



2010 Physical Activity Events Calendar

	Date	Event	Location	Contact
JANUARY	3	2009-2010 MyState Financial Triathlon Series Race #1	Seven Mile Beach	www.triathlonsouth.com.au Ph: 0488 724 523
	10	Cadbury Glass and a Half Marathon	Cadbury's Factory, Claremont	www.cadburymarathon.com.au Ph: (03) 6234 9551
	11-22	Launceston Sports Week	St. Patrick's College, Launceston	www.activelaunceston.com.au/group.aspx?id=58 Ph: 0408 194 853
	17	TRI South 2009-2010 Triathlon Series Race #2	Seven Mile Beach	www.triathlonsouth.com.au Ph: 0488 724 523
	24-31	Healthy Weight Week	State-wide	www.healthyweightweek.com.au Ph: 1800 812 942
	26	*A day on the beach	Kingston Beach	www.adayonthebeach.asn.au Ph: 0451 468 218
	26	2009-2010 MyState Financial Triathlon Series Race #2	Latrobe	www.triathlonsouth.com.au Ph: 0488 724 523
	26	Australia Day 2km (u/14), 5Km and 10Km Fun Run	New Norfolk	http://www.easternsuburbs.org.au/ Ph: (03) 6244 2766 Email: jg2464@bigpond.net.au
FEBRUARY	3	Health and Wellbeing Expo with the Tassie Hawks	Kangaroo Bay, Clarence Aurora Stadium, Launceston Hellyer College, Burnie	www.hawthornfc.com.au Ph: (03) 9535 3069
	7	2010 Hobart Run the Bridge 10km fun run/walk	Hobart	www.hobartrunthebridge.com.au Ph: (03) 6244 6744
	14	2009-2010 MyState Financial Triathlon Series Race #3	Hobart	www.triathlonsouth.com.au Ph: 0488 714 523
	20	Corporate Triathlon	Nutgrove Beach, Sandy Bay	www.justtriiit.com.au/e-Corp-tas.html Ph: (03) 6244 6744
	20	Kidfit Triathlon Series	Ulverstone	www.justtriiit.com.au/e-Kids-tas.html Ph: (03) 6244 6744
	21	Summer Survivor Multisport	Kingston Beach	www.summersurvival.com.au/ Ph: 0400 840 101 or 0424 677 839
	21	Nile 10 Mile (16km) and 5km run/walk and kids 1km race	Evandale	www.eventssouth.com.au Ph: 0447 006 044 Email: rob_gillard@hotmail.com
	22	Festival in the Park Swim & Run	Anzac Park, Ulverstone	Ph: 0433 096 657
	24	Men's Health Expo	Geeveston Community Hall	www.huonvalley.tas.gov.au/site/page.cfm?u=548&c=3287 Ph: (03) 6297 1616
	27-28	Relay for life	Domain Athletics Centre St. Leonard's Athletic Centre	http://tas.relayforlife.org.au Ph: (03) 6233 2030
	28	The Four Beaches 50km trail run	Greens Beach	http://www.aura.asn.au/FourBeaches.html Ph: 0419 609 696 Email: peter@pbrunning.com.au
MARCH	6-8	Cradle to Coast Ultra Challenge	Cradle Mountain to Salamanca Place	www.tasultra.org/ Ph: 0438 687 302
	6-14	State Bike Week	State-wide	www.cycleinstead.org.au Ph: (03) 6233 3701
	7	All Aerobics Triathlon		www.allaerobics.com.au Ph: (03) 6234 4700
	13	Relay for life	Scottsdale	http://tas.relayforlife.org.au Ph: (03) 6233 2030
	14	2009-2010 MyState Financial Triathlon Series Race #4	Beauty Point	www.triathlonsouth.com.au Ph: 0488 724 523
	14	41 Degrees Women's 5km Run/ Walk	Launceston	http://www.womens5k.com/ Ph: (03) 6331 2275 or 0447 006 044
	20-21	Relay for life	Penguin	http://tas.relayforlife.org.au Ph: (03) 6233 2030



