



**Minutes
Mayor's Council on Physical Fitness
May 14, 2014
4:00 PM
Abilene City Hall
Training/Emergency Operations Center Conference Room**

The Mayor's Council on Physical Fitness met on May 14, 2014, at 4:00pm, in the Basement Training/Emergency Operations Center Conference Room of City Hall, 555 Walnut Street, Abilene, Texas 79601. Vice Chair Kathy Owen was present and presiding. Members present were Kari Williams, Deonna Shake, and Lindsay Edwards, Mayor's Council on Physical Fitness members. Also present were Cindy Chitwood and Stan Smith, City of Abilene staff.

1. Call to order


Vice Chair Owen called the meeting to order at 4:07 PM after determining a quorum.

Approval of Minutes of April 9, 2014 regular meeting

Ms. Shake made the **motion to approve the Minutes of the April 9, 2014 regular meeting**. Ms. Edwards seconded the motion; **motion carried**.

2. Events

i. Update of Events

- a. Board Members reviewed the Events Calendar and offered details to add. They were reminded to e-mail Ms. Chitwood of any new events/updates for the calendar, as well as sharing the information as to which organizations the events are benefitting.
- b. A review of the Mayor's 5/10K was conducted, with the following ideas/suggestions for the 2015 event:
 - Adjust the age groups: 12 & under, 13-19, 20-29, 30-39, 40-49, 50-54, 55-59, 60-64, 65-69, 70-

- Medals to be awarded to 1st, 2nd, 3rd place winners of each male/female age bracket, as well as overall male/female
- To send the overall male/female to the Capitol 10K, “MCPF sponsoring _____ and _____ at Capitol 10!”
- Instead of the medals having the date on them, have the ribbons include the date on them
- To have the warm-up prior to the race, like previous years (Just Move people, Jason from Zumba, Pug Paris, etc. as possible warm-up leaders)
- To keep the end of the race separated into 5 & 10K lanes, like this year
- To have recycle bins for empty water bottles
- Place maps of route in participant bags
- To try to have the fruit strips available to runners, as well as fruit again as in previous years
- To include a survey in runners packets in order to learn ways in which to make the event bigger and better each year
- Have a better organized volunteer briefing prior to race
 - Master list of volunteers with coordinating #'s on map for location
 - Each volunteer gets a copy of map & placement
 - Already have volunteers set for placement
 - More instruction, detailed, on responsibilities, i.e. advising runners to go around cones, not cutting them, etc.
- Ms. Chitwood will gather age bracket information from this year’s race and profit after invoices are all paid, and will have available for next month’s meeting

3. Discussion and possible action items

i. **Request for Support – Abilene Disc Golf Association**

There was not a representative present from the requesting organization. Ms. Shake advised the board of details regarding the association and the event.

Ms. Shake made the **motion to approve \$250 for event sponsorship, as well as 5 cases of bottled water for the event’s participants.** Ms. Edwards seconded the motion; **motion carried.**

ii. **Status of new board member recruitment**

Ms. Chitwood advised the board that we received bios for two interested applicants. She also informed them that we still will have one open chair even if these two were appointed, so if anyone they thought would be great additions, to have them submit their information still.

iii. **Election of Officers**

Ms. Edwards **nominated, and made the motion, for Ms. Kathy Owen to become Chair of the MCPF, as well as Ms. Kari Williams to take over Vice Chair.** Ms. Shake seconded the motion; **motion carried.**

iv. **MCPF's 2014 Goals**

Ms. Chitwood reminded board members to be brainstorming about 2014 MCPF goals to bring forward during June meeting. It is hopeful that we will have new members to swear in at the June meeting, so we should be able to set down our goals for the remainder of the year.

A couple of items discussed were:

- Abilene on the Move Day – try to accomplish having Abilene moving/ exercising/walking on September 10 at 10am for 10 minutes (on the 10th, at 10, take 10)
 - Have the schools participation, businesses, City of Abilene employees, the Mayor, etc.
- Request “wish lists” from schools to assist in funding items up to \$100-150, in an effort to help several schools to reach school-aged children, showing that the MCPF cares about their health and fitness, and staying active
- Possibly get involved with nursing homes and having chair exercise classes and other similar activities in order to reach that demographic

4. Next meeting date

The next meeting date is set for June 11, 2014, 4:00pm.

5. Adjournment

Vice Chair Owen adjourned the meeting at 5:14 PM.