

DECLARATION

I, Peter Allen of 37 Newey Street Rivervale, Perth, Western Australia:

1. I am 45 years old.
2. Due to a work place accident on 1 Nov 1996 I fell 3 metres to the ground damaging T10/11 vertebrae which left me a paraplegic complete which means I have no feeling or control over my body below my navel.
3. I found out that once I left my rehab hospital that pushing a wheelchair around wasn't giving me the aerobic exercise that I needed to keep my weight at a respectable level I needed something, some sort of sport to achieve this. Before my accident I was very much into all sorts of sports.
4. In 1999 I weighed 86 kg and was unfit.
5. In that year I commenced *Handcycling, Wheelchair Basketball and Wheelchair Rugby*
6. As I began to lose weight and achieve goals like competing in team triathlons with some cycle legs up to 90km in distance, local basketball competitions and cycling up long hills, my self-esteem rose.
7. Over recent years I have met other keen hand cyclists and we regularly ride together. A major part of my motivation is cycling in a group, where riders encourage each other. We are readily motivated to ride in excess of 40km in a day, where we may clock our times up favourite hills and measure our improved performance.
8. I have gained a lot of satisfaction from my cycling achievements as being wheelchair bound I needed to find a sport that I enjoyed where I lost weight and kept it off. I have achieved both of these goals as I currently weigh in at 70 kg. It also allows me to ride with able bodies and feel more at home re-experiencing a bit of my lifestyle that I lost when I became a paraplegic.
9. I now have greater confidence in my own capacity to overcome adversity and not rely on medical "fixes". Evidencing cycle friends overcome adversity, both during tough rides, and in other facets of their lives, imbues an inner resolve to achieve goals that I once thought were beyond me.
10. I have reviewed the business plan for ***King of the Mountain performance measurement*** for a pilot in NSW to install KOM Climb markers at 48 Climbs across Greater Sydney/Illawarra and conduct an annual ***King of the Mountain Challenge Series*** – open to all males and females over 18 - able bodied, disabled adults and blind adults on tandems.
11. I understand the plan seeks to encourage –
 - (a) each Australian state health department to similarly launch an ***Annual King of the Mountain Challenge Series*** following a successful pilot launch in NSW; and
 - (b) Federal Dept of Health to offer ***National King of the Mountain*** trophies across the three categories based on time trials amongst for state finalists.

12. I understand that –
- (i) one-off *pilot* cost to install 48 sets of 2 markers and 20 plaques on the better Climbs would not exceed \$25,000;
 - (ii) cost to maintain a website with the database capability of www.KOMpm.com would not exceed \$10,000 pa; and
 - (iii) cost for NSW Health Society to promote an annual *King of the Mountain Challenge Series* and provide 20 age division trophies [10 male and 10 female] for the above three categories would not exceed \$50,000pa.
13. I believe that the benefits of improved mental and physical health available to millions of Australian residents of varying fitness levels on existing low traffic roads (**mainly on Sunday mornings**) would greatly exceed the above pilot costs which, after the initial \$25,000 outlay for markers/plaques, would be around \$30,000pa.
14. Following my accident I needed evidence and examples of activities that I could adapt to enhance my quality of life. Technological developments in Hand Cycles now enable disabled people to experience much more independence and enjoyment. I therefore support any initiative to extend the development and use of Hand Cycles.
15. I think that being able to record Climb Time performances up local hills on a website which ranks performance according to age divisions and ability/disability categories could be a marvellous fillip for millions of Australian adults. Relative to the low costs, the motivational and physical health benefits seem potentially substantial, and well worth pursuing.

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