

## MEDIA RELEASE

19 August 2019

### **Council festival to celebrate and encourage healthy, active lifestyles**

Launching in October, Gladstone Regional Council will host its inaugural Sport and Active Living Festival to celebrate and support sport and active living within the Gladstone Region.

The Sport and Active Living Festival will run from Sunday, 13 October to Sunday, 20 October and incorporate many different activities community members can be involved in.

Kicking off with a Launch Event and crossing the finish line with the festival's signature event, the Biondello Bolt, Gladstone Region Mayor Matt Burnett said the week-long festival aimed to promote and showcase healthy and active living.

"Council will be facilitating four events throughout the week; the Launch Event, the Sport and Active Living Expo, Club Development Workshops and the inaugural Biondello Bolt," Councillor Burnett said.

The free launch event will be held at Memorial Park, Gladstone from 9am – 1pm, Sunday 13 October and will have activities to suit all ages.

The Sport and Active Living Expo will be held from 5pm–7pm, Friday, 18 October at Kev Broome Stadium, Memorial Park (Gladstone basketball stadium).

Council would also be supporting sport and active recreation groups across the region to host 'come and try' sessions.

Cr Burnett said the 'come and try' sessions were a great way for Gladstone Region sporting clubs to showcase their sport and potentially grow their membership base.

"If community members have ever wanted to give a new sport a try, but haven't been too sure how to start, the 'come and try' sessions will be a great way to learn the basics and have a go," he said.

Club Development Workshops will also help to provide Gladstone Region sporting clubs with the knowledge, tools and resources they require to ensure their longevity and resilience.

"It is a fantastic opportunity for organisations to enhance their business plan, improve volunteer recruitment and build their capacity," Cr Burnett said.

Club Development Workshops will be held on Saturday, 19 October at the Gladstone Entertainment Convention Centre.

## MEDIA RELEASE

Rounding out the week, the Biondello Bolt will be held at Mount Biondello (starting at the Tondoon Botanic Gardens), Sunday, 20 October.

A trail run event up Mount Biondello – the highest peak in the city, Cr Burnett said the Biondello Bolt was the only ‘mountain bolt’ in the Gladstone Region.

“There are three different category events people can participate in – competitive, social and corporate races,” he said.

“The Bolt is a great, active way to see and explore the beautiful Mount Biondello.”

“It’ll be a great day with the family, helping to wrap-up the Sport and Active Living Festival and also celebrating the Gladstone Tondoon Botanic Gardens’ 31<sup>st</sup> birthday.”

The Sport and Active Living Festival is a first of its kind within the Gladstone Region.

For more information, visit [www.gladstone.qld.gov.au/salf](http://www.gladstone.qld.gov.au/salf)