Local Government gets behind 2010 Pollie Pedal

The 2010 Diabetes Tasmania annual polliepedal bike ride was an outstanding success and, this year, saw even greater participation from Local Government.

The polliepedal event brings politicians from all tiers of government together with interested riders and sponsors as they raise funds for Diabetes Tasmania. The event also raises public awareness of diabetes and its impact on individuals and the community. Polliepedal 2010 raised $25,000, which will be used to support statewide education programs as well as our Camps Program for children diagnosed with type 1 diabetes.

This year’s ride featured the picturesque North-West Coast and Meander Valley regions, which earned many admiring comments from our interstate riders. Mayor Lyn Laycock officially launched polliepedal 2010 at East Devonport Primary School where she spoke briefly on some of the bicycle friendly initiatives being pursued by Devonport City Council.

After leaving Devonport, the riders headed along the coast to Leighlands Christian School, where students interacted with the riders. After lunch at Penguin, the riding got really serious with riders confronting a number of very large hills and enjoying the relief of the corresponding downhills.

The first night was spent at Wings Wildlife Park and riders experienced a night Cave Tour at Gunns Plains, after which they rested up and prepared for the challenges that day two would bring. Following a tour of the Mural Town of Sheffield, the riders were joined by Mayor Don Thwaites for lunch at the Sheffield RSL.

The second night was spent at Deloraine and on day three, riders enjoyed much flatter terrain as they rode into Seaport at Launceston via Quarmby and the old highway before a welcome by Mayor Albert van Zetten. During the event, participants were also joined by Mayors Mike Downie, Bertrand Cadart and Mark Shelton. Diabetes Tasmania would like to thank all the participants for making a difference for those in our community living with diabetes and all those at risk of the disease.

Tasmanians Urged to ‘Walk or Cycle there Today’

Tasmanians are being encouraged to embrace active transport options like walking and cycling in the latest phase of the ‘Find thirty. It’s not a big exercise®’ community awareness campaign, coordinated by the Premier’s Physical Activity Council.

The campaign aims to increase the number of Tasmanian adults undertaking the recommended amount of physical activity for good health, recommending that adults participate in at least 30 minutes of moderate intensity physical activity on five or more days of the week to maintain a healthy lifestyle. With only three out of every 10 Tasmanians currently achieving this level, there is still room for improvement.

Two of Tasmania’s new Physical Activity Ambassadors, Mersey MLC and Mayor of Latrobe Mike Gaffney, and Secretary of the Department of Economic Development, Tourism and the Arts, Mark Kelleher, appear in recently launched community service announcements walking and cycling as a form of active transport, encouraging more Tasmanians to “walk or cycle there today”.

The community service announcements are being aired on Southern Cross and WIN Television. More information about the campaign is available from www.getmoving.tas.gov.au.
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