

RESOLUTION IN SUPPORT OF THE MCALLEN KIDS MARATHON

WHEREAS, the Monitor has joined with the City of McAllen, McAllen Independent School District and United Healthcare to promote healthy children; and

WHEREAS, encouraging children to be active establishes a routine that could stay with them throughout their lifetimes; and

WHEREAS, some of the benefits of physical activity for children include: improved cardiovascular fitness, maintaining a healthy weight, improved posture, better sleep, increased self-esteem and confidence, improved concentration, stronger bones and muscles, increased flexibility, and opportunities to make friends and enhance social skills; and

WHEREAS, the model for the McAllen Kids Marathon promotes physical activity throughout the fall. All children are invited to the free kickoff and to run the first mile together at 8 a.m. on Saturday, September 26 at the McAllen Sports Complex. Children then can log their miles by running or walking in PE class or at home. The children will come together once again on Saturday, December 12 to run the final mile together and receive participation medals; and

WHEREAS, during the inaugural McAllen Kids Marathon in 2014, 5,500 children and families attended the kickoff and about 500 children completed the marathon to receive medals. Sponsors and organizers hope to increase the turnout and completion numbers this year; and

WHEREAS, the goal is to promote physical fitness and a sense of accomplishment among youth by providing an opportunity for them to do something physically monumental as to complete a 26.2 mile marathon.

NOW, THEREFORE, BE IT RESOLVED that the Hidalgo County Commissioners Court does hereby support efforts to promote healthy children through the McAllen Kids Marathon that will be completed over the next 11 weeks beginning with a kick-off 1 mile walk/run on Saturday, September 26, 2015.

Approved this 15th day of September 2015.

RAMON GARCIA
County Judge

A.C. CUELLAR, JR.
County Commissioner, Pct. 1

EDUARDO "EDDIE" CANTU
County Commissioner, Pct. 2

JOE M. FLORES
County Commissioner, Pct. 3

JOSEPH PALACIOS
County Commissioner, Pct. 4

Attest: ARTURO GUAJARDO, JR.
County Clerk