

 Lumary  
CITY  BAY  
FUN RUN

Supported by **SundayMail**

CHOOSE YOUR RACE  
SET YOUR PACE  
& MAKE IT COUNT!

17 SEP 23



# We're Revolutionising Better Wellbeing



Lumary is Australia's leading care management software for disability, aged care and allied health providers. Our mission is to connect the best technology with the best human care so the healthcare community can thrive!

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Better Wellbeing Through Technology



# TOURNAMENT

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@citybaycity



@citybaycity



Sunday Mail  
City Bay Fun Run

# WELCOME WORDS FROM

## CHOOSE YOUR RACE, SET YOUR PACE, MAKE IT COUNT

The 49TH Lumary City-Bay Fun Run supported by Sunday Mail on Sunday 17th September 2023 is South Australia's biggest mass participation and fund-raising opportunity and a must for your bucket list. "Choose your race" - run or walk 3 km, 6 km, 12 km or run the 21 km, there is an event for everyone and every ability.

**A big thank you to CMI Toyota for our early entry drive competition where one lucky entrant will win a Toyota Yaris Ascent Sport (Auto) valued at \$28,165 driveaway.**

Since 1973 the City-Bay Fun Run has been promoting an active and healthy lifestyle whilst encouraging unity and fun, friendship and family, charity and kindness, inclusivity and sustainability.

For the 5th year, the City-Bay Fun Run doubles as the Athletics Australia Road Running Championship event. Australian representative athletes will once again join the overwhelming majority of recreational runners and walkers who dress up to support local charities, groups and businesses in this iconic event.

"Set your pace" – with recreational running enjoying a post-covid resurgence, we are seeing Adelaide's streets and parklands full of people enjoying the benefits of a healthy and active lifestyle. With training plans on our website, there are plans to follow for any level of involvement.



**JOE STEVENS**  
Race Director

# OUR RACE DIRECTOR

“Make it count” – Challenge yourself by fundraising for a charity of your choice through our partnership with Grassrootz. Whether in a team, or as an individual, you can make a difference to our community via your efforts on event day.

None of this is possible without our supportive naming rights sponsor Lumary, their CEO Joseph Mercorella and the dedicated team.

This support is along with some of South Australia’s iconic local businesses and countless others who assist us in many ways.

Thanks to their efforts in 2022, we had 15,000 participants and raised over \$250,000 for charities and the community. A massive thank you must go out to all our wonderful volunteers who continue to make this wonderful event possible.

**Enjoy the day!**



**10:00 AM**

The 3km start for runners, walkers and wheelchairs is at The Junction at Camden Park starting at 10am. Located at 470 Anzac Highway Camden Park, The Junction is on the left-hand side as you head towards Glenelg, and is just before the Morphett Road intersection.

**Sunday Mail**
*We're for you*
**6KM RACE**
**8:20 AM**

Prepare for the race by joining in with the trainers' pre-race warm up.

**8:30 AM  
RUNNERS**

Faster runners will be asked to move to the front - your start will be at 8:30am when deemed appropriate by the event manager. Your course will take you from Kurralta Central Shopping Centre to Morphett Road where you will then cross over to the Southern Carriageway then onto the Bay.

**9:15 AM  
WALKERS**
**WHEELCHAIRS**

Your course will take you from Kurralta Central Shopping Centre to Morphett Road where you will then cross over to the Southern Carriageway, then onto the Bay.

**7:00 AM  
SMOKING  
CEREMONY**

We are proud this year to introduce a traditional smoking ceremony before the event to be conducted by a respected Kaurna elder.

**7:45 AM**

Prepare for the race by joining in with the trainers' pre-race warm up.

**8:00 AM  
RUNNERS**

The 12km Runners leaves from the Festival Theatre - Western Carriageway of King William Road - City. If you are an elite runner or walker your start time is 8.00am. Wave starts will then begin to allow traffic to flow and break up the numbers.

**8:30 AM  
WALKERS  
WHEELCHAIRS**

12km Walkers and Wheelchairs leave from the Eastern Carriageway of King William Road in the city. The walkers are asked to line up first at 8:30am followed by wave starts. If you are a slow walker or have a pram or object, you will line up at the back.

**WARM DOWN**

After the event, warm downs will be held on the Stage at Colley Reserves. Listen out for the announcements.

