

Physical Activity Events Calendar for 2008

JANUARY

Cadbury Glass and a Half Marathon

This is the 25th Anniversary of this 42.2km and 21.1 event. Starts 6.00am for the Marathon and 7.00am for the half marathon from Cadbury's Factory, Claremont.

For further details contact Athletics Tasmania on 6234 9551, by email info@tasathletics.org.au or visit the website <http://www.cadburymarathon.com.au>

Derwent Valley Australia Day/Bicentennial Fun Run and Walk – 26 January 2008

Three distances 10km, 5km and 2km (under 14 year olds). Starts 11am at the Esplanade in New Norfolk. Nearly all the course is off road and near the Derwent River. After the event stay for the Australia Day BBQ.

For more information please call Stan Harrex - 6261 1689, David Cresswell - 6247 9793 or Danny Byas- 6243 6932 or visit <http://www.coolrunning.com.au/users/calendar/2007/2007e124.pdf> for an entry form.

FEBRUARY

Cradle Mountain Ultra

6am start at Waldheim, Cradle Valley at the northern end of Cradle mountain/Lake St Clair National Park, finishes at Cynthia Bay at southern end of the park. Distance of approx 82km of tough mountain trail running with lots of bog! For more information contact Sue Drake by email sue.drake@trump.net.au or visit the website <http://www.cradle.ultraoz.com>.

Hobart International Triathlon – 17 February 2008

The 2008 Hobart International Triathlon is part of the Triathlon Australia (TA) National Triathlon Series. The Hobart event is the Australian Sprint Championships for Elites and ITU Juniors as well as being the Trans Tasman Challenge for the ITU Juniors.

The course will take in the much of the city's historic waterfront and CBD including Battery Point. The transition will be located at Princes Wharf adjacent to the famous Salamanca Place and directly in front of Parliament House.

For further information call Race Director Kerry Stubbs on 0433 096657 or visit www.t3events.com.au

MARCH

Corporate Triathlon Series, Hobart – 16 March 2008 and Devonport 23 March 2008

This event is an opportunity for workmates to participate in a social activity outside of the workplace while promoting a healthy, active lifestyle. The best thing about a triathlon is that anyone can do it! The Hobart event is held at Nutgrove Beach Sandy bay and the Devonport event is held Victoria Parade, Devonport.

For further information visit the website www.t3events.com.au

APRIL

Pace Financial Services 25th Annual Round the River Community Fun Run and Walk - 20 April 2008

Hosted by Eastern Suburbs Athletic Club.

For further information please contact - Dee Atkinson by email rowdee_9@bigpond.net.au
or visit the website www.easternsuburbs.org.au.

MAY

Walk Safely to School Day – 2 May 2008

Walk Safely to School Day is an annual initiative developed by the Pedestrian Council of Australia to encourage parents and carers to walk to school with primary-aged children with a view to reinforcing safe pedestrian behaviour and instilling healthy lifestyle habits at a young age.

For further information visit www.walk.com.au

City to Casino Fun Run – May 2008 (date to be advised)

The City to Casino Fun Run is Tasmania's most prestigious fun run. It regularly attracts over 2 600 participants from across Tasmania.

For further information contact Athletics South via email Athletics_South@bigpond.com

JUNE

Medibank Private Active Towns Awards Nominations – June 2007 (date to be advised)

The Medibank Private Active Towns Awards are an initiative of the Premier's Physical Activity Council in conjunction with Medibank private. In 2006, total prize money of

\$27 000 went up for grabs across 10 categories to acknowledge and support active communities and schools, and to promote the importance of physical activity for all Tasmanians.

For further information about the Medibank Private Active Towns Awards please call the Premier's Physical Activity Council on 1800 252 476 or visit www.getmoving.tas.gov.au.

JULY

National Diabetes Week – July 2008 (date to be advised)

Diabetes Australia will be engaging in a number of promotional activities as part of National Diabetes Week.

To find out what is happening in your local area visit www.datas.org.au or call Diabetes Australia on 1300 136 588.

AUGUST

National Healthy Bones Week – August 2008 (date to be advised)

Osteoporosis Australia promotes this event with a special focus for the week on osteoporosis awareness nationally and internationally. The advantages associated with good nutrition in contributing to healthy bones are highlighted.

For further information visit www.osteoporosis.org.au

Winter Challenge – 24 August 2008

This event will be held at Franklin, 40 minutes south of Hobart. The course outline is: 10km run, 18km mountain bike, 37km road cycle and 12km kayak (flat water). The course is a 'clover leaf' design with all transitions occurring on the Franklin foreshore.

