

# Alberta Bicycle Association 2023 Annual General Meeting



November 1, 2023

## 2023 Board of Directors

President	Shantel Koenig
VP Administration	Katy Layton
VP Racing	Vacant
VP Rec & Trans	Don Hollingshead
VP BMX	Duane Hunter
Chief Commissaire	Chris Bullivant
Member at Large	David Roberts
Member at Large	Shauna Finlay
Member at Large	Tom Lee
Member at Large	Mark Knoll

*Alberta* 

### 2023 Racing Committee

V.P. Racing	Vacant
Member	Alex Volstad
Member	Albert Nguyen
Member	Diane Bowles
Member	Vacant
Member	Vacant

### 2023 BMX Committee

V.P. BMX	Duane Hunter
Member	Trevor Baillie
Member	Kris Mitschke
Member	Jonas Tremel
Member	Tyla Thomsen
Member	Vacant

## 2023 Recreation and Transportation Committee

V.P. Recreation & Transportation	Don Hollingshead
Member	Bob Walsh
Member	Darren Bender
Member	Jeff Gruttz
Member	Karly Coleman

## ABA Staff

Executive Director	Heather Lothian
Provincial Coach	Petrina Tulissi
Road/Track/Cross Coordinator	James Kendal

The **Mission** of the ABA is to advocate, develop, and facilitate bicycling for Albertans.

The **Vision** of the ABA is to be the recognized authority and leader for bicycling in Alberta

## 2023 Alberta Bicycle Association Annual General Meeting

November 1, 2023

ABA AGM AGENDA

7:00pm-8:00pm

Zoom

1. Review and Approval of Agenda
2. Approval of AGM Minutes October 4, 2022
3. Reports
  - 3.1 Shantel Koenig-President
  - 3.2 Duane Hunter- Vice President BMX
  - 3.3 James Kendal- Vice President Racing
  - 3.4 Don Hollingshead- Vice President Recreation & Transportation
  - 3.5 Erin Ruttan- Vice President Women's Racing
  - 3.6 Chris Bullivant- Chief Commissaire
4. Items for Approval
  - 4.1 Audited 2022 Financial Statements
  - 4.2 Bylaw Changes
5. Elections
  - 5.1 Vice President Admin- 2 years
  - 5.2 Vice President Recreation & Transportation -2 years
  - 5.3 Vice President Women's Racing-2 years
  - 5.4 2 Members at Large-2 years
  - 5.5 2 Racing Committee Members- 2 years
  - 5.6 1 Racing Committee Member- 1 year
  - 5.8 3 BMX Committee Member- 2 years
  - 5.9 Financial Auditors
6. Other Business
7. Adjournment

*Time allotted for Questions and Answers following the completion of the agenda.*

**2022 Alberta Bicycle Association Annual General Meeting**  
**October 5th, 2022**  
**ABA AGM Minutes**  
**7:00pm-8:00pm**  
**Zoom**

Quorum not achieved- reconvening the meeting at 7:14pm

7:17 call to order

**1. Review and Approval of Agenda**

*The agenda is approved as circulated*

**2. Approval of AGM Minutes October 4, 2021**

*No objections by the members, the minutes of the October 6, 2021, meeting have been approved.*

**3. Reports**

**I. Shantel Koenig-President**

Year went by quickly, things started up again- club events, provincial events started up again

Challenges- growing membership, small staff, Board want to be more strategic with where the ABA wants to go

**II. Jonas Tremel- Vice President BMX**

Referred to report which was circulated.

BMX as a discipline still in a stage of recovery from pandemic, numbers are on the upswing, tracks reporting improved numbers over last year, Provincial series and National championships well attended, Nationals with 704 members one of the largest events ever in Canada.

Lots of positives – good position going into 2023

**III. James Kendal- Vice President Racing**

Lots of detail in report, how important all stakeholders are to the association

Changes for 2022 focused on categories of racing, have too many road categories.

Attended Nationals as a driver, great to see the athletes competing, happy with the event.

Road and Track numbers were small, need to grow the sport from the bottom

Appetite to grow cross racing

Great results from Alberta athletes at the National and International level.