The finish line for all race events is on Colley Terrace. As you head towards Glenelg, you will be directed by police and race marshals to head to Jetty Road, either via Brighton Road or Gordon Street. When travelling along Jetty Road please be aware of the tram lines and take care turning the corner from Jetty Road onto Colley Terrace.

**HALF  
MARATHON**
**FINISH FOR ALL EVENTS**

6:00 AM

The 9 News First half marathon runners will leave from Colley Terrace, Glenelg at 6:00am and head towards the city on the Southern side of Anzac highway. You will run along until making a left turn onto Morphett St before heading along Sturt St, then joining the 12km course on King William St. There will be no wave starts. Running with prams is not allowed.

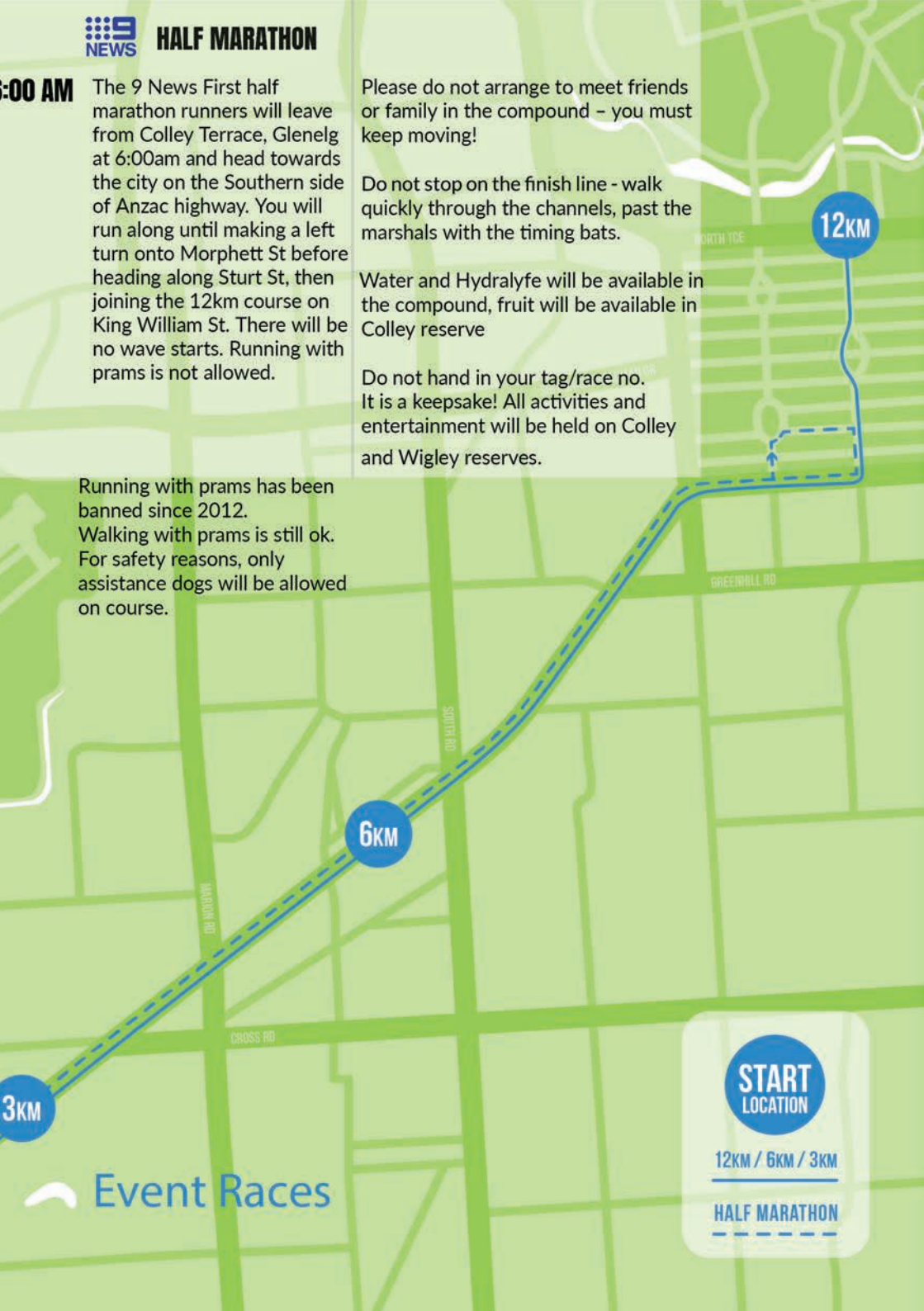
Please do not arrange to meet friends or family in the compound – you must keep moving!

