nomination. Phil Hiom has been a member of KRR for 14 years, having served as President for six years and previously held the position of Treasurer.

The voting results were as follows: Phil Hiom received 10 votes, while Kim Nordli received 7 votes.



As a result, Phil Hiom is officially elected as the new Treasurer.

Web Master: Monika Kriedemann nominated Brian Malerby. Brian Malerby accepted.

Membership: Monika Kriedemann nominated Matt Treger. Matt Treger accepted.

Socials: Matt Treger nominated Monika Kriedemann. Monika Kriedemann accepted.

Race Director Spring Run-Off: Grace Hiom nominated herself and accepted.

Race Director Blackwell Race: Monika Kriedemann nominated Francois Raath and Monika mentioned that he accepted.

IRA Rep: Matt Treger nominated Mark Rakobowchuk and Monika Kriedemann mentioned that he accepted.

8. Adjournment:

Motion to close the meeting by Monika Kriedemann at 7h43pm. Passed.