



# Ontario Masters Athletics

## 2015 Annual General Meeting Minutes

**Date:** Saturday, March 19<sup>th</sup>, 2016

**Time:** Meeting came to order at 3:45 p.m., adjourned at 5:30 p.m.

**Location:** Toronto Track and Field Centre, upstairs meeting room

**Members:** June-Marie Provost, Stafford Whalen, Peter Zowkewych, Duncan Greenshields, Lynn Bourque, Paul Osland

**Directors and Officers:** Doug Smith (President), Karla Del Grande (Vice-President), Norm Creen (Treasurer), Lily Whalen, Bill Pearson

**BOD Regrets:** Al LePage, Annie Bunting, Zoltan Sara, Jay Yakobowich

**Proxy Count:** Lynn Bourque (3), Doug Smith (10)

**Minutes from the 2014 meeting:** Motion to accept by Peter, seconded by Lily

### President's Report – Doug Smith

No discussion from the floor.

### Vice President's Report – Karla Del Grande

Discussion from the floor re: liaison with Athletics Ontario. Bill would like to see more officials trained in throws to ease burden on our hard-working officials and to improve efficiency of events. He has names of interested throwers who would like to be able to officiate in throws (other flights than their own). Lily and Stafford will talk to Peter Hocking (AO Officials chair) and Enrico Toscano (AO throws official) about doing a workshop for this purpose.

Bill also suggested that website should be improved to open pages directly (with fewer clicks), and that Facebook page should include more stories and discussion rather than articles and same thing that's on our website. Karla has been trying to encourage this as a forum for discussion. We're not sure why membership is relatively low. Doug and Karla will continue to work on this.

### Treasurer's Report - Norm Creen

Norm emphasized that every event last year had a surplus. We are doing well in meet management due to use of volunteers especially having Doug and Paul as meet directors. This surplus of \$23,000 in 2015 is quite large for a not for profit organization. We have a very positive state of affairs, so that we were able to reduce our membership fee in January. \$10 goes to OMA, \$25 goes to AO/CMA/AC. A recent change discussed with AO is that the Trackie fee in future will be charged to members (rather than being shared between OMA and AO, decreasing our actual amount received). The outlook is good for 2016, where events will continue to break even or even better.

Norm also explained the Transfer to TO2020 Reserve. This is a financial guarantee shared 50/50 with CMA, where the Canadian \$ equivalent of 20,000 US\$ is a reserve set aside. No actual cheque has been written, and this money only comes into play if the bid is accepted in Perth at the WMA AGM in October 2016. The funds still stay in our account, unless needed after the games, and as determined by WMA.

There was discussion initiated by Paul, and added by Bill, suggesting that we ask members to contribute their marketing expertise, to help us come up with initiatives to tell our story, and spending money that's been allocated for marketing.

Doug opened the discussion about our membership fees for the remainder of 2016. The "special Early Bird offer" of \$35 (reduced from \$50) was designed to reward our members and reduce our surplus. 210 brand new members responded, indicating that perhaps we hit a sweet spot to entice new members. However, Norm forecasts that the greater numbers means our surplus will still increase. Bill, Karla, Lily, and Lynn joined in the discussion to emphasize that we should be ending the "special offer" as that is what we advertised. It was not intended to be a long-term offer, but a short-term dated special. Paul suggested and others agreed that we have to look long-term and prepare for future costs, e.g., paying a meet director instead of Doug, or getting office help, or dealing with costs of PanAm stadium rental for the Canadian Outdoor Championships (cost not yet known). Paul made a motion to remove the discount as of March 31<sup>st</sup>, seconded by Duncan, and the motion as passed. The BOD will look at the possibility of having a new member discount to encourage members to join for the summer or road races or for cross-country season.

Norm motioned to accept the financial report, Lily seconded, and the motion passed.

### **Ontario Records Report 2015 – Duncan Greenshields**

Duncan was thanked on behalf of all members for his efforts on this portfolio, as it's obvious by views of the site that info is widely accessed. Suggestions from the members were to link to Facebook and possibly Twitter, to inform us of updates, and to add some visuals.

