

## Media Release

### Chiefs of Staff, News Directors

Friday, 25 November, 2016

---

## University of Tasmania throws its support behind the Launceston Cycling Festival

University of Tasmania exercise science students will be brushing shoulders with some of the big names in cycling as part of the 2016 University of Tasmania Launceston Cycling Festival this weekend (**November 26 and 27**).

On Sunday (**November 27**) a dozen students will join a host of volunteers to provide marshalling, administrative and logistical support to help the festival run smoothly.

Exercise science students will also use the day as a research opportunity to carry out fatigue testing on competing athletes before and after their events.

Including a series of events circumnavigating the Launceston City Park, this year's festival will feature professional cyclist Richie Porte and elite riders such as Michael Smith, Tom Robinson and Phil Leslie.

Established in 2002 with the vision of creating a world-class festival of cycling in Tasmania, the festival has grown to be an important part of the local and national cycling calendar.

The University is proudly associated with the event again this year, after a successful partnership in 2015.

"This is a wonderful event that contributes significantly to the fabric of Launceston, brings significant numbers of visitors to the region and showcases our city to cycling enthusiasts around the world," Pro Vice-Chancellor (Community, Partnerships and Regional Development) Professor David Adams said.

"Our students will also be heavily involved in volunteering at the event, giving them a taste of what it takes to organise and deliver a world class sporting event."

While the event on the weekend will feature high-performing athletes, accredited exercise physiologist and the Head of the University's School of Health Sciences, Professor Nuala Byrne, said it is important to recognise the value that regular exercise plays in optimising health and wellbeing for the whole community.

“I am a passionate advocate for encouraging all Tasmanians to increase physical activity levels,” Professor Byrne said.

“Adopting a regular physical activity habit is one of the most valuable investments you can make to your health – no pill can provide the same combined health benefits as being active and improving your physical fitness.”

**What:** University of Tasmania Launceston Cycling Festival (main event day).

**When:** Sunday, 27 November, 2016.

**Where:** The streets surrounding Launceston City Park.

### **Media opportunity**

Head of the University’s School of Health Sciences Professor Nuala Byrne and exercise scientist Associate Professor James Fell will be available for interview (during fatigue testing) at the VIP tent, between 4pm and 6pm.

For more information, contact James Fell on 0417 613 509.

### **Information released by:**

University of Tasmania, Communications and Media Office

Phone: 61 3 6226 2267

Email: [Media.Office@utas.edu.au](mailto:Media.Office@utas.edu.au)