

**Minutes
Mayor's Council on Physical Fitness
Regular Meeting and Workshop
September 8, 2010
Abilene City Hall
Basement Conference Room**

The Mayor's Council on Physical Fitness met on September 8, 2010 in the Basement Conference Room of City Hall, 555 Walnut, Abilene, Texas 79605. Dennis O'Connell, Chairperson, was present and presiding. Members present were Bill Horn, Cheryl Edgar, Pug Parris, Ron Richert, Deonna Shake and Joy Hedges. Also present were Barbara Boen, Kelley Messer, and Audria Hammond - City of Abilene staff.

1. Call to Order

Dennis O'Connell, Chairperson called the meeting to order at 4:08 pm after determining a quorum.

2. Minutes: Approval of Minutes of July 19 regular meeting and workshop and August 11 meeting

Minutes of the July 19, 2010 regular meeting and workshop and August 11, 2010 were tabled.

3. Staff Liaison report

a) Mentoring log to DSHS (August 2010)

Barbara Boen, Staff Liaison, presented the Mentoring Log submitted to the Department of State Health Services for August 2010.

Mayor's Council on Physical Fitness
Phase III Mentoring Activities
August, 2010

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.

- August 31 staff liaison Barbara Boen emailed the Phase I cities and included a photo about the August Friends of Fitness activity held at McMurry University on August 13. More than 350 people participated and collectively burned in excess of 184,000 calories.

She also noted that she has been contacted by the City of Sugarland, a Phase I City.

b) Hope Haven August 28, 2011 run event evaluation

Barbara Boen, Staff Liaison, presented the Event Evaluation Report from Abilene Hope haven for their 1st Annual Run for Hope along with a thank you letter for the donation of bottled water for the event. There were 112 participants.

4. Discussion and possible action on the following:

None

5. Discussion and possible on the following:

- a) Favorite Fitness Activity of the Month: August Friends of Fitness, September “Abilene on the Move” day/PE Announcements, October Miles for Miracles**

Favorite Fitness Activity of the Month August Friends of Fitness

Barbara Boen, Staff Liaison, reported that 357 people attended the Friends of Fitness event on Friday August 13, 2010 from 5:00 am – 6:00 am on the football field at McMurry University.

Council members present expressed their appreciation to Kris Dawson and “Keep Movin” Fitness for hosting the event.

Favorite Fitness Activity of the Month September “Abilene on the Move” day/PE Announcements

Barbara Boen, Staff Liaison, reported that plans are well underway for the “Abilene on the Move” day set for September 10, 2010. The press release has gone out. McMurry University, Hardin Simmons University, and Abilene Christian University will participate along with AISD elementary schools. City Hall employees will walk with Mayor Archibald at 10:00 am.

Favorite Fitness Activity of the month October Miles for Miracles

Bill Horn reported that the October Miles for Miracles Marathon event is scheduled for October 30, 2010. There have already been 357 to sign up. The marathon is a Boston Marathon qualifier.

b) Outstanding Fitness Volunteer program

Chair Dennis O’Connell informed the Council that the application for the Outstanding Fitness Awards will be on both the myfitnessabilene.com website under the Resources Tab and the City of Abilene website.

c) Marketing Team activity report

Chair Dennis O’Connell presented the Marketing Team Action Plan for Marketing 2010-2011. The primary focus will be the myfitnessabilene.com website maintenance and improvement.

d) Public Relations Team activity report

Pug Parris presented the Public Relations Team Activity Report. She presented pricing information for the purchase of \$1,000 worth of Mayor's Council t-shirts.

On a motion by Pug Parris, seconded by Chair Dennis O'Connell, the Council approved the purchase of 173 blue Mayor's Council on Physical Fitness t-shirts.

Names for Friends of Fitness volunteers should be submitted to Kris Dawson.

6. Set next meeting date

The next meeting date was set for October 13, 2010 in the Basement Conference Room of City Hall.

7. Adjournment

Chair Dennis O'Connell adjourned the meeting at 5:05 pm.

NOT YET APPROVED