Working on grassroots and getting youth into racing

**IV. Don Hollingshead- Vice President Recreation & Transportation**

This one is going to be forever- wow he kept it short

Thanked Aaron Schooler for safe passing laws getting passed in Edmonton

Recognize Bob Walsh for his work reporting rumble strips, AB Transportation is narrowing the shoulders where rumble strips are allowed

Bow Valley- working on road closures for cyclists (check report)

**V. Erin Ruttan- Vice President Women's Racing**

Number for overall participation of women is increasing, more women are taking out licenses and participating

Have a very strong female athlete pool, gender parity for provincial team selection sent more females to ASG, podiumed in 5 of 6 races,

VI. Chris Bullivant- Chief Commissaire

Had a pretty good year

BMX commissairing has come a long way, no lack of volunteers, keeping it fun, light, and transparent

*Annual report included reports from the Board Members and was circulated prior to the meeting.*

4. Items for Approval

I. Audited 2022 Financial Statements

Helen Bain spoke to the financial statements.

Have been conservative with spending, still in a good financial position

Next casino will be in Calgary Quarter 3 of 2023

*No objections financial statements approved as presented.*

5. Elections

I. President - 2 years

Received nomination prior to the meeting for Shantel Koenig

Shantel Koenig- Acclaimed

II. Vice President BMX -2 years

Valid nomination received for Duane Hunter

Duane Hunter- Acclaimed

III. Vice President Racing-2 years

Valid nomination received for James Kendal

James Kendal- Acclaimed

IV. Chief Commissaire- 2 years

Valid nomination received for Chris Bullivant

Chris Bullivant- Acclaimed

V. 2 Members at Large-2 years

Valid nominations received for Mark Knoll, Tom Lee, Shauna Finlay

Tom Lee, Shauna Finlay acclaimed

VI. 1 Member at Large- 1 year

Mark Knoll acclaimed

VII. 3 Racing Committee Members- 2 years

Valid nominations received for Andrew Davidson, Diane Bowles

Nomination for Albert Nguyen

Diane Bowles, Andrew Davidson, Albert Nguyen- acclaimed

VIII. 2 BMX Committee Member- 2 years

Valid nominations received for Colin Lolachar Trevor Baillie, Jonas Tremel, Brian Lee

Jonas Tremel/Trevor Baillie elected

6. Adjournment

Meeting adjourned 8:19pm



## By The Numbers

### Membership

	2023	2022	2021	2020	2019	2018	2017
UCI BMX	837	916	742	406	1175	1127	1096
UCI Racing	636	624	401	234	827	1009	1062
Citizen License	77	67	17	3	38	29	22
UCI Technical License (Commissaire only prior to 2020)	99	99	99	74	87	76	80
General Members		3544	3603	2553	3757	3749	3234
<b>Total</b>		<b>5250</b>	<b>4862</b>	<b>3260</b>	<b>6011</b>	<b>5990</b>	<b>5775</b>

### Events & Participation

	# of 2023 Events	2023	2022	2021	2019	2018	2017
BMX	10	4888	5972	5092	5803	5553	4879
MTB	4	909	853	290	737	854	707
Gravel	3	504	N/A		303		
Track	1	68	37		136	104	114
Cyclocross	16	2069	1732	1384	2078	2487	2293
Road	13	1654	1561		2581	2901	2920

Coaching Courses

	Total Participation
Basic Cycling Skills	46
Planning a Practice	28

Commissaires Courses

	Total Participation
BMX	21
Road	10
MTB	3
Track	3

## President's Message- Shantel Koenig

As someone who is not particularly well-suited or naturally talented at physical activities, I realized early on in my attempts at bike racing how important gaining and using positive momentum smartly and efficiently was if I had any hopes of keeping up with my much fitter and naturally talented competitors.

Positive momentum is equally important from an organizational standpoint, and certainly the CoVID pandemic had a substantial impact on the ABA, landing us in a bit of rut that was difficult to get out of. For myself, my first couple of years as president felt extra challenging as the organization tried to navigate and rebuild coming out of the CoVID years, and it seemed difficult to find and build positive momentum. On some days, it felt as if no one had a nice thing to say, and that people's efforts to get things going were all for naught. Don't get me wrong, I would never call any of the past seasons bad or a write off, but they definitely challenged many of us, and helped me to understand the patience, commitment, and personal investment that is required in order to get where you want to go.

