



**Minutes
Mayor's Council on Physical Fitness
November 12, 2014
4:00 PM
Abilene City Hall
Basement Conference Room**

The Mayor's Council on Physical Fitness met on November 12, 2014, at 4:00pm, in the Basement Conference Room of City Hall, 555 Walnut Street, Abilene, Texas 79601. Chair Kathy Owen was present and presiding. Members present were Kari Williams, Deonna Shake, Lindsay Edwards, Jonathan Spencer, Angie Aguilar, and Heather Williams, Mayor's Council on Physical Fitness members. Also present were Cindy Chitwood, Leah Mazzarelli, and Stan Smith, City of Abilene staff.

1. Call to order

Ms. Chitwood welcomed and swore in newly appointed board members, Angie Aguilar and Jonathan Spencer.

Chair Owen called the meeting to order at 4:05 p.m. after determining a quorum.

Approval of Minutes of September 17 and October 15, 2014 regular meetings

Ms. Edwards made the **motion to approve the Minutes of the September 17 and October 15, 2014 regular meetings**. Ms. Shake seconded the motion; **motion carried**.

2. Events

i. Update of Events

- a. Board members reviewed the upcoming events on the calendar and added the HSU Turkey Day 5K for Nov. 22nd, the Christmas Lane Family Fun Run Glow Fun Run for Dec. 4th, the Annual Jingle Bell Run-Walk for Dec. 6th, although this event is in Ft. Worth, benefiting the Arthritis Foundation, and the Disc Golf's Ice Bowl will be coming up in January.
- b. There was discussion surrounding the Abilene on the Move Day. There was a little bit of disappointment in the fact that we were unable to get all

board members to assist in visiting the schools to distribute t-shirts and wrist bands for the kids. There was some disappointment that not all schools were open to the event, finding resistance from some of the offices.

It was discussed that for next year, if we try again, to after visiting with the Administration offices, try to meet with the P.E. Teachers of each school, have youth size t-shirts for them, offer other ways to communicate to the council of what each school did and offer prizes to most active of each school for free registration for Mayor's Race in the spring, and follow-up with the schools to gather the information if they do not reach out.

- c. Ms. Chitwood and Ms. Mazzarelli reviewed the details of the Mayor's Hike that took place on Saturday, Nov. 8, 2014. There were not any board members present for the hike, however, Leah Mazzarelli and Barbara Boen volunteered their time to assist, and Land Agent Travis McClure was there to ensure the hike went smoothly over the different owners' property. There were 76 total participants that walked the trail.
- d. Board members reviewed the Event Evaluation submitted by the Key City Hockey Association. Mr. Jonathan Spencer spoke up and said they were happy with the event, being their first one. He said he felt the participation may have been better if they hadn't been competing with so many different events in the Abilene area that day.
- e. Board members reviewed the Event Evaluation submitted by Big Brothers Big Sisters. Ms. Deonna Shake said it went really well, and they are pleased to see the growth each year for this event.

3. Discussion and possible action items

i. Request for Support

Board members reviewed and discussed the request sent by YMCA of Abilene, for their Resolution Run/Walk & 1 Mile Kids Fun Run, scheduled for January 1, 2015.

Ms. Shake motioned **to approve \$500 for event sponsorship**. Ms. K. Williams seconded the motion; **motion carried**.

ii. Mayor's 5/10K

Council discussed options for the 2015 event.

- a. Ms. K. Williams made the **motion to keep both the 5K and the 10K**. Ms. Shake seconded the motion; **motion carried**.
- b. After discussion of registration fees, Chair Owen made the **motion to carry the following registration fees:**

- **5K** **\$25**
- **10K** **\$25**
- **Kids 12 & Under** **\$10**

- f. Ms. H. Williams stated, "We've got to do something for the kids in 2015." The council agreed.
- g. Ms. Shake offered her ideas of educational sessions for parents and kids, where part of the time the parents and children are in separate groups initially for these sessions; however, then brought together for the last 30 minutes to an hour for play, parents/kids together.
- h. Ms. Shake said it would be nice to be able to donate pedometers to children.
- i. Toastmasters, Frisbee golf, a Fitness Day/Game Day were all mentioned as options.
- j. "How to eat healthy within a budget" was mentioned. Ms. Chitwood had actually pulled some items off of the internet and has been handing these types of material out to seniors and families at different events when manning MCPF tables at different events.
- k. Ms. Aguilar agreed with Ms. H. Williams about creating other opportunities for activity and fitness that don't involve running, such as different games where kids can be active, as well as teaching different exercises.

iv. Availability of Board Member Directory to members

- a. Ms. Chitwood had sent an e-mail requesting approval from all board members to allow distribution of contact information amongst board members. Approvals have all been received, and directory was reviewed for corrections. Ms. Chitwood will add the new information provided and forward the revised directory.

4. Next meeting date

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

5. Adjournment

Chair Owen adjourned the meeting at 5:30 p.m.