### **Road Race Series Report 2015 – Lynn Bourque**

It was emphasized by Lynn that she needs more help to expand the series to races outside the GTA, and needs ideas on how to keep the series fresh going forward. Discussion took place on having certain races as championships and these races should be certified, and have other races that promote participation. Both should be part of the series.

### **Throws Report 2015 – Bill Pearson**

Bill discussed the September event which will have throws on 1 day, and events similar to our past Relay Ruckus on the 2<sup>nd</sup> day. Suggestions from members are encouraged. Fun events – mixed gender/events/ages? Prep for Perth? Tell us.

### **Elections:**

Paul agreed to become the Elections Officer.

As per Bylaw 4.3b, three directors must step down, and stand for re-election. There were no nominations from the floor. Lynn moved to accept these nominations, with Stafford as seconder, and all three were re-elected.

Duncan moved to accept The Slate of Officers and Directors 2016 as listed, Stafford seconded, and all were acclaimed.

Stafford motioned to adjourn, Norm seconded, and the motion passed, at 5:15 p.m.

# President's Report

## Doug Smith

We finished the year with **866** members, the most in our history – 163 more than 2014 and 250 more than 2013

Currently we have 730 members, including 210 new members. There are 346 truants from last year yet to renew.

The OMA hosted nine events (including participation);

- three indoor Winter Mini Meets (341) – increase from last year
- OMA Indoor Championships (186) – 35 more than last year
- Canadian Masters Indoor Championships (235) – 84 more than last year
- OMA Outdoor Championships (210) – 40 more than last year, despite venue change due to PanAms
- Three Cross Country races (278)
- Ontario Cross Country Championships - almost 200 members, 60 more than last year

We continued to expand our OMA Road Race Series around the province to include;

- Robbie Burns 8K, Burlington
- Chilly Half Marathon, Burlington
- Around the Bay 30K, Hamilton
- Goodlife Toronto Marathon, Toronto
- Spring Fling 15K, Toronto
- Run Ottawa Canada Day 5K
- Longboat Toronto Island 10K

Our booth at the race expos promoted OMA/AO membership benefits

In August, 80 OMA members competed in the World Masters Athletics Outdoor Championships in Lyon France (53% of Team Canada).

Throughout the year, OMA athletes broke 26 Canadian Records.

We awarded our Masters Athletes of the Year to Marie-Josée LeJour and Mike Sherar

Our Marketing team works on strategies (signage at road race expos and training facilities, bookmarks, water bottles, jackets) to draw members year-round to our track and field, road racing, and cross-country events. We completed a re-design of the OMA Medal Ribbon and upgrade to the OMA medals and introduced them at the 2015 OMA Indoor Track & Field Championships.

We continue to develop our page of training tips and Masters Coaches to our website to help members get started. Our partnership with AO means that we only recognize AO registered Clubs – which we link on our website.

In order to facilitate more efficient Cross Country results, we implemented a Bar Code Scanner/ Timer system.

The OMA maintains Provincial Masters Records in Indoor, outdoor, and road race events.

We continue to enjoy our close relationship with Athletics Ontario – sharing the Awards Banquet and participating in the AO Cross-country Championships.

## Vice President's Report

Karla Del Grande

### Awards

In 2015 OMA awarded about 850 medals in track and field, cross-country and road racing over the year (an increase from 700 in 2014) costing us \$4258. My role was to prepare these medals for meets. It should be noted that now that our changeover is fully complete to newer, lower cost medals, even though we increased the number of medals used by 31% since 2013, our costs have **decreased** by 10% overall. We continue to get **positive feedback** about our awards, and a few minor tweaks may be made in 2016. Thanks to Jay for his designs and ordering of ribbons and medals.