Well, 2023 was a season where it felt like things were finally on track rolling again, and I feel that we are finally building momentum and moving forward as an organization. Our membership is growing, our race calendar is healthy and interest in racing is resurging, we are seeing new commissaires and coaches being trained, and people's genuine interest in the organization is growing. Perhaps most of all, people's moods and attitudes have become more positive, and the desire for people to provide support and give recognition where it is due rather than knock things down is a welcome change from the negative scourge that seemed to become the norm.

A great number of people have played a role in getting us going again, including our talented and supremely hard-working Executive Director, Heather, our amazing Provincial Coach, Petrina, our talented Instructors, our Coaches, our Club Presidents, our Race/Event Organizers, our selfless Board and Committee members, our Social Media guru, Cody, our network of Bike Shop Owners and Industry Partners, and of course the countless Members that have created and contribute to the community that we know and love.

We look ahead to 2024 with the momentum continuing to build and exciting things in store. After several years as a fantastic Director of Racing, James has joined the team as our Sport Coordinator/Event liaison and is looking to continue to grow the scene and improve the racing experience for everyone, from first time racers to organizers. We will continue to build our capacity with regards to coaches and commissaires, and look to create even more opportunities for our athletes to develop, especially among our youth. We will focus our efforts on building the membership and creating relationships and partnerships with other cycling and sports organizations. Importantly, we are also committed to building a more positive and engaged community, where members' efforts and achievements (big and small!) are celebrated.

Thanks to all of you for your continued support and for your commitment to cycling sport and life,

Shantel

## R&T Report 2023- Don Hollingshead

### Winter Cycling Congress Feb '24

Edmonton will host the international Winter Cycling Congress Feb 22-24.

R&T committee is exploring the possibility of sending a delegate using the special rate for not-for-profit groups.

From the website:

“Edmonton is a winter city in the subarctic, and will be the stunning, snowy backdrop to allow us to explore the ingredients of winter cycling and being a healthy city. Come here to connect with international and local experts and enthusiasts, to learn about policies, best practices and research that supports year round well-being in cities and communities.”

### Haskayne Park opening

The long awaited inter-urban trail connecting Calgary to Cochrane and eventually Canmore was advanced with the addition of Haskayne Park and trail system in September.

There is still a landowner east of Haskayne Park that the City of Calgary is negotiating with for access and a new bike/pedestrian across the Bow River near Cochrane that are required to complete the trail to Cochrane. The Morely Reserve is on board with trail routing through their reserve for the link to Canmore.

### AB Cycling Coalition

The Alberta Cycling Coalition (ACC) is a provincial not-for-profit organization who's mandate is to change cycling legislation in the province. The three laws that they are most interested in changing are:

1. Require safe passing distance of one metre, and 1.5m at speeds greater than 60km/h
2. Allow two abreast riding, when not impeding flow of traffic
3. Cyclists may ride as far right as is safe, versus as is practicable

ABA R&T committee support the objectives of the ACC and helped them obtain a grant from Alberta Transportation in 2019. Currently ACC is working with Alberta Services to incorporate as a society.

### Alberta TrailNet

ABA supports the objectives of Alberta TrailNet. R&T committee member, Jeff Gruttz, represents ABA on the TrailNet board of directors. AB TrailNet Past President, Ross Hays's, vision is to see a trail connecting the Badlands with the Great Divide. Many pieces of this trail are in place including the Banff Legacy Trail and Bow Valley Parkway, Bow River pathway in Calgary, Glenbow Ranch and Haskayne Park trails, the recently opened Meadowlark Trail between Beiseker and Irricana etc.

### Committee strategic plan

Other than the above, the R&T Committee objectives also include:

- continued support for development of the CAN-BIKE cyclist proficiency education program in AB
- continued support for development of interurban trails
- rational placement of shoulder rumble strips on AB highways
- more affordable pricing on AB Parks Hiker-Biker campsites (currently \$31/night)
- more extensive on-road accommodation of cyclists in Banff/Jasper beyond just the Bow Valley Parkway Cyclovias
- participation in urban cycling infrastructure discussions are best left of municipal focused groups so that ABA can concentrate on provincial issues.
- The AB Provincial Cycling Infrastructure Guide is on hold awaiting changes to the Traffic Safety Act identified by research by the Guide's authors.

