



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 promotion activities.



polliepedal'09

Sponsor's Rider Entry

Entry form for all riders other than general entry and politicians

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 bussed back to Hobart. Distance approximately 93kms.

Day 3 moderate

The final day's route will take the riders from Hobart to New Norfolk.

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'09

- 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.



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Together we can turn diabetes around

What is Polliepedal?

The National Polliepedal is an annual long distance bike ride held throughout Australia to raise money for various charities. The event has been running for the past 12 years and brings politicians from all parties together along with other interested participants to raise much needed funds and awareness for the nominated charities.

Polliepedal in Tasmania

In March 2006 Diabetes TASMANIA, in collaboration with the office of Senator Guy Barnett, held the inaugural Tasmanian Polliepedal. The close and ongoing working relationship between the organisation and Senator Barnett has ensured the success of the event in the past and will continue to do so into the future. In the past three years Polliepedal has raised over \$120,000 for use in diabetes education and community awareness activities within Tasmania.

polliepedal'09 will be held in the southern region of Tasmania. The event will comprise three days of riding visiting the beautiful Coal River, Derwent and Huon Valley districts.

Accommodation will be at one location in Hobart for the duration of the event, riders being bussed where necessary.

We expect another good turnout and we obviously are hoping for increased levels of both funds raised and awareness of the risks of diabetes. The event will be held over the weekend of 27 February and 1 March 2009.

Participants in the previous Tasmanian Polliepedals have enjoyed what Tasmania has had to offer in the featured regions, and 2009 will be no different with detours made to enjoy wineries and the other points of interest which make the south a special part of Tasmania.

An event for everyone

You are invited to participate in this event at the level you feel most comfortable. For example you may like to ride for half an hour at your own pace then join a visit to a winery or school. You can select the segment of the journey that suits you. Whatever the level of your contribution, your attendance and participation will be most warmly welcomed and appreciated.

Sponsor's Rider Registration Form

Please select the stages of the event that you wish to participate in:

Date	Participation Days	Route	Select
27/2/09	One day only – Friday	Hobart to Richmond to Hobart	
28/2/09	One day only – Saturday	Hobart to Cygnet to Hobart	
1/3/09	One day only - Sunday	Hobart to New Norfolk to Hobart	
27 - 28/2/09	Two days – Friday/Saturday	Hobart Stages 1 & 2	
28/2 - 1/3/09	Two days – Saturday/Sunday	Hobart Stages 2&3	
27/2 – 1/3/09	All three days	Hobart Stages 1, 2 & 3	

Name of rider:
 Company:.....
 Position:
 Address:
 Email:
 Telephone: (Bus.) (Mob.)
 Emergency contact name and telephone:

Please indicate if you require accommodation to be booked Yes No
A discount will apply to the registration fee if you wish to book your own accommodation.

Special Dietary Requirements:

Please complete and post/fax by 1 February 2009 to:
 Diabetes TASMANIA, GPO Box 827, Hobart, 7001 Fax: 03 6215 9099

To make a donation to Diabetes TASMANIA please fill out the following:

Donation \$.....
 TOTAL \$.....

Cheque / Money Order / Bankcard / Mastercard / Visa Card No


Expiry Date: / /
 Cardholder's Name:
 Cardholder's Signature:.....

Please read and sign the declaration on the next page.

IMPORTANT – All riders must read and sign this page Declaration

I (print full name)

of (address)

agree to the foLLowing as a condition of participating in **polliepedal'09**.

I acknowledge that:

- I participate in the **polliepedal'09** at my own risk. I will take all reasonable measures to protect myself from the risks of participation.
- I am responsible for all property I use during the **polliepedal'09** and that Diabetes TASMANIA accepts no responsibility for any loss or damage to such property.
- I will comply with all reasonable directions and decisions of the officials, and other representatives of Diabetes TASMANIA.
- I release Diabetes TASMANIA (and their directors, officers, employees, volunteers, contractors or agents) from any liability (to the extent permitted by law) for any loss, injury or damage suffered in relation to my attendance and participation at the **polliepedal'09**, howsoever caused, including any negligence or another act or omission of Diabetes TASMANIA (or their directors, officers, employees, volunteers, contractors or agents).
- To the best of my knowledge, I am not suffering from any condition that would prevent and/or render me unfit to participate in the **polliepedal'09**.
- I give permission for Diabetes TASMANIA to use any photographic images or video footage of myself acquired during the event to report on or promote the event in the future.

I, being the competitor, have read and agree to these terms and conditions.

Signed:

Date: / /

Signature of Witness:

Name of Witness: