



polliepedal'09

### When

Friday 27 February - 1 March 2009

### The Route

polliepedal'09 will be held in the south of Tasmania.

### Why is Diabetes TASMANIA involved?

Diabetes poses a major public health risk to all Tasmanians, which in turn presents significant social and economic costs to the Tasmanian community. Diabetes is a chronic disease with serious and potentially lethal complications. It affects approximately 7.8% of Tasmanian adults aged over 25 years. An average of 7 people living in Tasmania are developing diabetes each day and 15 Tasmanians per day are progressing from being overweight to obese. In addition research shows that most Australians don't think diabetes is serious and believe that they have a lower risk of developing the disease than they actually do. This event provides an excellent opportunity to increase the awareness of diabetes and to assist **Diabetes TASMANIA** in its health promotions activities.



polliepedal'09

### General Rider Entry

Entry form for all riders other than politicians and sponsors

#### Day 1 moderate

The start will be in Hobart with the route going through the eastern shore area to Sorell and Richmond.

Distance approximately 100kms.

#### Day 2 challenging

The riders will leave Hobart on the Channel Highway south to Tarooma, Margate, Woodbridge then to Cygnet and finishing at Huonville where riders and bikes will be picked up to be transported back to Hobart. Distance approximately 93kms.

#### Day 3 moderate

The final day's route will take the riders from Hobart to New Norfolk via the Boyer Road and will return to Hobart via the western shore.

Distance approximately 100kms.

The riders will visit schools, nursing homes and community centres along the route as part of the promotion of the event. Side trips to vineyards and other places of interest will also be included.

### Aim of Polliepedal

- To provide funds which will assist **Diabetes TASMANIA** to carry out its education, awareness and community health promotion activities;
- To raise community awareness of the risk factors associated with diabetes;
- To demonstrate that physical activity can be fun for all; and
- To provide an event which maximises fun for all participants.



88 Bathurst Street  
HOBART TAS 7000  
**1300 136 588**  
Fax: 03 6215 9099

64 Cameron Street  
LAUNCESTON TAS 7250  
Phone: 03 6333 0233

[www.diabetestas.com.au](http://www.diabetestas.com.au)



Together we can turn diabetes around

