

# Richland Fit Coalition Minutes

Monday, June 23, 2014

Richland County Health and Human Services - Conference Room A/B

5:30 – 6:30pm

1. Attendance: Connie Studnicka, Brett Iverson, Mallory Bender, Julie Whitney, Bob Johnson, Danielle Varney, Cindy Chicker, Henk Newenhouse, Dana Churchill and Sara Richie
2. Community Garden Update – We will be put on the Parks and Grounds Board meeting agenda. Shane Stibbe will be contacting us to let us know when that will be.
3. FITness Champion Update – Dana will be sending out the poll to vote for the August, September and October FITness Champions. As always, please place votes in a timely manner and please remember to nominate someone you know that is FITness Champion material. You can nominate people on our website or direct others to the website to nominate people. Cindy Chicker will be submitting an article for the July FITness Champion.
4. Richland FIT Buzz Article
  - a. Chelsea Wunnicke – July: Ocoochapalooza
  - b. Megan Dischler – August: Derby
5. Group Meet –
  - a. Weeknight Kayaking Meet-Up at Rockbridge – Pine River Paddle and Tube has offered a discounted rate for our group outings during the week.
    - i. **Sunday, July 13<sup>th</sup> and 27<sup>th</sup> at 2 pm** – Kayaking with Mallory Bender and Mike O’Leary – See Mallory for details.
    - ii. **July 17<sup>th</sup> at 5:30 pm** – Meet at Rockbridge
  - b. Moms on the Roll – Stroller Meet up group
    - i. Tanya will put some suggested times up on the Meet up site.
  - c. Walking Meet up –
    - i. Anyone can suggest a Meet up on the Meet up site. In fact, we encourage you to suggest and lead a meet up to get the community to get out and be active together. The group is called Be Active Richland Center. Go to, [www.meetup.com](http://www.meetup.com) to create your own free membership. (It is free to participate – only charges if you create your own group)

6. 4-H Richland Obstacle Course

a. **August 9<sup>th</sup>** at the Richland County Fairgrounds:

**Registration begins at 8:30 am and Races begin at 9:30 am.** For more information, please contact the Richland County Extension Office at (608) 647-6148. The event is free and the entry deadline is July 28<sup>th</sup>. This event is for students 4K through high school.

7. Other:

8. Next meeting date:

There will be no meeting in July – Will send out date for August meeting