### Liaison with AO

As VP, I represented OMA on AO technical committee (participating in discussions re: events, scheduling, and rules). I decided to discontinue this role for 2016, since very few items now concern OMA, with Doug running our own meets. Scheduling of meets is still subject to AO meets getting preference, but we have managed to make our needs known. Doug and I have also represented OMA in monthly discussions with AO's new Executive Director, Katie Ozolins, educating her about our organization and discussing **how we can work together to further goals of both organizations** in improving track and field delivery in Ontario. This will be ongoing for 2016 for the President and VP.

### OMA Athlete of the Year and Hall of Fame Committees

This involves collecting data and selecting candidates, ordering awards, preparing and presenting a slideshow with info and photos at AO banquet, updating the bios for our website, and the satisfying culmination of presenting the awards. This year 2 individuals were added to the Hall of Fame, and we had 9 AOTY individuals in various athletics disciplines. We continue to present Athlete of the Month, which is a virtual award on our website. As always, **input for these honours is welcome** from members.

### Website, Facebook, Media

The Coaching and Training pages on our website were **updated** in 2015, to address some common concerns relayed to Doug and I in emails from members. Our OMA Facebook page has also been developed as **a forum for sharing** relevant, inspiring, and interesting articles for members. We encourage member contributions to these. All OMA events were registered with Get Out There magazine.

After having been on the Board of Directors since 2009, I've decided to step down from the board this year, to allow others with fresh ideas and energy to contribute, and to devote more attention to my own training and other demands and interests. It's very rewarding to give back and promote our sport as a member of the Board, and I recommend becoming more involved as a board member of OMA to anyone who shares our passion for masters track and field.

**ONTARIO MASTERS ATHLETICS  
BALANCE SHEET  
AS AT DECEMBER 31, 2015**

	<u>2015</u>	<u>2014</u>
<b>ASSETS</b>		
Current Assets:		
Cash (DUCA)	\$ 55,591	\$ 33,638
Petty Cash	165	500
Short-term Investments:		
ING Bank	17,965	17,965
DUCA	50	50
PayPal Balance	110	110
Accounts Receivable	2,540	1,125
Medals Inventory	1,903	2,493
<b>Total Assets</b>	<b><u>\$ 78,325</u></b>	<b><u>\$ 55,881</u></b>
<b>LIABILITIES AND EQUITY</b>		
Current Liabilities:		
Accounts Payable	-	530
Deposit for Future Service	-	-
<b>Total Current Liabilities</b>	-	530
Internally Restricted Funds:		
Provision for TO2020	27,680	
Unrestricted Funds:		
Surplus (Deficit), Current Year (After transfer to restricted funds)	(4,706)	11,667
Fund Balance - Beginning of Year	55,351	43,684
<b>Total Fund Balance</b>	<b><u>78,325</u></b>	<b><u>55,351</u></b>
<b>Total Liabilities and Fund Balances</b>	<b><u>\$ 78,325</u></b>	<b><u>\$ 55,881</u></b>