During the recent ABA Strategic Planning meeting, the standout R&T objective was for improved liaison with government.

Don Hollingshead

## Chief Commissaire- Chris Bullivant

2023 has proven to be a significant year for the racing and commissairing landscape in Alberta. During the spring, a multitude of commissaire courses spanning various disciplines were made available, and we are elated to report a substantial turnout for these courses. Notably, Alberta Bicycle hosted its inaugural Provincial A commissaire course, extending a warm invitation to our neighboring provinces of British Columbia and Saskatchewan.

We extend our heartfelt gratitude to the distinguished course instructors, Andy Holmwood, Geordie Ma, Loyal Ma, and Michael Pinkoski, for their unwavering commitment to sharing their wealth of knowledge and passion for the sport of cycling.

As the demand for cycling events continues to surge, it is apparent that the role of commissaires is undergoing a transformative evolution. Commissaires, now more than ever, are being called upon to exhibit advanced interpersonal skills and conflict resolution strategies in addition to ensuring the safety and fairness of events.

In light of this evolving landscape, we eagerly anticipate the opportunity to provide further training opportunities for commissaires across all disciplines and levels during the upcoming off-season. Your dedication and enthusiasm for the sport are paramount in ensuring its continued growth and success.

Sincerely,

Chris Bullivant  
Provincial Chief Commissaire  
UCI BMX Commissaire

## Vice President BMX – Duane Hunter

The BMX community continues to recover from the impact of COVID. Club memberships continue to grow and most clubs are making track improvements. All ten clubs reported a focus on building for the future by investing in coaching programs and increasing sport awareness.

On average each club reported approximately 100 registered riders. St. Albert had 57 registered riders which is very impressive for not having a track. St. Albert BMX and the Alberta BMX Supercross Association continue to make progress on the new Supercross Track until the snow falls. The track is sculpted and simply needs enough warm weather to finish the asphalt corners. Recently, they celebrated their accomplishments by opening the track for the Alberta BMX community to experience how far they have come and see how close they are to completion. A completion date could be as soon as May 2024.

During the yearly club reports at the Alberta BMX meeting it was great to hear of all the proactive investments are occurring. Not only are clubs investing in their tracks but they are investing in their ridership through initiatives such as coaching programs. Track improvements included: complete track rebuilds, start hills, corner work, new top dressing and general maintenance. Clearly, Alberta had the track Reno itch. The individual track improvements are impressive but the sharing of resources, knowledge and support amongst the clubs was the true highlight.

The provincial race series kicked-off in Edmonton and racers quickly got ready for Nationals in Drummondville Quebec which happened during the first weekend of July. It was an incredible event, an amazing track and the weather was perfect. Alberta racers did great and many placed nationally.

Also scheduled within the provincial series were the Alberta Summer Games, that were held in Okotoks. The event was very well organized, with 89 BMX racers between the ages of 12 and 15. The games also included time trials, giving riders the ability to compare themselves against different ages groups and the opportunity to push themselves without anyone else on the track. General feedback from those involved highlighted good sportsmanship and the camaraderie off the track regardless of the zone.

In August, 16 Alberta racers traveled to Glasgow, Scotland to compete in the UCI World BMX Championships. A highlight of the competition for Alberta was Stony Plain racer: Brady Mitschke who achieved the coveted 'W' plate. When he placed eighth in his age category.

Our BMX season concluded with Grands in Medicine Hat. The race weekend, once again, went very well and the highlight was definitely the impressive start hill. Another notable improvement was the awards night. The event ran extremely well, was on time and only lasted two hours.

The Alberta High Performance and Development Teams experienced turbulence this season. Changes were made to the coaching staff, parental involvement derailed proposed projects and some members left the team. Kiran Kawa was identified as the new Alberta coach and he quickly put a plan together to ensure the team had coaching and were involved in team building. There is a strong desire to build-up the Alberta teams with the goal of producing nationally competitive athletes. To do that, a holistic coaching program is being developed for next season that will include winter training, team building and other aspects of race preparation. Success will be achieved through the collaborative efforts of ABA BMX committee members, ABA staff, and Kiran.



