



**Minutes
Mayor's Council on Physical Fitness
January 14, 2015
4:00 PM
Abilene City Hall
Basement Conference Room**

The Mayor's Council on Physical Fitness met on January 14, 2015, at 4:00pm, in the Basement Conference Room of City Hall, 555 Walnut Street, Abilene, Texas 79601. Vice Chair Kari Williams was present and presiding. Members present were Angie Aguilar, Lindsay Edwards, Deonna Shake, Jonathan Spencer, Heather Williams, and Randy Harriman, Mayor's Council on Physical Fitness members. Also present was Cindy Chitwood, City of Abilene staff.

1. Call to order

Vice Chair Williams called the meeting to order at 4:01 p.m. after determining a quorum.

Approval of Minutes of November 12 and December 11, 2014 regular meetings

Ms. Edwards made the **motion to approve the Minutes of the November 12 and December 11, 2014 regular meetings**. Mr. Harriman seconded the motion; **motion carried**.

2. Events

i. Update of Events

- a. Board members reviewed the upcoming events on the calendar and added the City of Abilene's Annual Easter Egg Hunt, scheduled on March 28, 2015 at Action Zone, and Big Country ½ Marathon scheduled on August 29, 2015 at Nelson Park.

Vice Chair K. Williams suggested that MCPF have a booth at Action Zone during the Easter Egg Hunt event, to possibly have hand-outs such as ones with nutritional information, etc.

It was mentioned to bring the MCPF bracelets to hand out, and maybe have kids complete a quick activity, such as 10 jumping jacks, to receive one of the MCPF glow-in-the-dark bracelets.

It was mentioned that we could create a postcard-type handout to be given out to participants. Deonna offered that one side could say something similar to: "MCPF recommends these events to keep you and your family active:" and have a list of upcoming city-wide activities and events.

Ms. H. Williams mentioned also to maybe have on the postcard "Like us, share, & comment on our Facebook page your favorite sport &/or activity to have a chance to win"

Ideas for prizes that were mentioned were an Academy gift card, a 2-day pass to Action Zone, MCPF T-shirts, and a free entry for the upcoming Mayor's Race.

It was agreed to pass the postcards out at the entrance gate and place them in bags or baskets that the parents/children have with them.

Another idea was to use these new "postcards" as packet stuffers for any events board members are participants in, as well as the Mayor's Race and Mayor's Hike.

An idea was also mentioned about maybe having MCPF jersey-type shirts for board members to wear during events that they participate in.

Ms. Edwards made the **motion to have a MCPF booth at the Easter Egg Hunt event, along with pre-hunt activities for the kids.** Mr. Harriman seconded the motion; **motion carried.**

- b. Ms. Chitwood reminded new members to complete the Open Meetings Act and Public Information Act Trainings, and to submit their Certificates of Completion.
- c. Ms. Chitwood reminded members to submit their biographies and pictures for MCPF Facebook page.

3. Discussion and possible action items

i. Review of E-mail received regarding alternative fitness option, i.e. dance

Board members reviewed and discussed the above mentioned e-mail sent by Keegan O'Brien.

Ms. Chitwood explained that it was an informational addition to the agenda, that I had communicated to Mr. O'Brien that I would forward to the Board in order for them to consider alternative fitness options as they move forward with possibly creating new activities/events for, as well as promoting such in 2015.

ii. Mayor's 5/10K

- a. Ms. Chitwood informed the Board that she has uploaded the race information, map, and registration form to Active.com, runningintheusa.com, our Facebook page, and City's website.
- b. There was discussion about having a different design on the t-shirts, and everyone that spoke up agreed. I committed to working on a new design with Leah or the t-shirt company, and I'd come back with it for them to vote on. Everyone liked the idea of a charcoal/dark gray with white lettering and logo. The Board would like for me to try our MCPF logo without the words, and over the registration form's logo's lettering.

iii. **Goals for 2015**

- a. Deonna offered up the idea of sub-committees to ensure that the goals that are agreed on are worked on and come to fruition.
- b. The Board agreed to review all the goals that were suggested in the last held meeting and to come back to the next held meeting with their top two choices to get on a sub-committee to begin working on those events/activities.
- c. An addition to the goals that were mentioned during November's meeting, Ms. H. Williams opened up the idea of having a booth and activities at the annual Balloon Fest as well.
- d. Members requested that Ms. Chitwood create a Sign-Up Sheet for each event MCPF hosts and in which capacity volunteers are needed in order for board members to sign up as they are able to.
- e. Ms. Edwards made a **motion to table final decisions for 2015 goals, with the intent to come back with which sub-committees each board member would be interested in signing up for.** Ms. Shake seconded the motion; **motion carried.**

iv. **Abilene Recess Day**

Mr. Spencer said that his idea about Abilene Recess Day was in conjunction with Ms. Heather Williams' ideas regarding a "Fun Day" mentioned during last held meeting, and that maybe more details could be discussed during the next meeting when Goals are finalized.

4. Next meeting date

The next meeting date is set for Wednesday, February 11, 2015, 4:00pm.

5. Adjournment

Vice Chair K. Williams adjourned the meeting at 5:16 p.m.