For more information visit <www.winterchallenge.com.au>

SEPTEMBER

The Giant Walk – 1 September 2008

Be part of a Guinness World Record attempt for the most number of people walking simultaneously for at least 1 km.

For further information visit <www.thegiantwalk.com.au>

Ross Marathon – 7 September 2008

Enjoy being active this Father's Day in Ross. Bring the family along and participate in an event that suits you.

- Marathon (42.195 km)
- Half Marathon (21.1km)
- 10km Run and Walk
- Children's Fun Run Challenge

Get Moving Tasmania

Premier's Physical Activity Council www.getmoving.tas.gov.au



For more information contact Casey Mainsbridge on 6324 3471 or 0439 381 927 or email casey.mainsbridge@utas.edu.au

OCTOBER

National Walk to Work Day – 3 October 2008

The Pedestrian Council of Australia is encouraging all Australians to leave the car at home and to walk to work. Supported by all the states and territories, the aim of the initiative is to promote better health, cleaner air, less traffic and improved transport.

For further information visit <www.walk.com.au>

Meander Valley 8 Fun Run and Walk – 12 October 2008

The Meander Valley 8 Fun Run and Walk will be held at the Deloraine Showgrounds 12 October 2008. With lots of different categories and prize money to be won. For further information call Rob Gillard on 0447 006 044 or visit <<http://www.eventssouth.com.au>>

Ride to Work day – 15 October 2008

Ride to Work Day has become an established event on the annual workplace calendar and it has now expanded to become a national event.

For further information on Ride to Work Day in Tasmania call Cycling South on 03 6273 4463 or visit www.cyclingsouth.org

Burnie Ten – 19 October 2008

2008 sees the 24th annual running of the Skilled Burnie Ten, Australia's premier 10km road race. Promoted as a race for seasoned athletes and newcomers alike, exceptional views throughout the course are a highlight of the race.

Further information call 03 6430 5700 or visit www.burnieten.com.au

National Nutrition Week – 12 – 18 October 2008

Nutrition Week is a national campaign conducted by Nutrition Australia every year to coincide with World Food Day. The aim of the National Nutrition Week is to raise the

awareness of the importance of healthy eating for optimal health in the community. Each year a new theme is promoted for Nutrition Week.

Further information can be obtained by visiting www.nutritionaustralia.org

NOVEMBER

Get Walking Tasmania Week, 5 – 12 November 2008

Get Walking Tasmania Week is a state-wide initiative of the Premier's Physical Activity Council and is coordinated by the Heart Foundation. Get Walking Tasmania Week encourages all Tasmanians to get walking and stay healthy.

Visit the Get Moving website www.getmoving.tas.gov.au or contact the Heart Foundation for more information.

Information Forum for Local Government – 21 November 2008

The Premier's Physical Activity Council invites local government officers to attend a free information forum, specially tailored for Tasmania local government. The forum will showcase health and wellbeing initiatives to support local government to get involved with physical activity from a variety of perspectives, such as policy, planning, infrastructure and programs.

To register for this free event, please RSVP to businesspoint@development.tas.gov.au or phone 1800 440 026 by Monday 17 November 2008. Registration is essential. [Click here](#) for further information about the event.

Point to Pinnacle – 23 November 2008

A journey between two Tasmanian iconic locations, the man made Wrest Point and the stunningly majestic, natural, Mount Wellington and its surrounding tracks and amazing views. Where you can see (given reasonable weather) the finish from the start and the start from the finish 21km and over 4 000 below on the banks of the mighty Derwent River.

Further information can be obtained by calling 03 6233 5709 or visit the website http://events.dtpa.tas.gov.au/Events/Controller/view_event.asp?id=227

Run or Ride the Ridge – 29 November 2008

Here's your chance to run, ride or walk through Tamar Ridge's beautiful vineyards. Starting at 5pm (twilight) it will be a great evening of races followed by wine, food, live music, coffee and entertainment. So bring along a picnic blanket and enjoy the evening.

There will be:

Kids or walkers 2.5km through the vineyard

10km runners through the vineyard

Plus for the first time this years a 13 km or 40 km mountain bike race

For more information go to www.runtheridge.com.au

Bruny Island Jetty to Lighthouse 64km – 29 November 2008

Enjoy the ferry trip to the start, then the fantastic ocean and rural scenery as you run along nice quiet roads. An event for solos and teams and a weekend away for family and friends.

For more information contact Paul Risley 0427 517 737 or email riz5@netspace.net.au

Upcoming Events

National Family Doctor Week

Walk Against Want