**ONTARIO MASTERS ATHLETICS  
STATEMENT OF OPERATIONS BY SOURCE  
AS AT DECEMBER 31, 2015**

	<u>ACTUAL</u>	<u>FORECAST</u>	<u>VARIANCE</u>	<u>LAST YEAR</u>
<b>NET REVENUE FROM MEMBERSHIPS:</b>				
<b>Revenue:</b> Membership Fees	\$ 41,655	\$ 30,000	\$11,655	\$ 28,792
CMAA Rebate			0	
AO Grant			0	
	<u>\$ 41,655</u>	<u>\$ 30,000</u>	<u>\$ 11,655</u>	<u>\$ 28,792</u>
<b>Expenditure:</b> AO Payment	20,877	15,000	(5,877)	12,699
	<u>\$ 20,877</u>	<u>\$ 15,000</u>	<u>(\$5,877)</u>	<u>\$ 12,699</u>
<b>Net Revenue (Expenditure) from Memberships</b>	<b>\$ 20,777</b>	<b>\$ 15,000</b>	<b>\$5,777</b>	<b>\$ 16,092</b>
<b>NET REVENUE FROM EVENTS:</b>				
<b>Revenue:</b> Entry Fees	\$ 39,401	\$ 20,225	\$19,176	\$ 45,358
Other Income	-		0	-
	<u>\$ 39,401</u>	<u>\$ 20,225</u>	<u>\$19,176</u>	<u>\$ 45,358</u>
<b>Expenditure:</b> Facility Rental	10,171	5,187	(4,984)	12,308
Medical Staff	3,396	1,970	(1,426)	3,826
Officials	7,230	3,650	(3,580)	8,945
Medals/Ribbons	6,124	2,370	(3,755)	10,988
Administrative Expenses	1,565	3,100	1,535	3,443
Supplies	1,589	1,575	(14)	2,195
Club Payment	150	-	(150)	-
	<u>\$ 30,224</u>	<u>\$ 17,852</u>	<u>(\$12,222)</u>	<u>\$ 41,705</u>
<b>Net Revenue (Expenditure) from Events</b>	<b>\$9,177</b>	<b>\$2,373</b>	<b>\$6,954</b>	<b>\$3,653</b>
<b>NET REVENUE FROM OTHER SOURCES:</b>				
<b>Revenue:</b> Sale of Material	-	500	(500)	-
Sponsorship	4,000		4,000	
Donation			0	
	<u>\$ 4,000</u>	<u>\$ 500</u>	<u>\$3,500</u>	<u>\$ -</u>
<b>Expenditure:</b> Office Expenses	-		0	-
Marketing Expenses	105	8,000	7,895	585
Internet Development	870	6,000	5,130	
Bank Charges	223	50	(173)	60
Insurance	1,380		(1,380)	1,380
Equipment Purchases	4,682	2,000	(2,682)	1,515
Merchandise	-			754
Miscellaneous Expenses	3,719	1,000	(2,719)	3,785
	<u>\$10,980</u>	<u>\$17,050</u>	<u>\$6,070</u>	<u>\$8,079</u>
<b>Net Revenue (Expenditure) from Other Sources</b>	<b>(\$6,980)</b>	<b>(\$16,550)</b>	<b>\$9,570</b>	<b>(\$8,079)</b>
<b>EXCESS OF REVENUE OVER EXPENDITURE</b>	<b>\$22,974</b>	<b>\$823</b>	<b>\$22,301</b>	<b>\$11,667</b>
<b>TRANSFER TO TO2020 RESERVE</b>	<b>(\$27,680)</b>			
Fund Balance, Beginning of Period	\$55,351			\$43,684
<b>FUND BALANCE, END OF PERIOD</b>	<b>\$50,645</b>			<b>\$55,351</b>

