



Annual General Meeting 2025

Hosted by Laura Chatham, Founder



AGENDA

1. *Introductions*
2. *Building Sustain Athletics*
3. *Your Input*
 - *Funding*
 - *Resource Priorities*
 - *Sustain Run Club*
 - *Other Thoughts?*





1. INTRODUCTIONS ~ *About Me*

Based in North Vancouver, BC

From Okanagan, BC

Current MSc Student (UBCO) • BSc Chemistry • Athlete

Coaching Experience

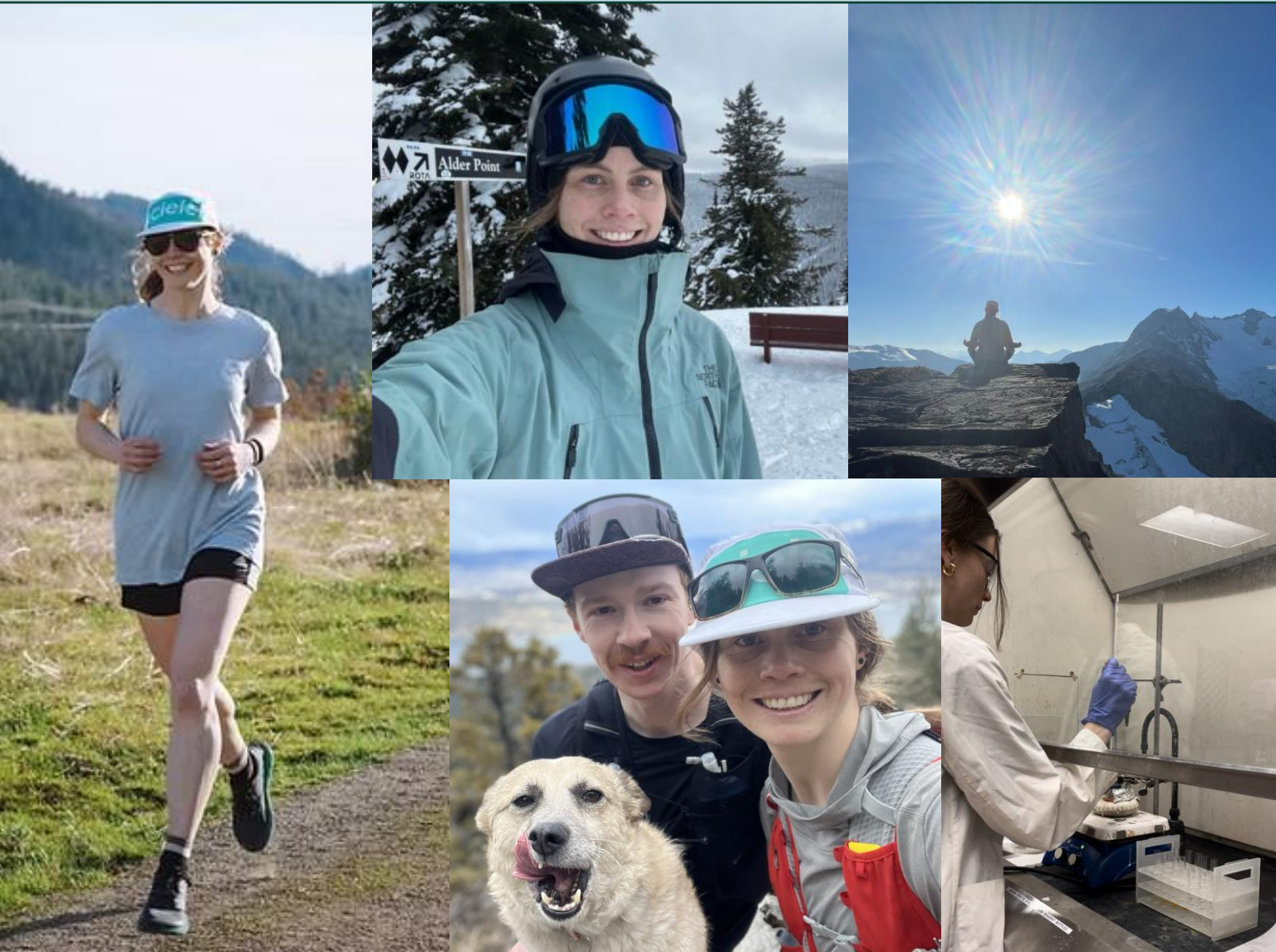
2024 – NCCP Club Coach Endurance (trained*)

