

**Minutes
Mayor's Council on Physical Fitness
February 10, 2010
Abilene City Hall
Basement Conference Room**

The Mayor's Council on Physical Fitness met on February 10, 2010 in the Basement Conference Room of City Hall, 555 Walnut, Abilene, Texas 79601. Pug Parris Chairperson was present and presiding. Mayor's Council on Physical Fitness members present were: Dennis O'Connell, Tanya Brice, Bill Horn, Joy Hedges, Mary Herron, and Karen Stover. Also present were Kayla Christianson, INFocus Digital; Tracie Patterson, Austin Elementary PTO; Barbara Boen, Kelley Messer, and Audria Hammond – City of Abilene Staff.

1. Call to Order

The meeting was called to order at 4:00 pm by Pug Parris, Chairperson.

**2. Minutes: Approval of Minutes of August 12, September 9,
October 14, 2009, and January 13, 2010**

On a motion by Karen Stover, seconded by Dennis O'Connell, the Council approved the minutes of the August 12, 2009 meeting.

On a motion by Tanya Brice, seconded by Bill Horn, the Council approved the minutes of the September 9, 2009 meeting

On a motion by Tanya Brice, seconded by Dennis O'Connell, the council approved the minutes of the October 14, 2009 meeting

On a motion by Tanya Brice, seconded by Bill Horn, the council approved the minutes of the January 13, 2010, meeting.

**3. Staff Liaison report (Boen)
a) Mentoring log to DSHS (January 2010)**

Barbara Boen, Staff Liaison presented the Mentoring Logs submitted to the Department of State Health Services for January 2010:

January, 2010

DSHS Contract Number 2008-027707, Program Attachment 001C
City of Abilene
Mayor's Council on Physical Fitness
Phase III Mentoring Activities

SECTION II PERFORMANCE MEASURES

Measure 1 – Mentor other cities by hosting representatives of those cities, answering their questions and providing follow up guidance and coaching via phone, email or fax regarding the development and implementation of those cities' Mayoral Fitness Councils and work plans.

- January 22, 2010, sent a congratulatory letter on behalf of the MCPF from Pug Parris, Dennis O'Connell and Barbara Boen to the seven current Phase I cities, Tri-City (San Juan, Alamo, Pharr), Nacogdoches, San Antonio, Sugar Land, Seagraves, Corpus Christi, Temple and a myfitnessabilene.com t-shirt, exercise stretch band, magnetic picture frame, refrigerator magnet and support sticker with thank you letter.

b) Invitation to Phase I Cities to the Mayor's 5K on April 10, 2010

Ms. Boen presented the invitation letter to be sent to the Phase I Cities for the Mayor's 5K Run/Walk Wheel scheduled for April 10, 2010. A registration form will be included with the letter.

4. Discussion on the following:

None

5. Discussion and possible action on the following:

- a) Favorite Fitness Activity of the Month February (*Brice*), March (*Rotenberry*), April (*Hedges*)**

February 2010

Ms. Brice reported that the February Activity scheduled at the Mall of Abilene was cancelled.

March 2010

The report on the March Activity was tabled as Liz Rotenberry was unable to attend the meeting.

April 2010

Joy Hedges gave an update of the Mayor's 5k Run/Walk/Wheel event scheduled for April 10, 2010. The event will start at 8:00 am instead of 8:30 am. The Family Fun Run will take place at the end of the event. The race will start and end at the Civic Center and will be chip timed again this year. Registration forms have a new look and a new logo. They are available on the City of Abilene website; on the active.com website; and can be picked up at City Hall. Information regarding the race is also available on the City of Abilene's Facebook site. She noted that five registrations have already been received for the event. Abilene Regional Medical Center will be the major sponsor for the event. Other sponsors include Hendrick Medical Center and IN-Focus Digital. First financial Bank will be contacted regarding sponsorship. To date \$2600.00 has been received from sponsors. Kris Dawson and Mica Jones of "Keep Movin' Fitness" and the Junior League will coordinate volunteers for the event.

b) Request for Support Austin Elementary Family Fun Run (*Fun Run Committee Member*)

Tracie Patterson, Austin Elementary PTO, presented the request for support for their Abilene Family Health and Fitness 5K Run/1.5 Mile Walk scheduled for 8:30 am on April 17, 2010. The event is designed to encourage families to exercise together and to raise awareness of physical fitness opportunities in Abilene.

On a motion by Tanya Brice, seconded by Bill Horn, the Council approved supporting the event by donating 5 cases of bottled water with the Mayor's Council on Physical Fitness logo. A registration booth for the Austin Elementary event will be set up at the April 10th Mayor's 5K Run/Walk/Wheel.

c) Establish a Mayor's Council on Physical Fitness Special Recognition Award (*O'Connell*)

d) Promoting fitness and promoting the Mayor's Council (*O'Connell*)

Dennis O'Connell spoke about establishing a Mayor's Council on Physical Fitness Special Recognition Award and ways of promoting fitness the Mayor's Council.

He stated that in addition to the activities already being done by the Mayor's Council, the Special Recognition Award would be a way of bringing even more visibility and awareness of the work of the Mayor's Council on Physical Fitness. He also requested the members think of additional ideas/ways to promote both fitness and the Mayor's Council. These items will be placed on the agenda for the workshop to be held later this year.

e) IN-Focus presentation re: sponsorship options on website (*IN-Focus Digital*)

Kayla Christianson, IN-Focus Digital, is the contract vendor for the maintenance of the myfitnessabilene.com website. She updated the members on utilization of myfitnessabilene.com. She stated that the website received 22 hits per day from visitors who have not used the site before. When seeking sponsorships, she recommended going to those companies and individuals who have provided sponsorship in the past. Ms. Christianson was invited to attend the next scheduled Marketing Sub-committee meeting and to bring additional ideas for sponsorship

Mary Herron left the meeting at 5:05 pm.

6. Set next meeting date

The next meeting date was set for Wednesday, March 10, 2010.

Tanya Brice left the meeting at 5:12 pm.

7. Adjournment

The meeting was adjourned at 5:12 pm because of lack of quorum.