## **VP WOMEN'S RACING REPORT FOR THE ALBERTA BICYCLE ASSOCIATION**

**Prepared by Erin Ruttan**

October 2023

Unlike what we were seeing last year for provincial events, 2023 had a decline in % of female participation across most events. However, this did not indicate a decrease in female participant numbers in all cases. We saw another huge gain on the track with female registration increasing by 40%, all of whom were participants under 18. Overall Track Provincials saw an increase of 86%. On the road we saw a decrease in female participation at provinces in the road race and the crit, however, in the TT female participation increase by 86% from last year with females making up 27% of the total registration. CX held consistent with 27% female participation and a slight overall increase in registration year over year. Similarly, mountain XCO saw a slight decrease in female participation % with a total number decrease consistent with that of the mens field.

On the sport development side we have seen a huge increase in the number of female youth participating in programs which is due to the incredible work of Petrina and those working to support her programming and projects. We have also seen an increase in female commissaires and female coaches. I have no doubt that this will translate to the continued growth of female participation and retention across disciplines.

Behind the scenes the ABA has made huge strides to support gender equity and diversity within our organization as well as broadly. Alberta continues to allow our membership to self-identify for regional events and clubs. The ABA continued to support 18 Afghanistan refugees who were rehomed in Calgary last summer. All these women found clubs to join and obtained licenses so that they could continue training for their national events.

Alberta women continue to make waves on the world stage, you can find a full list of amazing results by discipline in the VP Racing report.

I'm very proud of the work we have been able to take on as a board the last few years and I am looking forward to passing on a well-lit torch. I can't wait to see what our new board does in 2024.

## 2023 VP Racing Report for the Alberta Bicycle Association

Prepared by James Kendal, VP Racing

I would like to thank my fellow board and race committee members for volunteering and helping make the ABA a better organisation by providing valuable input and support for our association and the Office. I'm proud of the work that we have done and 2023 was a great season with improving participation numbers, athlete projects and additional support for youth racing by our race organisers, local clubs, track leagues and our High Performance Director Petrina Tulissi. The season had a great start with a road and MTB camp in Bragg Creek that saw over 70 youth participate, some of which were new to cycling. Racing statistics for Road, Track, MTB, CX and Gravel can be reviewed here [X 2023 ABA Race Stats.xlsx](#)

Our **Racing Committee** met consistently throughout the past year with no major changes other than the implementation of our Citizen Race Category. The previous year saw the committee debate the elimination of Category 5 and the approval of the Citizen category. I was **fortunate to be able to participate in many events this year as a race official and or, technical delegate and my overall observation regarding citizen was that road racing peloton sizes increased in Category 2, 3 and 4** which made for better racing for athletes and spectators but Citizen participation was minimal across the season. We did see a solid sixteen riders participate in the Hay City Road race citizen category in May and a number of those riders participated throughout the season. I do feel there is great potential for citizen with additional marketing efforts, reduced entry fees and more communication around the category, or performance, pathway.

Edmonton saw a repeat of Canadian National **Road, Time Trial and Criterium** Championships this past June with a partnership between *local club volunteers* and *Do North Events*. This event is a daunting undertaking and this year the Time trial course was safer with a better circuit away from vehicles, the Road Course was more challenging with a shorter course and harder finish and the criterium was exciting with the White Avenue course. Alberta Riders showed well, and, in particular, we took home the Junior Women's jersey two years in a row with Alex Volstand winning the road race and the previous year's winner Anabelle Thomas with the bronze medal.



**Road racing** numbers improved over 2023 with total race participation increasing by 12.75% over 2022 with 1654 riders registering compared to 1,467 in the previous season. The youth cohort and inclusion of combined U17/U15 categories helped increase seasonal numbers year over year and youth categories represented approximately 10% of registration numbers. I would highly encourage our organisers to continue to offer U17 and U15 races. Two new criteriums were added to the calendar with IGregari and Velocity partnering in July. For 2024 it will be important to cross reference non sanctioned events, like gran-fondos and gravel races, and take potential calendar conflicts under consideration when choosing dates.

