

Date June 13, 2011

Communication from the Chair of the Park and Recreation Board regarding the proposed "Walk 100 Miles" program.

MOVED by _____ to receive and file.

Approved as to Form:

Ann DiDonato
Ann DiDonato
Assistant City Attorney

COUNCIL ACTION	YEAS	NAYS	PASS	ABSENT
COWNIE				
COLEMAN				
GRIESS				
HENSLEY				
MAHAFFEY				
MEYER				
MOORE				
TOTAL				
MOTION CARRIED			APPROVED	
_____ Mayor				

CERTIFICATE

I, DIANE RAUH, City Clerk of said City hereby certify that at a meeting of the City Council of said City of Des Moines, held on the above date, among other proceedings the above was adopted.

IN WITNESS WHEREOF, I have hereunto set my hand and affixed my seal the day and year first above written.

_____ City Clerk



Wednesday, June 08, 2011

Honorable Mayor and City Council Members:

The Des Moines Park and Recreation Board would like to invite City Council members to work with the Board on a "Walk 100 Miles with the Mayor" program. Mayor Frank Cownie heard from area resident Laura McConnell about this program in Nashville, Tennessee, and he encouraged us to look into hosting something similar to highlight Des Moines' trails and parks. Our Board thinks it's a great idea and would like to work with the City Council on this during 2012.

"Walk 100 Miles with the Mayor" was initiated in April 2011 by Nashville Mayor Karl Dean as a community-wide effort to encourage residents to improve their overall health by joining their friends and community in walking. The program consists of a series of 28 walks - ranging from two to ten miles in length - throughout Metropolitan Nashville/Davidson County parks and greenways, as well as in the state-owned Bicentennial Mall Park and Radnor Lake properties. Mayor Dean has challenged Nashville residents to walk 100 miles over a three-month period - walking on their own, in groups, or by joining the mayor in any of the special weekday and weekend events. The program's website allows participants to search for places to walk, advertises walking events and keeps track of each individual's miles walked. Those who meet the 100-mile goal will be invited to a July celebration in downtown Nashville. "Walk 100 Miles with the Mayor" is made possible through a partnership with NashVitality, an initiative of Metro Public Health Department's Communities Putting Prevention to Work campaign, funded by the U.S. Department of Health and Human Services.

The Des Moines Parks and Recreation Board recommends endorsement by the Mayor and City Council of a similar program for 2012 to be organized by the Park and Recreation Department. Our Board encourages City Council member participation in this program as a tool to promote our wonderful trail system as well as promoting health and wellness to our citizens.

Joe Galloway
 Joe Galloway, President
 Park and Recreation Board

Cc Donald Tripp, Director, Park and Recreation Department
 Richard A. Clark, City Manager