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MEDIA RELEASE FOR IMMEDIATE RELEASE

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HypoActive – Type 1 Diabetics Going All Night and Day **A team competing in this weekend's epic Murray to Moyne cycle relay will support camps for children with type 1 diabetes despite being type 1 diabetics themselves**

On Saturday April 1st the HypoActive – Novo Nordisk team will commence their epic 520km relay journey from Swan Hill as part of the annual Murray to Moyne Cycling Relay Event. Their efforts will support the charity *Diabetes Camps Victoria*, an organisation that helps type 1 diabetic children in Victoria. Riding all day and night, the team is expected to complete their journey in Port Fairy Sunday morning, despite the constant threat of hypoglycaemia (low blood sugar) each member faces.

This is the fourth year an all-type 1 diabetic team has attempted the relay. Each year the team receives interest from type 1 diabetics all over Australia and New Zealand to participate, and the 2006 team will consist of riders from NSW, ACT and regional Victoria. Such is the events popularity, many riders have returned to repeat the challenge from past years.

HypoActive President Monique Hanley, riding in her fifth Murray to Moyne, believes it is the confidence gained from surviving such a challenge that draws people back each year. "I have seen riders finish their relay leg completely exhausted and telling me that they can't ride anymore, yet half an hour later they are back up and asking to be let out of the bus for another go. Such a supportive environment where everyone else is diabetic and going through the same thing as you can be very motivating. They think to themselves, 'well if they can do it and they are diabetic too, why can't I?' The confidence gained from this is priceless."

Type 1 diabetics either inject insulin multiple times a day or wear an insulin pump which is continuously attached to their body. They must also constantly monitor their blood sugar levels. Physical activity has been proven to assist in controlling blood sugar levels and improve the overall health of type 1 diabetics. Yet prolonged or intense bouts of activity can greatly increase the chances of severe hypoglycaemia which left unchecked may result in coma or death. "There are few guidelines to support diabetics competing in endurance events", explains Hanley, "so most of us have learnt from trial and error or have even made it up as we go." Based on these experiences the team has prepared their own guidelines for managing diabetes during the cycle relay and in recovery following the event.

Pharmaceutical companies Novo Nordisk and Medtronic have provided financial support to the team. The two companies actively support diabetes and physical exercise in many local and national events.

HypoActive has a strong connection with their selected charity, *Diabetes Camps Victoria*. The organisation provides support for over 200 Victorian type 1 diabetic children aged 8 to 17 each year, with camps providing an opportunity for children to learn more about their own diabetes management. They are often places where children learn to give their first insulin injections. Many of the HypoActive riders act as volunteer leaders on these camps, willingly giving up their holidays to do so.

Donations to support *Diabetes Camps Victoria* can be made at the Diabetes Australia (Victoria) website: www.dav.org.au, or through the HypoActive website: www.hypoactive.org.

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The HypoActive team has received major support from:



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