



Rally at the Capitol Courtyard

Date: February 16, 2006

Time: 11:00 – 2:00

Location: Capitol Courtyard

Time	Particulars	Activity	Community Partners
8:30	<p>Start route from the Department of Education Bldg on Gaines</p> <p>Public assembly in preparation for the walk:</p> <ul style="list-style-type: none"> Participants will be asked to assemble by the Green Area to register Everyone is welcome, there is no cost to walk There will be warm up exercises provided by Premier Health and Fitness Club 	<ul style="list-style-type: none"> Walk and run Registration Warm up exercises 	<ul style="list-style-type: none"> Student athletes from Leon County Schools <p><u>Dignitaries:</u></p> <ul style="list-style-type: none"> Commissioner Proctor Mayor Marks Secretary of State SueAnn Combs Commissioner Wynn (Pending) Secretary M. Rony Francois (Pending) Dr. Sorensen (Pending) Nancy Humbard (Pending) John Eadie (Pending) Loranne Ausley Marti Coley Curtis Richardson Carmen Cummings for Senator Boyd <p><u>Community Partners:</u></p> <ul style="list-style-type: none"> AHCA American Heart Association Area Agency on Aging Capital Health Plan City of Tallahassee Parks and Recreation Coca Cola Bottling Co. Department of Elder Affairs Department of Education Department of Environmental Protection Florida Dietetics Association Florida Disabled Outdoor Association Florida Highway Patrol Florida Sports foundation Front Porch Community

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			<ul style="list-style-type: none"> • FSU Soccer Team • Leon County School Health Services • Leon County Health Department • Premier Health and Fitness • Tallahassee Senior Center • Tallahassee Police Department • Tallahassee Memorial/Diabetes Center
9:30	Student Athletes join the walkers. FSU Soccer and Students will hold the Step Up banner and walk toward the Capitol Courtyard.	<ul style="list-style-type: none"> • Walk 	See above
10:30	Walkers enter the front of the Capitol Complex (Duval side by the Dolphins)	<ul style="list-style-type: none"> • Dance • Martial Arts • Group Games/Activity • Individual Activity 	<p>Demonstration will be provided by the following:</p> <ul style="list-style-type: none"> • Kay Picart – Ballroom Dance • TCC Dance company – Interactive Dance • Alpha Upkudo Karate & Kickboxing • FSU Soccer demonstration • Florida Disabled - Outdoor Tennis • Tallahassee BMX • Tallahassee Disc Golf • Women’s World • Premier Health and Fitness – Yoga • Kelly Tucker and the 4th Avenue Tennis (Pending)
11:00	Walkers enter the Capitol Courtyard - Information fair at the Courtyard	Information Fair - Partner Tables	<ul style="list-style-type: none"> • Subway - Sandwiches • Crispers – Sandwiches • New Leaf – Health food • Publix – Fruit/Vegetable Platter • Coca Cola - Water • American Red Cross - Water • Capital Health Plan – pedometers • Leon County Sheriff’s Office (Interactive Display) • Tallahassee Fire Department – Fire Truck • Tallahassee Police Department - (SWAT Team Display) • Tallahassee Memorial Hospital/Diabetes Center/Premier Health and Fitness Club

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			<ul style="list-style-type: none"> • Golds Gym • TCC and Step, Leon Program (possible) • Kelly Tucker and Community Tennis Program • Walk to the Moon • Women's World • Florida Disabled Outdoor Association LCHD 75th • LCHD Mobile Health Center • Miscellaneous table for other displays
11:00	Demonstration at the Courtyard	Soccer Dance	<ul style="list-style-type: none"> • FSU Soccer • Ballroom Dance • Interactive Dance
Program at the Courtyard			
11:45	Opening Ceremonies of the Leon County Step Up Event	Welcome Legacy of Step Up Introduction of Dr. Francois	<ul style="list-style-type: none"> • Homer Rice
	Speaker – DOH and DOE	Challenge	<ul style="list-style-type: none"> • Dr. Francois and Commissioner Wynn (Pending)
	Speaker – Dept of Agriculture		<ul style="list-style-type: none"> • Commissioner Bronson (Confirmed)
	Speakers	Presentation of Proclamation	<ul style="list-style-type: none"> • Commissioner Proctor • Mayor Marks (Confirmed)
	Speaker		<ul style="list-style-type: none"> • Lt. Gov Toni Jennings (Pending)
12:30	Demonstrations	<ul style="list-style-type: none"> • Karate 	<ul style="list-style-type: none"> • Alpha Upkudo Karate and Kickboxing
12:45	Speaker for Childhood Obesity and healthy living		<ul style="list-style-type: none"> • Deputy Chief Proctor representative • Sgt. Gaines - LCSO representative
12:55	Demonstration	<ul style="list-style-type: none"> • Square dance 	<ul style="list-style-type: none"> • Gretchen Everhart
1:15	Demonstration		<ul style="list-style-type: none"> • Florida Disabled Outdoor Association
	May have a few comments or just show up to be recognized in the crowd		<ul style="list-style-type: none"> • Florida Representative Curtis Richardson (Confirmed) • Department of State SueAnn Combs (Confirmed)
1:35	Demonstration		<ul style="list-style-type: none"> • Jack Gater Community Center - Senior exercise demonstration
1:50	Closing Remarks		<ul style="list-style-type: none"> • Homer Rice
1:55	Cheering Demonstration	Cheer leading	<ul style="list-style-type: none"> • Grethen Everhart
2:00	Continue walk to the Wakulla County line		<ul style="list-style-type: none"> • FSUS Athletes • Tallahassee/Leon Bike & Pedestrian

Time	Particulars	Activity	Community Partners
Other Events			
2/15	DOH CCOC Event		•
	DOE Event		•
	Boys and Girls Club		•
<p>In an effort to promote sustainability and the Step Up themes, we will follow Brevard CHD leadership in working with the Schools. Following BCHD's lead, we, the LCHD will also invite all private and public schools to have a sustainable Step Up Event for their schools. We may not be able to have the all the schools participate for our event, but a good idea should not have a deadline. We will continue to invite the schools until after our event and after February. Hopefully, we can have all the schools in Leon County, STEP UP!</p>			

Special Thanks to:

Subway
 Publix
 Crispers
 Coca Cola
 Leon County Health Department Staff
 Bureau of Chronic Disease – Florida Dept. of Health