Ontario Masters Athletics  
Events 2015

	MiniMeet 1 York 11-Jan-15	MiniMeet 2 York 25-Jan-15	MiniMeet 3 York 8-Feb-15	Indoor Champ. York 22-Feb-15	Outdoor Champ. Brampton 28-Jun-15	XC 5K Taylor Creek 27-Sep-15	XC 8K Sunnybrook 1-Nov-15	XC 5K Etobicoke AO/DMA 15-Nov-15	Total (Regular Events)	CMA Indoor York 15-Mar-15	Farquharson Mem X-C 4-Oct-15	Total (Other Events)	Total (All Events)
<b>REVENUE:</b>													
Entry Fees	\$2,060	\$2,614	\$2,582	\$6,445	\$8,215	\$1,475	\$1,605	\$1,415	\$26,411	\$11,715	\$1,275	\$12,990	\$39,401
Other Revenue									-				0
<b>Total</b>	<b>\$2,060</b>	<b>\$2,614</b>	<b>\$2,582</b>	<b>\$6,445</b>	<b>\$8,215</b>	<b>\$1,475</b>	<b>\$1,605</b>	<b>\$1,415</b>	<b>\$26,411</b>	<b>\$11,715</b>	<b>\$1,275</b>	<b>\$12,990</b>	<b>\$39,401</b>
<b>EXPENSES:</b>													
Facility Rental	\$1,158	\$1,160	\$1,211	\$1,240	\$2,313	\$367	\$122		\$7,570	\$2,350	\$251	\$2,601	\$10,171
Meet Director									-				-
Medical Services	247	290	274	396	869	226	226		2,527	643	226	\$869	3,396
Officials	780	850	845	845	2,095				5,415	1,815		\$1,815	7,230
Awards				1,391	1,399	133	136	51	3,110	2,819	196	\$3,014	6,124
Admin. & Misc.	97	97	97	97	375	92	81		936	387	242	\$629	1,565
Meet Supplies	39	46	25	369	414	156	171		1,221	209	159	\$367	1,589
Club Payment									-	150		150	150
<b>Total</b>	<b>\$2,321</b>	<b>\$2,443</b>	<b>\$2,453</b>	<b>\$4,339</b>	<b>\$7,465</b>	<b>\$974</b>	<b>\$735</b>	<b>\$51</b>	<b>\$20,780</b>	<b>\$8,372</b>	<b>\$1,072</b>	<b>\$9,444</b>	<b>\$30,224</b>
<b>NET REVENUE</b>	<b>(\$261)</b>	<b>\$171</b>	<b>\$129</b>	<b>\$2,106</b>	<b>\$750</b>	<b>\$501</b>	<b>\$870</b>	<b>\$1,364</b>	<b>\$5,631</b>	<b>\$3,343</b>	<b>\$203</b>	<b>\$3,546</b>	<b>\$9,177</b>
Indoor Season	(261)	171	129	2,106					\$2,145				\$2,145
Outdoors					750				\$750				\$750
Cross-Country						501	870	1,364	\$2,735				\$2,735
Other Events									\$0	3,343	203	\$3,546	\$3,546
									\$5,631			\$3,546	\$9,177

# Ontario Records Report

## Duncan Greenshields

In 2015 92 various Ontario Masters records were set which was down substantially from 2014's outstanding 118. The 92 break down to 50 new Outdoor records and 42 Indoors. By category there were 50 Outdoors individual records set, 28 Indoors individual record marks, 12 relay records (all indoors), and 2 Indoor pentathlon records. There were no new road records in 2015.

For Indoors in individual events, 20 were set on the track and 8 in the Jumps and Throws. These 28 records were 15 Men's records and 13 Women's.

In Outdoors individual events, the 50 new postings had 22 in the Field events and 28 new records on the track. This involved an equal gender split ... 25 Men's new bests and 25 Women's.

Last year was the 4th full year tracking new Provincial Relay records under Ken Hamilton's supervision. Improving on the year before's 9, 12 new ones were set ... though all were Indoors. With this year's renewal of the Relay Ruckus, I fully expect several new Outdoor relay records this year.

As already mentioned no new Road Race records were established in 2015.

Two years ago we created a database for Multis/Combined Events in the Pentathlon. Under the stewardship of Peter Zowkewych, this database continues to improve. In 2015, 2 new records for the Pentathlon were set, both Indoor. Our plan is to add decathlon records to this database.

Additionally my plan is to add records for the Indoor 5000m and Indoor Mile.

It has been my goal to post record updates as soon as possible after the events. Generally this has been within 1 to 2 weeks after major meets.

For the 12 months in 2015 our on line records database was accessed by 1,298 visitors and "page views" were 6,172, including visits from 16 countries outside of Canada and the USA.

It is also quite interesting to see how wide the age range is for setting records. Last year age records were set from the 35-39 group up to and including 85-89 age group. Only the 75-79 age group set no records. Here's how the 92 records break down by age group (% of total).

35-39 (7%), 40-44 (14%), 45-49 (8%), 50-54 (17%), 55-59 (14%), 60-64 (13%), 65-69 (8%), 70-74 (9%), 75-79 (0%), 80-84 (3%), and 85-89 (8%).