Do not stop on the finish line - walk quickly through the channels, past the marshals with the timing bats.

Water and Hydralyfe will be available in the compound, fruit will be available in Colley reserve

Do not hand in your tag/race no. It is a keepsake! All activities and entertainment will be held on Colley and Wigley reserves.

Running with prams has been banned since 2012. Walking with prams is still ok. For safety reasons, only assistance dogs will be allowed on course.



3KM

6KM

12KM

**START  
LOCATION**

12KM / 6KM / 3KM

**HALF MARATHON**

Event Races

# NEED TO KNOW

## RACE NUMBER

Now you've collected your race pack and you have your race number check:

The 'DAG' timing device is stuck to the back. DO NOT remove this under any Circumstances. DO NOT bend it or roll it up as you could destroy the timing chip.

The bib you have received indicates the event you have entered. It also has your name attached to the back if you have received it by mail. If this is incorrect, contact the City-Bay office immediately to have it changed. The Event and Distance you have registered for will be stated on your bib. Make sure you have the correct race bib.



Only pin the number in the specially allocated spaces at the four corners. Make sure the number is flat and not folded or crumpled. Pin the number only on your chest. Please supply your own pins.

## FINISH INSTRUCTIONS

As you run through the finish, a marshal with a timing bat will approach you to finalise your time. This needs to be done to ensure your time is recorded correctly.

**IMPORTANT:** Fill in the emergency contact details section on your bib. If you change events on the day you may be recorded incorrectly. You cannot enter on the day. All race packs **MUST** be picked up prior to event day.

**DO NOT STOP AT THE FINISH LINE** walk quickly through the channels past the marshals with timing bats.

## TIMING CHIP

### IMPORTANT INFORMATION

All 21.1km, 12km and 6km competitors in the event will be recorded by the DAG electronic timing system. (3km entrants will not be timed). The timing system activates only after you have stepped through the start arch. Every entrant must have a bib to enter the event.

## WATER STOPS

Elder Park  
Anzac Hwy (Adjacent to the Keswick Army Barracks)  
Kurralta Central Shopping centre  
Morphettville Junction  
Finish line

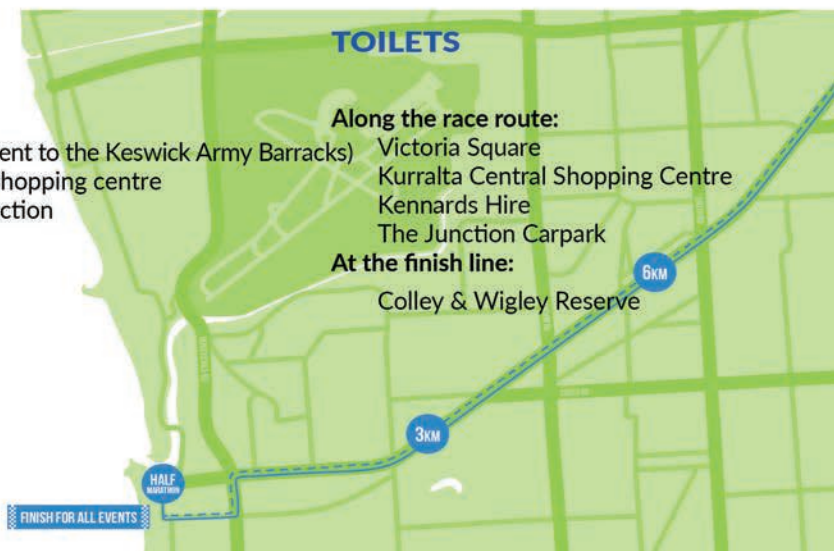
## TOILETS

**Along the race route:**

Victoria Square  
Kurralta Central Shopping Centre  
Kennards Hire  
The Junction Carpark

**At the finish line:**

Colley & Wigley Reserve



# GOOD TO KNOW

## SOCIAL MEDIA TAG

Please share your marvellous photos using the hashtag **#citybay23** on Instagram with us!

## WATER

There will be water at the start, at 3 water stops along the route, and at the finish in the compound. Don't forget to bring your own water bottle if you can! Hydralyfe will be available at the compound at the finish.

