



Happy New Year! Hopefully everyone was able to catch up with family and friends over the festive season and many enjoyed a well earned break from the work or the daily routine.

Often new years resolutions relate to some sort of lifestyle change, usually aspirations for a healthier lifestyle of some sort, whether healthier eating or increased fitness or both.

To kick 2020 into gear, NZTGA member Ron Clark, who inspired us with his cycling efforts at the World Transplant Games 2019, has entered the NZ Transplant Games Association in the Aotearoa Bike Challenge.

Ron says “I’d been thinking about helping NZ Transplant Games Association get more visibility to transplant recipients and donors, when an email arrived about the ‘Aotearoa Bike Challenge’. I’ve done this for a couple of years and it does encourage you to get out and ride”.



Ron’s hoping other NZTGA members including World Transplant Games Gold medallist Jane Donnelly (pictured above) and their families and friends will join the Aotearoa Bike Challenge.

Ron assures anyone who thinks the challenge would be too hard “This isn’t a big race just for cyclists, it’s for everyone that could manage a ride of 10 minutes or more any time or place during February. The times and distances add together to give a grand total for the team which will be recorded on the website”.

“It doesn’t cost anything and it could be a good way to get people thinking about participating at the Aussie and World games” says Ron.

WHY TAKE PART? It’s: Fun! Free! Easy! And there are prizes!

Join the team and participate in the Aotearoa Bike Challenge 2020! Register yourself at <https://www.lovetoride.net/nz> and put your **GROUP** as the NZ Transplant Games Team. You don’t have to enter a workplace, however NZ Transplant Games Association is registered on the site as a workplace.

Once registered, all you need to do is ride a bike anywhere, anytime for at least 10 minutes during the Challenge (1-29 February)

Record your ride on lovetoride.net site and tell your friends and coworkers about the Challenge. Your rides and the other team members rides add up to a collective total. Reward yourself and your friends by winning prizes! See you on the lovetoride website!



Ron Clark—NZTGA member and avid cyclist

The Aotearoa Bike Challenge is a fun, free competition that’s all about seeing which organisations can get the most people to ride a bike for just 10 minutes or more.

The Aotearoa Bike Challenge gives away awesome prizes like brand new bikes, restaurant vouchers and loads more. Whether you ride all the time or haven’t ridden in years, the Challenge is for anyone.

UPCOMING EVENT - February 2020



**11th World Transplant
Winter Games**
Banff, Alberta
CANADA 2020

The 11th World Transplant Winter Games will be held at Banff and Lake Louise, Alberta, Canada from February 23rd to February 28th 2020. It is only the second time in the history of the World Transplant Winter Games that they have been held outside of Europe.



Lake Louise – www.banfflakelouise.com

With competitions in many different disciplines from skiing and snowboarding to cross-country and downhill skiing, and curling, the World Transplant Winter Games provides challenges and excitement in equal quantities

For late registrations, go to <https://wtgf.org/wintergames/>

UPCOMING EVENT - Sept/Oct 2020



The next Australian Transplant Games are due to be held 27th September – 3rd October 2020 in Launceston, Tasmania.

The Transplant Games are a fantastic celebration of the gift of life. The Games are a way to set health and fitness goals for transplant recipients, as well as an opportunity to be part of a wonderful community. The Games are centred around saying thanks for organ donation and promoting transplantation to Australia and the World.

While we have some elite athletes that attend the Games, they are by no means an elite sporting competition. The Games are about participation – getting involved, making friendships that will last years, and having a go.

Registration opens Saturday, 1st February 2020.

Go to the following links for details on games information, registration and accommodation.

<https://transplant.org.au/games-info/>

<https://transplant.org.au/registration-2/>

<https://transplant.org.au/accommodation/>

Or contact Sheryl Power: Sheryl@transplantnewzealand.org.nz

Australian Transplant Games Facebook page at: <https://www.facebook.com/145074195543901/posts/2696752787042683?sfs=mo>

UPCOMING EVENT - May 2021



**WORLD
TRANSPLANT
GAMES**
2021 • USA

The 2021 Summer World Transplant Games are due to be held in May/June 2021 in Houston, Texas, United States of America.

It's been called Space City, the Bayou City and H-Town. But Houston is, at its heart, at city of sports, sports champions and sports championships.

It's the nation's most diverse city – one with an array of sports that ranges from football to rugby to field hockey and cricket. It's also a city with a reputation for hosting successful sports events at every level from Super Bowls, Final Fours and World Series to major golf tournaments, international soccer events and high school football championships.

In less than 18 months, Houston will welcome the transplant and donor athletes from all over the world for what is expected to be a record-setting 2021 World Transplant Games.

The Houston Games will use the University of Houston campus, which is adjacent to both downtown and the Texas Medical Center, as the hub for all competitors during the week-long event giving them easy access to competition venues as well as cultural, entertainment and dining hotspots. Once again, Houston looks to shine a vibrant spotlight on the 2021 World Transplant Games, while connecting and changing the lives of donors and recipients for years to come.



University of Houston Athletics

The Harris County – Houston Sports Authority hosted the 2014 Transplant Games of America which set event records as well as more than doubled the number of people in the Texas donor registry through a donor-outreach initiative.

The dynamic city with an easy feel is home to one of the premier medical centers and transplant programs in the world. The city has a number of museums and theaters, and, in addition to Texas' traditional barbeque and Tex-Mex food, athletes and visitors can also sample incomparable international cuisine.