

Minutes
Mayor's Council on Physical Fitness
March 9, 2011
4:00 PM
Abilene City Hall
Basement Conference Room

The Mayor's Council on Physical Fitness met on March 9, 2011 in the Basement Conference Room of City Hall, 555 Walnut Street, Abilene, Texas 79601. Chair Dennis O'Connell was present and presiding. Present were Bill Horn, Kris Dawson, Pug Parris, Ron Richert, and Deonna Shake, Mayor's Council on Physical Fitness members. Also present were Barbara Boen and Kelley Messer, City of Abilene staff.

1. Call to order

Chair Dennis O'Connell called the meeting to order at 4:04 PM after determining a quorum.

2. Minutes: Approval of Minutes of the July 19 regular meeting and workshop and August 11, September 8, 2010 and January 12 and February 9, 2011 regular meetings.

Approval of the Minutes of the July 19 regular meeting and workshop and August 11, September 8, 2010 and January 12 and February 9, 2011 regular meetings of the Mayor's Council on Physical Fitness were tabled until the April 13 meeting.

3. Staff Liaison report

Barbara Boen updated the Council on mentoring efforts to Phase I cities for February, 2011. Barbara also reminded the council members of Mayor Archibald's upcoming recognition of Chris Kyker during the March 24, 2011 City Council meeting for her contributions toward promoting physical fitness in the City of Abilene, and urged them to attend. The council chose to wait until the spring board appointments before adding any more events to the monthly events calendar. Barbara also asked the council for their submission of photos to use on the home page of myfitnessabilene.com.

4. Discussion and possible action items

a) Favorite Fitness Activity of the Month (February)

No Favorite Fitness Activity of the Month took place in February.

Favorite Fitness Activity of the Month (March)

Steam 'N' Wheels Bike Race: Deonna Shake reported a to-date sign up of over 70 people. This type of event has typically seen many people wait until the day of the event to register. The Mayor's Council on Physical Fitness (MCPF) donated 8 cases water for the event and has offered the use of the MCPF banner.

Mayor's 5K Run/Walk/Wheel (April)

Bill Horn distributed posters and registration forms for the 2011 event and asked members to display and make them available. Bill noted that this is the primary fund raiser for the council and urged all members to get involved by volunteering and participating. Volunteers need to be at the Civic Center by 7:15 a.m. for a meeting so they can be out on the course by 7:30 – 7:40 at the latest. Packet pick up hours on Friday evening April 15 have been extended to accommodate participants. Kris Dawson will coordinate the Keep Movin' Fit Camp volunteers, Kelley Messer will coordinate the Junior League volunteers, and Dennis O'Connell will coordinate with students from Hardin Simmons. To date the 5K has received a \$500.00 sponsorship from Hendrick and \$500.00 from another sponsor.

Disc Golf Day Camp (April)

Deonna Shake reported April 30th as the proposed date. Jay Reading, event organizer, wants to connect with the community. A hands-on free clinic to learn disc golf basics will be offered. Abilene was one of three cities (Lewisville and Live Oak are the other two) chosen for this project. Abilene was selected over the area cities of Lubbock and San Angelo.

Senior Jamboree (May)

Pug Parris will staff the MCPF booth at the Senior Jamboree from 8:30 a.m. until 11:30 a.m., and demonstrate the use of stretch bands. She would like for the Mayor's Council to donate stretch bands and water.

Mayor's Hike (June)

Pug Parris and Joy Hedges are this year's organizers. The event will be held on June 4th beginning around 8:00 a.m. at Lake Abilene.

b) Physical Fitness Leadership Award Committee

Dennis O'Connell asked the council to consider switching the nomination deadlines and award dates for the individual and group/organization recognitions. Pug Parris made the motion that the dates be switched. Bill Horn seconded and all members present approved. Dennis reminded members to submit their nominations for and organization/event by October 31.

c) Myfitnessabilene.com user contact

Contact of myfitnessabilene.com users is ongoing. The goal is to have all users contacted by the April 13 meeting.

d) Marketing Team activity report

Ron Richert said a new fitness business "Future Fitness Team" is about to open on N. 1st. Dennis O'Connell will contact them about becoming a user on myfitnessabilene.com.

e) Public Relations Team activity report

Pug Parris reminded the council about the upcoming Field Days at the AISD elementary schools. Last year the MCPF helped out by spending time with some of the classes or helping out with reading the morning announcements.

6. Set next meeting date

The next meeting date is Wednesday, April 13, 2011.

7. Adjournment

Chair Dennis O'Connell adjourned the meeting at 4:55 PM.