## FIRST AID AND MEDICAL SUPPORT

Ambulance and St John Ambulance SA will be on standby at all starts and en-route with medical tents at the finish line and compound.



## BAGGAGE

If you want your bag sent to the pick-up area at Colley Reserve, simply fill out the tags on the bottom of your race number & provide them to the volunteers at the baggage collection area. Drivers are unable to take loose items such as a wallet or mobile phone.

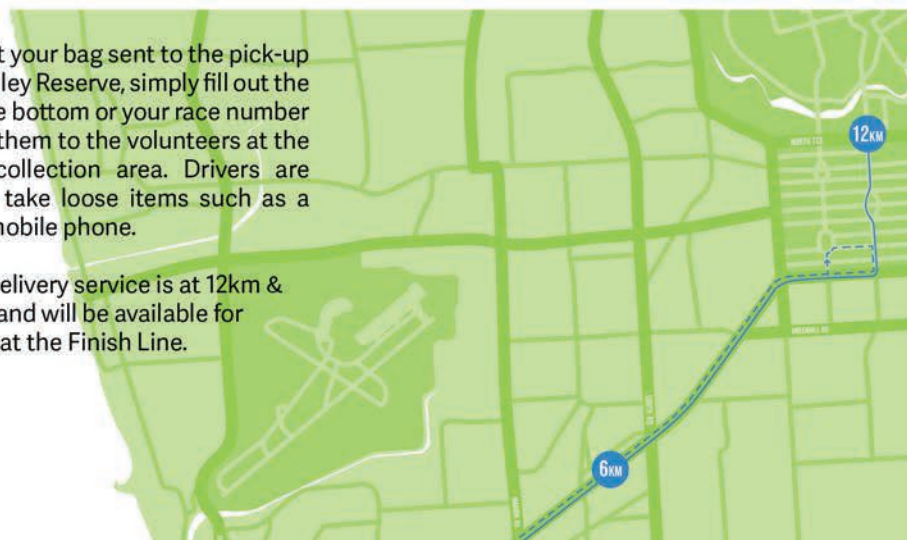
Baggage delivery service is at 12km & 6km start and will be available for collection at the Finish Line.

## AFTER YOU FINISH

At the finish line, please move on to the Colley Reserve to celebrate your achievement with your fellow runners. Pick up fresh fruit at the Foodland stall and check out the Quench Bench provided by SA Water at Elder Park and Colley Reserve.



*Clearly the best*



# VILLAGE

Entertainment programs commence at Colley

Reserve from 9:00am and include:

Warm down sessions by Studio Pilates

Winners Presentation from 10:00am

Colourful performances

Random prizes draw every 20 minutes

Fancy dress competition at 11:30am



*Official ASICS merchandise will be available from the Sportitude tent on Colley Reserve*

We love to see you CMI'ling



Presentations commence on stage from 10am with the official announcement of the Toyota Yaris prize winner, kindly donated by CMI Toyota.

Be sure to check out the SANFL activation zone where you can get a photo with the Thomas Seymour Hill Premiership Trophy, and be in the chance to win Grand Final tickets.



Fitchef will be on site serving their hot and delicious pre-made meals



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RESEARCH  
FOUNDATION

Make sure you visit the Australian Melanoma Research Foundation tent for your free sun smart skin check!

Grab your post-race coffee on Colley Reserve, food and drink also available!!

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T&Cs apply. Valid till 20 October 2023.

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\*Terms and conditions apply. Code expires 31/10/23.  
Competition winner notified on 03/11/23.

# RACE RESULTS, PHOTOS & MEDAL

## PERSONAL MEDAL

Each participant that crosses the finish line receives a City-Bay medal. Our 2023 Finisher Medal has been specially designed to be personalised with a name tab. Order the personalised race medal inserts via the race day section on the City-Bay website. The back side of the medal will be engraved with your name and official finish time and mailed to you after the race.



## RACE RESULTS

Participants will receive an SMS with their time. Official results will come by Monday.

## RACE PHOTOS

Our official photographer from Marathon Photos will be taking photos on the day. Look out for an email post-race as these photos will be available for purchase.



# Feeling sore after the race?

Visit us at Colley Reserve, Glenelg

Our physio, exercise physiology, massage and podiatry team can help get your body back in peak condition!

sportsmed are long-standing supporters and participants of the City-Bay.



