

UP AND RUNNING

About Up and Running

Bringing together 4,500 elite athletes to compete in 16 sports over 11 days is a great chance to inspire Victorians to become more active themselves.

In hosting the 2006 Commonwealth Games, the Victorian Government is working to convert passion for *watching* sport into passion for *playing* sport – or simply encouraging people of all ages and abilities to have a go.

Up and Running is the Government's blueprint for building healthier communities through the Games. Some of the initiatives include:

- hosting come'n'try days to give people hands-on experience at a new sport or pastime
- nurturing the skills of young people on the road to becoming elite athletes through dedicated clinics
- building better facilities, such as the State Mountain Bike Course and State Lawn Bowls Centre
- inviting coaches from other Commonwealth nations to visit Melbourne and learn new techniques for helping Elite Athletes with a Disability achieve their best
- offering specialist training to 1,000 Games volunteers to become coaches or officials at their local clubs.

Additional information

- Over 88,000 Victorians are employed in the sport and recreation sector.
- Sport contributes \$3.5 billion (roughly 2%) to Victoria's gross state product.
- Almost 60% of Australian adults, and more than one million children, are classified as overweight.
- Victoria's sport participation rates rose from 64% in 1990 to 72% in 2001 to sit above the national average of 69%.

Lasting benefits

Up and Running will boost the capacity of local sports clubs and associations, helping them translate interest in the Games into a sustained increase in participation. And, in turn, a more healthy and active Victoria.

It will also help us to share our expertise with developing nations within the Commonwealth.

For more information visit www.dvc.vic.gov.au/commonwealth_games

