

The Voice of the Board

1st Polish MTB Championships for Cyclists with Diabetes

The sweetest mount bike (MTB) marathon took place in Długa Goślina on May 6, 2018. The **1st Polish MTB Championships for Cyclists with Diabetes** was connected with the cycling race being part of the Mini Cycle of Charity MTB Marathons, POMAGANIE PRZEZ ROWEROWANIE (HELPING BY CYCLING). The championships were organized by an amateur team *Bike'owe Wyprawy* of the Chair and Department of Internal Diseases and Diabetology at Poznan University of Medical Sciences and the Wielkopolska Branch of the Diabetes Poland. This event was under the patronage of the Diabetes Poland and was sponsored by Lilly, Novo Nordisk and Sanofi-Aventis. The Championships were supported by: Diabetyk24, www.mojacukrzyca.org.

The championships' distance for the Sportive Category was 22.2 km. The route ran through the picturesque landscapes of the Wojnowo and Brzeźno Forest Districts. It was not easy, but very interesting: fast fragments of dirt roads, a lot of dusty roads, climbs and descents demanding more or less strength and concentration, laborious passage through the so-wild boars shelter (the area was dug up by these animals) and technical singlet, which many participants found it so difficult they had to get off the bike and walk it. The Sportive Distance was completed by 71 competitors. Oskar Kublin covered the distance in the shortest time of 53:52 min, winning the title and shirt of the Polish MTB Champion of Cyclists

with Diabetes in M3 category. Dariusz Regulski from ACTIVE DIABETIC T1 Team was the third who passed the finish line, winning the title of the Polish MTB Champion in the M4 category with the time of 55:35 minutes. He would have won a reward for a competitor with the longest duration of diabetes, if such a category had been established, because he was diagnosed with diabetes in 1981. The youngest Champion of Polish MTB Cyclists with Diabetes was 9-year-old Hugo Grodzki, who came to Wielkopolska from Krakow. On the other hand, the oldest participant in the Championship was 69 years old. There were only two women in the K3 category competing for the championship title. The winner was Anna Antkowiak from Poznan, who covered the difficult route of the marathon in 1:23:36 minutes.

Apart from diabetic patients, also doctors, nurses and representatives of pharmaceutical companies took part in the MTB marathon, both in Sportive and Marathon (44.4 km) categories. Among spectators and supporters, a large group were members of the Wielkopolska Branch of the Diabetes Poland.

The 1st Polish MTB Championships with for Cyclists with Diabetes were attended not only by those who practice mountain biking and who regularly compete in marathons. For many, it was the first start ever, by which they decided to set an exemple and encourage diabetic patients to be more active. Physical training is



There were many challenges along the route

an integral component of comprehensive treatment of diabetes and is associated with great benefits.

Regardless of the type of diabetes, regular physical activity, especially “metabolically healthy” exercise, i.e. endurance training of moderate intensity and high volume, such as cycling, improves physical condition and fitness, helps maintaining normal body mass, reduces the risk of development and progression of chronic complications of diabetes, improves mood and metabolic control of diabetes, increases sensitivity to insulin by reducing the requirement for this hormone, and above all reduces the risk of premature death. That is why it is worth to BE ACTIVE for HEALTH. Physical activity is a basic element of the recipe for “healthier” life with diabetes.

The 1st Polish MTB Championships for Cyclists with Diabetes is a unique event which is a manifestation of cooperation between patients and therapeutic teams, with doctors, nurses, educators, psychologists, dietitians, and physiotherapists in the front line of promoting

Healthy Lifestyle. The main goal of the 1st Polish MTB Championships for Cyclists with Diabetes was to promote physical activity among diabetic patients and people at risk of this disease. We wanted to show that we provide education and encouragement not only in words but also in deeds. We do it because we know how important it is to Race with Diabetes individually, locally and globally.

On the 6th of May in Długa Goślina we “cycled away” from diabetes during the 1st Polish MTB Championships for Cyclists with Diabetes.

On behalf of the Organizers, I would like to thank to all the people involved in this event, and especially its participants

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The winners of the category were awarded the title and shirt of the Polish MTB Champion of Cyclists with Diabetes