

**Minutes
Mayor's Council on Physical Fitness
March 6, 2013
4:00 PM
Abilene City Hall
Basement Conference Room**

The Mayor's Council on Physical Fitness met on March 6, 2013 in the Basement Conference Room of City Hall, 555 Walnut Street, Abilene, Texas 79601. Chair Bill Horn was present and presiding. Members present were Pamela Lofton, Kathy Owen, Deonna Shake, Cheryl Edgar, Randy Harriman, and Lindsay Edwards, Mayor's Council on Physical Fitness members. Also present were Barbara Boen, Cindy Chitwood, and Kelley Messer, City of Abilene staff.

1. Call to order

Chair Bill Horn called the meeting to order at 4:02 PM after determining a quorum.

2. Swearing in of new and reappointed council members

Barbara Boen swore in the following appointed and reappointed members:

Lindsay Edwards
Deonna Shake
Randy Harriman

3. Minutes: Approval of Minutes of January 9 and February 13, 2013 regular meetings

On a motion by Deonna Shake and seconded by Cheryl the Council approved the minutes of the January 9 and February 13, 2013 regular meetings.

4. Staff Liaison report

Barbara Boen, Staff Liaison, presented the following Staff Liaison report:

i. Chris Kyker Physical Fitness Leadership Award (individual)

The deadline for nomination forms, January 31, 2013, passed with no forms being submitted.

ii. Living Well/Health and Fitness Jamboree (May 17, 2013)

Group discussion regarding participation of the Jamboree occurred. Bill, Lindsay, and Deonna agreed to man it. Bill and Deonna will do the set-up.

iii. Promotional items bids/ordering

It was decided to table this agenda item until the next scheduled meeting due to time constraints and speakers in queue.

5. Discussion and possible action on the following items:

i. Update on Mayor's Council on Physical Fitness Facebook page activity

It is imperative that everyone gets on board and puts our Facebook page out there. We need to have as many "likes" as possible. Communications need to be regularly updated.

ii. Discuss Mayor's Council on Physical Fitness participation in 10th Annual Mayor's 5K Run/Walk/Wheel

- Anita Vigil, from Rose Senior Ctr, will be assisting in the future. She will be taking over some of the things that Joy Hedges used to take care of.
- She should be helping with items to "stuff the bags" with.
- There was a discussion about having a wheelchair division.
- We need to promote as much as possible; this is our only means of financing MCPF.
- Anita will take care of Police, Fire, EMTs.

iii. Request for Support

- **10th Annual Mayor's 5K Run/Walk/Wheel**
 - It was agreed to support the 5K with 17 cases of bottled water
- **Rescue the Animals 3rd Annual 5K Run/1 Mile Walk**
 - Mindy Qualls spoke, from Rescue the Animals
 - They are asking for support from MCPF for their annual RTA 5K
 - They assist the City Shelter with many things

- They are requesting 8 cases of bottled water and \$500 for promoting the event
- It was made clear that any funding that the MCPF contributes must go towards the race, to show the fitness aspect of it
- It was agreed upon to have the MCPF's logo on their race t-shirts
- Pam Lofton motioned to support, Cheryl Edgar seconded the motion, there were none opposed; motion passes to support the race with 8 cases of water and \$500 monetary donation

iv. Consideration of participation in Texas Department of Aging and Disability Services' "Age Well Live Well" program

- Ken Bomar spoke

v.

vi.

Mr. Horn suggested that the council take the time to read the "Age Well Live Well" packet by the next meeting in order to fully understand if the program fits the scope of this council.

Discussion and possible action were tabled until next meeting.

vii. Discussion on previous and up-coming events

Discussions were held regarding Abilene on the Move Day, Mayor's Hike, Turkey Trot (including growth numbers of 77 participants to over 1600 now), Jingle Bell Fun Run, Duathlon (which is still TBD), New Year's Run (approximately 25 participants this year), nothing scheduled in February, Keep Abilene Beautiful Disc Golf scheduled for March 23.

6. Set next meeting date

The next meeting date is Wednesday, April 10, 2013.

7. Adjournment

Chair Bill Horn adjourned the meeting at 5:08 PM.