MARCH cont'd	21	Burnie Triathlon	Burnie	www.cradlecoasttm.blogspot.com Ph: 0419 253 667
	21-27	Arthritis Awareness Week	State-wide	www.arthritisaustralia.com.au Ph: 1800 111 101
	26-28	*Pollipepa2010	State-wide	www.diabetestas.com.au/index.html Ph: (03) 6215 9010
	27-28	Relay for life	Smithton	http://tas.relayforlife.org.au Ph: (03) 6233 2030
APRIL	10-18	National Youth Week	Nation-wide	www.youthweek.com Ph: (03) 6232 7052
	18	St. Helen's 10km run/walk	St. Helens	http://sthelens10.wetpaint.com Email: joeymckay100@gmail.com
	18	Round the River Community fun run/walk	Hobart	www.easternsuburbs.org.au Ph: (03) 6244 2766
MAY	2	East Coast 2km and 10km fun run/walk	Bicheno	www.eastcoastrun.com.au Ph: 0408 163 374
	2-8	National Heart Week	Nation-wide	www.heartfoundation.org.au Ph: (03) 6224 2722
	7	Walk Safely to School Day	Nation-wide	www.walk.com.au Ph: (02) 9968 4555
	9	Mother's Day Classic 4km walk or run or 8km run	Hobart	www.mothersdayclassic.org Email: info@mothersdayclassic.com.au Ph: (03) 6244 6711
	16	City to Casino 2.7km, 7km or 11km fun run/walk	Hobart	www.athleticssouth.org.au/ Ph: (03) 6236 9766
	16	Million Paws Walk	State-wide	www.rspcatas.org.au/ Ph: (03) 6332 8200
JUNE	5	Go Red for Women	State-wide	www.goredforwomen.com.au Ph: (03) 6224 2722 Email: tas@heartfoundation.org.au
	14-20	International Men's Health Week	Nation-wide	www.menstuff.org
JULY	1-31	Diabetes Awareness Month	State-wide	www.diabetestas.com.au Ph: 1300 136 588 Email: mail@diabetestas.com.au
	18	Launceston Ten 10km fun run	Launceston	www.launcestonten.com.au Ph: 0447 006 044 Email: info@launcestonten.com.au
	TBA	Medibank Private Active Tasmania Awards – nominations open	State-wide	www.getmoving.tas.gov.au Ph: 1800 252 476 Email: ppac@getmoving.tas.gov.au
AUGUST	1-7	National Healthy Bones Week	Nation-wide	www.healthybones.com.au Ph: (03) 9694 3777 (Dairy Australia) or (02) 9518 8140 (Osteoporosis Australia)
	22	Huon Valley Winter Challenge including 10km run, 18km mountain bike, 37km road cycle and 11km flat water kayak	Franklin	www.winterchallenge.com.au Ph: 0400 840 101 or 0424 677 839
SEPTEMBER	1-8	National Asthma Week	Nation-wide	www.asthmaaustralia.org.au Ph: 1800 645 130 Email: info@asthmatas.org.au
	5	Ross Marathons – 10km walk or run, 21.1km run, 42.2km run	Ross	www.rossmarathons.org.au Ph: (03) 6324 3471 or 0439 381 927 Email: casey.mainsbridge@utas.edu.au
	26	World Heart Day	Nation-wide	www.heartfoundation.com.au Ph: (03) 6224 2722 Email: tas@heartfoundation.org.au
OCTOBER	1-31	Get Walking Tasmania	State-wide	www.getmoving.tas.gov.au Ph: 1800 252 476 Email: ppac@getmoving.tas.gov.au
	1	National Walk to Work Day	Nation-wide	www.walk.com.au Ph: (02) 9968 4555



OCTOBER cont'd	1-7	Seniors Week	State-wide	http://www.dpac.tas.gov.au/divisions/cdd/seniors/seniors_week Ph: 1300 135 513
	13	Ride to Work Day	State-wide	www.cyclingsouth.org Ph: (03) 6273 4463
	17	*Skilled Burnie Ten 10km fun run	Burnie	www.burnieten.com.au Ph: (03) 6430 5700
	TBA	Freycinet Lodge Challenge including 14km kayak, 16km run, 22km mountain bike and 60km road bike	Freycinet	www.tasultra.org Ph: (03) 6267 1335 or 0408 671 335 Email: susprott@gmail.com
	TBA	Meander Valley 8km run/walk	Deloraine	www.eventsouth.com.au Ph: 0447 006 044 Email: rob_gillard@hotmail.com
NOVEMBER	2	Point to Pinnacle, 21.4km run or recreational walk	Hobart	www.pointtopinnacle.com.au Email: alan.rider@events.tas.gov.au
	TBA	Medibank Private Active Tasmania Awards – presentation ceremony	Hobart	www.getmoving.tas.gov.au Ph: 1800 252 476 Email: ppac@getmoving.tas.gov.au
	TBA	Run or Ride the Ridge including a 2km walk or run, 10km run or 30km mountain bike ride	Rowella	www.eventsouth.com.au Ph: 0447 006 044 Email: rob_gillard@hotmail.com
DECEMBER	4	Bruny Island Ultra Marathon, 64km solo or relay run	Bruny Island	http://brunyislandultra.blogspot.com/ Ph: (03) 6229 6283 or 0427 517 737 Email: Riz5@netscape.net.au

*These initiatives are endorsed by the Premier's Physical Activity Council. To apply for endorsement for your event or initiative, download the application form from www.getmoving.tas.gov.au or contact the Premier's Physical Activity Council by phone on 1800 252 476 or by email at ppac@getmoving.tas.gov.au

TBA – To Be Advised

The information published in this document was correct at January 2010. The Premier's Physical Activity Council reserves the right to alter, amend or delete any details.