2012-2020 – Silver Star Freestyle Ski Club

– Coach • Girls' Team Head Coach • Female Program Coordinator



1. INTRODUCTIONS ~ *About Me*



Trail Running
Climbing
Skiing
Yoga

Physical Chemistry
Hydrogen Energy



1. INTRODUCTIONS ~ *The Sustain Team*

Emma Mitchell ~ Run Club Organizer • Run Leader

Tara Berntzen ~ Social Media Extraordinaire • Run Leader

Brian Beulah ~ Run Leader

Katelyn Zomar ~ Run Support





2. BUILDING SUSTAIN ATHLETICS ~ *Est. 2023*

I began Sustain Athletics in 2023 to share my passion for trail endurance and environmental sustainability.

Goals: *Resource database • Coaching • Consulting*

Focus: *Trail Running • Hiking • Camping • Basic Nutrition*



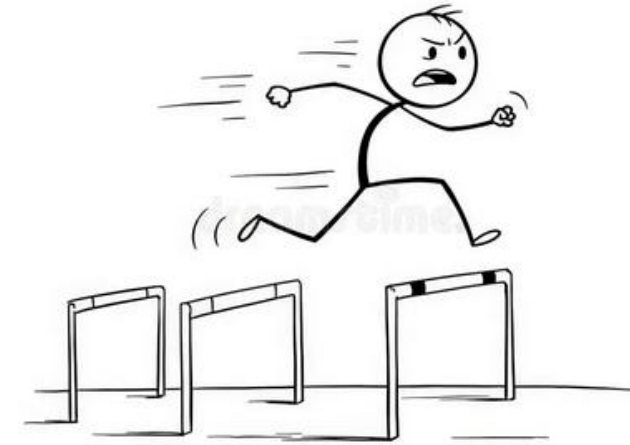
2. BUILDING SUSTAIN ATHLETICS ~ *Hurdles*

2023 – Registered business, NCCP Coaching Pathway,
Website, Workshops, Newsletters, MSc start

2024 – Sustain Run Club, Logo, Database, MSc Year 1

2025 – Move to North Vancouver, BC Ambulance, MSc Year 2,
Emma & Tara Continue Run Club, Run Leaders, Hats
~ *Hiatus!* ~

2026 – ???





2. BUILDING SUSTAIN ATHLETICS ~ *Future Plans*

2025 Nov-Dec

DATABASE | WEBSITE | GRANTS

2026 January

PATREON LUNCH | GRANTS | SPONSORS

WORKSHOPS | Zoom & In-Person

Monthly for Patreon members • Quarterly for the general public

2027...

DATABASE | WORKSHOPS | COACHING | CONSULTING



3. YOUR INPUT

QUESTIONS

- What would you want from a Patreon membership?
- What resources should I prioritize?
- How can I best support Sustain Run Club?
- Any other thoughts / comments / suggestions?



3. YOUR INPUT – *Funding*

Patreon Donations

\$5/month – extra resources, blog, monthly ‘Workshops’

\$9/month – ?

<https://www.patreon.com/c/SustainAthletics>





3. YOUR INPUT – *Resources*

My time is limited ~ right now, I need to put out media that is effective, entertaining, but doesn't take too much time.

IDEAS?

Written articles • Video • Podcast

Social Posts • Workshops



3. YOUR INPUT – *Sustain Run Club*

Will continue mostly as-is: Emma, Tara, & Brian taking charge.
I'll help with admin from afar.

The biggest changes will come as we gain more members and

~ *NEW: Run details only on Heylo* ~

~ *Run Leader Training – SPRING 2026* ~

~ *North Vancouver Run Club – SPRING 2026* ~

~ *Annual Run Trip??*~

THANK YOU!



SUSTAIN ATHLETICS