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Design and developed by: **pinkpanda**



262 Grange Road  
Flinders Park SA 5025

(08) 8344 4222  
[hello@pinkpanda.com.au](mailto:hello@pinkpanda.com.au)

# PUBLIC TRANSPORTATION



## FREE SHUTTLE BUSES

### Trips to starting lines:

Buses ready to leave at North Terrace for ½ marathon 05:15 am.

Bus at Wigley Reserve: ready to leave for 12km Wigley Reserve at 06:00. Roughly departures at 06:15 am; then as they fill.

Bus at Maxwell Tce: ready to leave for 6km start at 07:00 am.

Forward trips continue until 08:00 am. Tram Substitute Shuttle between South Tce and North Tce will commence at 07:30 am until Tram Line opens approx 10:00-10:30 am.

### Return trips to the city after event:

First bus ready to depart Wigley Reserve approx 09:30 am

First bus ready to depart Maxwell Tce approx 09:30 am

Return trips continue as required until approx 13:00 pm

For more information, please visit our website: [www.city-bay.org.au](http://www.city-bay.org.au).

**DON'T FORGET TO SHOW  
YOUR RACE BIB AS YOU  
BOARD THE BUS OR TRAM  
FOR FREE  
TRANSPORT ON THE DAY!**

## METRO TRAMS

To the city from Stop 15 (Brighton Road) for the start:

Trams will commence operation from stop 15 (Brighton Rd) every 6 minutes from 6:20am - 2:00pm.

Trams from Moseley square will depart every 10 minutes from 2:00-3:00pm. If leaving Glenelg after 7:30 please catch the bus provided at the trams stop (Maxwell Tce) as this will take you closer to the start area, adjacent to the Railway Station on North Tce. Trams will terminate at Rundle Mall from 7:50am and South Tce between 7:50am and 10:00am. (A shuttle service will run between South Tce and Government House, North Tce).

### Trams from the City:

Trams from the Entertainment Centre to Adelaide Railway Station will run a 10-minute service between 5:50am and 10:00am.

Between 10:00am and 3:00pm there will be a high frequency service from the Entertainment Centre to Glenelg.

Supported by the Government of South Australia and Adelaide Metro.



# ROAD CLOSURE, PARKING & ACCOMMODATION

## ROAD CLOSURES

Police will maintain road closures until they deem it is no longer safe for participants to remain on the roadway. Any queries contact SA Police Traffic Planning Coordinator (08) 7322 4261. We thank you for your cooperation with this large undertaking of closing Anzac Highway for this event.

Both sides of the King William Street and South Terrace will be closed. Anzac Highway southern Carriageway will be closed.

Both sides of the Anzac Highway between Kurralta Central Shopping Centre and Morphet Road will be closed.

Brighton Road and Gordon Street Eastern carriageway will be closed. Jetty Road and Colley Terrace will be closed.

We thank you for your kind cooperation with the undertaking of closing Anzac Highway for this event.

You can check out all road closures and times at:

[www.city-bay.org.au/race-day/road-closures](http://www.city-bay.org.au/race-day/road-closures)



## ACCOMMODATION

The City-Bay Fun Run is proud to be in partnership with Oaks Hotels. As a City-Bay participant, you have access to 15% off Oaks Hotel best available online rates\*. Get race-ready with the perfect night's sleep at one of the Adelaide CBD properties – Oaks Embassy, Oaks Horizons or iStay Precinct. Stay on at the Bay to unwind and take in the atmosphere from your balcony at Oaks Plaza Pier or Oaks Liberty Towers. Unlock this exclusive City-Bay Reward when you use promo code 'CITY-BAY' when you book direct at [oakshotels.com](http://oakshotels.com)

## PARKING

Thanks to Wilson Parking enjoy a \$5 flat rate for race day.