You can see the wide levels of participation across the age groups ... proving that Masters Athletes are, indeed, timeless.

I would also like to add my personal thanks to Ken Hamilton and Peter Zowkewych for their great assistance in compiling records for Relays, Roads, and Combined events.



## Road Race Report

### Lynn Bourque

We continued to see impressive growth in the OMA Road Race Series in 2015. Three years in now, and with the benefit of hindsight, It seems that the 1<sup>st</sup> year we laid the foundation, the 2<sup>nd</sup> year we created more of a solid base as word started to spread and our reputation grew, and year three we really took off.

Several of the races in the series, (Robbie Burns, The Chilly Half and Around the Bay specifically) saw between 80-100 OMA members participate.

-Assistance from the race directors and different timing companies has helped to smooth out some of the early wrinkles we had with the series, namely identifying the OMA runners in the road race . The system still isn't foolproof but we have refined how we merge the two databases. (OMA membership file and race registration file) OMA members have also become more savvy with the system, as well, so members are more likely to identify a missing name before the race starts, thus preventing the need for adjustments post race.

Increasingly, OMA has been given the opportunity to showcase itself at the race expos or the kit pick up associated with the races in the series. This is a huge bonus to OMA...as it assists in meeting one of the objectives of the road race series ... which is to spread the word about OMA to the larger road racing community,

One of the most helpful and encouraging things to come out of the RR Series is the interest from race directors around the province. Most are completely committed to the idea of supporting the running community for the long term and welcome the presence of OMA at their races.

It is still a challenge to move the races out of the GTA-Golden Horseshoe...mainly because of lack of OMA woman/manpower at the races.

We tend to have much lower membership numbers participating in the races outside of the GTA but we have an incredible warm response from the runners and a lot of interest.

To continue to grow OMA I believe it is important to reach out to athletes outside the GTA/Golden Horseshoe.

We have already had two races in the 2016 series and are about to have our third. ATB on April 3<sup>rd</sup>.

We are invited, free of charge, to participate in the expos at ATB and The Goodlife Marathon

We have added in a new CRS race in 2016, the new Waterfront 10k.

## **Throws Report**

### **Bill Pearson**

Shot put and weight throw were held at all three Indoor Mini Meets and OMA/CMA Indoor Championships held in 2015. Adjustments were made to scheduling of weight throw to minimize safety issues and limit disruption to the event as well as the track events. Participation was particularly high in the OMA Indoor Championships with three flights in shot put (total 36) and two flights in weight throw (total 15).

The OMA Outdoor Championships held at Brampton June 26-28<sup>th</sup> included a full slate of throwing events (hammer, shot put, discus, javelin and weight throw) as well as a throws pentathlon. While weather on the first day for the throws pentathlon was good, conditions were difficult for all the throws the next two days due to heavy rains. Nevertheless turnout was quite good with highs of 29 in shot put and 22 in javelin.

At the CMA Championships held in St. Catharines on conjunction with the AO Championships, a full slate of individual throwing events was held but there was no throws pentathlon. The schedule was compressed into a day and a half but all events were held efficiently despite the large numbers of competitors (shot put – 29, discus – 28 and javelin – 25). Highlights included Canadian Records by Gaby Szantos throwing 11.18m in W50 shot and Emil Muller in M80 hammer with 40.41m.

Throughout the indoor and outdoor seasons especially for the championship meets, the testing and measuring kit purchased last year jointly by CMA and OMA was used by Brian Keaveney to ensure that all implements in the competitions were to WMA standards.

Looking forward, in 2016, OMA has partnered with the Throwers Club to hold the inaugural Arvids Zakis Memorial Ontario Throws Championships to be held at the Toronto Track and Field Centre September 10-11<sup>th</sup>. Day 1 will include Throws Pentathlon and Triathlon while Day 2 events will be Ultra Weight Pentathlon and Super Weight Championships. The intent is to grow this event to be the signature master's throws event in Ontario. In conjunction with Day 2, OMA will also be holding a Relay Ruckus.