**Alberta XC Mountain Biking** events are growing in event participation numbers. CABC added the Slither MTB race in Sundre and we had two of the traditional Alberta Cup races take place in June and August along with a Canada Cup. The Canadian Rockies 24 Marathon came back for the second year. Participation was solid and the Canada Cup had a number of out of Country athletes hunting UCI points attend the June race. Outside of organised Alberta Cup level events it is encouraging to see mid week MTB events taking place throughout the province. Grassroots mid week racing is amazing to see and will help build the numbers for the future. For 2024 we will have some additional MTB XCOs on the calendar. Total MTB registrations were up 20% over 2022 with 909 athletes registering.



### Local Midweek road, cyclocross and track racing saw good

participation with midweek racing. Cyclocross, as usual, sees the most in attendance but each year builds on the previous year.

**Alberta Cyclocross** racing is vibrant and our numbers continue to rebound. We haven't quite hit pre-covid numbers with numbers ranging from a low of 92 to a peak of 155 (Devon Provincials). In 2019 we saw a low of 88 to a peak of 183. Canmore hosted the 2nd annual Western Challenge which had increased out of province participation and a bid has been placed for the 2024 Western Challenge. Special mention to the Devon Bicycle Association for hosting Provincial championships on an amazing course!



**Track Racing** was exciting this year with a large youth cohort participating in midweek track leagues and our Provincial Track Championships participation doubled with 68 athletes attending.

**Gravel Racing** is a bit of an outlier with three events on the Calendar this year but participation numbers are generally quite high. 2024 will have some additional events on the calendar and it would be great to see a Albert Cup points series for gravel.

## Alberta Athlete Highlights<sup>1</sup>

- **Ngair Barraclough** raced the first ever Tour de l'Avenir Femmes for Team Canada. She will be racing for Canada at Pan Am Games on the track with Devaney Collier. Devaney raced the Pan Am Track Championships.
- **Kelsey Mitchell** won the sprint at the Track Nations Cup in Milton.
- **Jenaya Francis** raced the first ever Tour de l'Avenir Femmes for Team Canada and raced in Europe with the Grouwels-Watersley R&D Team for valuable race experience.
- **Alex Volstad** represented Canada at Junior Road Worlds, was the second placed Canadian finishing 40th of 98 starters. She was also on the Spring and Summer National team projects. She won Rd. Nats.
- **Anabelle Thomas** was on the Spring and Summer National team road projects. She finished 3rd at Rd Nats.
- **Kaden Colling** represented Canada on the Spring and Summer National team road projects and raced in Europe with Team Ignite, helping teammates to some good results. He came 3rd at Rd. Nats.
- **Anabelle Thomas** and **Kaden Colling** represented Canada at Junior Track Worlds.
- **Sidney McGill** currently hasn't finished below 4th this season. Was ranked 28th in the world in 2023.
- **Nico Knoll** finished 4th in the Canada Cup MTB series having only done 3 races vs those ahead of her having done 4-5 races.
- **Ella Myers** came second at MTB Nationals.
- **Mike Sametz** – bronze at para road worlds plus the whole Alberta team kicked butt at road nationals.
- **Kate O'Brien** silver at para track worlds.
- **Sarah Orban** will be leading a new women's team sprint team at Pan Am games after taking second at nationals in the Kieran and sprint
- **Mike Sametz** has been making a comeback in Men's C3 this year take bronze in the TT at worlds and will be attending Pan Am games.
- **Devany Collier** won the Gold medal at the Pan Am Games in Women's Team Pursuit
- **Sarah Orban** took home the Bronze at the Pan Am Games Women's Team Sprint

Masters athletes took home a pile of medals at track nationals, with gold medals and age group championship titles being:

- **Brent Baerg** (masters A) TT
- **Frank Kovacs** (Masters B) TT
- **Willy Gonzalez** (Masters A/B) points, (Masters A/B) scratch, (Masters A) pursuit

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<sup>1</sup> Provided by ABA High Performance Director Petrina Tulussi and VP Racing Erin Ruttan