

Mayor's Council on Physical Fitness and Health

Activity & Recreation Center (ARC)

1701 W. Ash Street, Columbia, Missouri

Thursday, March 5, 2026

Meeting Minutes

Members Present: Candace Rodman, Rob Walker, Susie Miller, Allicyn Allen, John Coleman, Lance Foulk, Cathy Dolles

Members Absent: Chris Harrison, Jamie Szabo, Leslie DeSha, Teresa Gooch, Mel Frieders

Members Absent (unexcused): Gwendolyn Jones

Staff Present: Tammy Miller

Call to order: Meeting called to order by Chair Candace Rodman.

Approval of Agenda: Agenda was approved on a motion by Walker seconded by Allen, motion passed 7-0.

Approval of Minutes: Minutes were approved on a motion by Walker, seconded by Coleman. Motion passed 7-0.

Treasurer's report: Higginbotham reported a balance of \$4318. One mini grant is not counted, so actual total would be \$3,800.

Old Business

Winter Well-Being Expo report

Final count attendance was 229, higher than last year. Farmers Market presence was valuable. The Expo was busy the whole time and attendees stayed a long time. About half the prize winners have picked up their awards. The Council discussed things to change for 2027, which include: making it mandatory to have an interactive booth to encourage participation, develop a new Google form and emphasize that the event is free. Council tentatively chose Feb. 27, 2027 for the next Expo, Tammy Miller will book the space.

Discuss Mayor's awards

Only four nominations have been received so far, two in the mentor category, one fitness and one behavioral health. Rodman asked if it was worth giving out four awards, or choosing a new date and trying to promote the awards to get more nominations. After discussion, the Council decided to reopen applications until May 1 with a new awards date on a Wednesday in June. Tammy Miller will check room availability. The Council discussed other ways to get the word out.

Bike, Walk and Wheel Week (Mayor's Mile and Breakfast station)

The Council has committed to serving breakfast at the station at Flat Branch Park on May 8. They discussed options of what to serve; the parfaits were popular last year. Rodman asked for volunteers. Volunteers will include Rodman, Walker, Susie Miller and Foulk.

The Council discussed the Mayor's Mile which is still up in the air. When the Mayor responds with the time that works best for her, then the group will plan the event.

General Comments by Public, Members and Staff

Coleman asked about promoting application for mini grants. July would be the deadline for the last grant of the year. The Council will promote the grants.

Next Meeting:

Thursday, April 2, 2026 at 4:30 p.m.

Meeting adjourned at 5:12 pm on a motion by Susie Miller, seconded by Allen.