# Wilson Parking

Book your parking via the Wilson Parking App or online using the promo code **SMCB22** at any of the following locations:

**Hindley Street Car Park:**

30 Hindley St, Adelaide

<https://www.wilsonparking.com.au/parking-locations/south-australia/adelaide-cbd/30-hindley-st-car-park/>

**Adelaide Central Car Park:**

225 North Tce, Adelaide

<https://www.wilsonparking.com.au/parking-locations/south-australia/adelaide-cbd/adelaide-central-car-park/>

**Flinders Link Car Park:**

80 Flinders St, Adelaide

<https://www.wilsonparking.com.au/parking-locations/south-australia/adelaide-cbd/flinders-link-80-flinders-st-car-park/>

Download the app here: <https://www.wilsonparking.com.au/apps/>

\*Terms and Conditions are as follows:

The \$5 City Bay Fun Run parking offer is only available at Adelaide Central, Flinders Link and 30 Hindley Street car parks when booked online or through the Wilson Parking App using promo code **CITY-BAY**. Bookings are limited and only available on the 17th of September, 2023. Rate is available for one entry and exit per booking. Pricing, products, and availability may vary without notice. Casual parking rates apply if booking conditions are not met.



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FOUNDATION



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AMRF are proud supporters of the Lumary City-Bay Fun Run.

Be sun safe and don't forget to wear a hat, sunsafe clothing, sunnies and SPF 50+ sunscreen.

Come and see us on the day for sunscreen and have a free skin spot check provided by Lions Screening Program. It could be a lifesaver!

For more information go to [www.melanomaresearch.com.au](http://www.melanomaresearch.com.au)



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# 10% off Membership\*

## Membership Benefits

**20% off ALL SARRC events \* Access to Qualified Club Coach \* Start Running Program \* Marathon Mentor Training \* SARRC newsletter \* SARRC member events \* Exclusive access to club partner deals & offers**

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FOODLAND

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post-race



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\*Offer valid until 01/12/2023

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GEL-KAYANO™ 30

\*Assessed using a consistent methodology across ASICS' carbon footprint methodology and the most comprehensive reporting available for industry average running shoes, conducted by MIT (report).

ASICS.COM

# HISTORY

In November 1973, Mr Bob Clarke, along with a volunteer committee established the first City-Bay Fun Run in Adelaide. The News newspaper and Coca-Cola were the first major sponsors.

The event started at the Adelaide Town Hall with 1,600 enthusiastic runners who had all paid 50c each to enter the 11.5 kilometre run which finished at the Glenelg Town Hall, opposite Mosely Square. Funds raised for the event were donated to Athletics South Australia.

In later years, the event start was changed from the Town Hall to North Terrace but the sharp right-hand curve was not conducive to the safety of the runners and it was changed to where it currently starts – at the Festival Theatre on King William Road. Over the years various aspects of the run changed. The finish was taken to Colley Reserve and then changed to the Glenelg Football Oval where it remained for many years. Arthur Jones was appointed Race Director after the retirement of Bob Clarke. Mr Jones retired in 1991 shortly before the demise of the News newspaper.

Des Paul, as its volunteer Race Director, registered the event in 1992 and formalised the existing volunteer committee members to legally protect the future of the event. The focus for fund raising was changed to assist athletics in South Australia. The event was registered in April 1992 as the City-Bay Fun Run and is owned by the City-Bay Fun Run Committee Inc.

The Advertiser was approached to become the City-Bay major naming right sponsor and have contributed substantially over the years to build their image and association to what has become one of the biggest and best fun runs in Australia.

# JOSEPH MERCORELLA

***A word from Joseph Mercorella the CEO and  
Co-founder of Lumary***



We are excited to be supporting the 2023 Lumary City-Bay – South Australia's iconic fun run – for our third year running. This year's theme, 'Choose Your race. Set Your Pace. Make it Count!' emphasises the significance of each participant's journey and the impact they can create.

We are thrilled to witness the community coming together for this event once again. The Lumary City-Bay holds a special place in our hearts as it plays a vital role in raising much-needed funds for charities across Australia. By supporting this event, we make a real difference in the lives of countless individuals and communities.

In line with the theme, we are committed to ensuring that the Lumary City-Bay is an inclusive and accessible event. Our goal is to provide equal opportunities for all, including those living with disabilities and the elderly. We believe that the event should be a reflection of unity, respect, and warm hospitality to everyone involved.

As a healthcare technology company, Lumary is dedicated to supporting inclusivity at social events. We extend our invitation to the local community of healthcare service providers, NDIS participants, and support workers to join us on this memorable day. Together, we can celebrate the spirit of togetherness and foster a sense of belonging for all.

At Lumary, giving back to the community is an integral part of our mission. We understand the power of connection and the positive impact it has on individuals and society. Participating in the City-Bay allows us to lead by example and inspire others to embrace the joy of giving, knowing that acts of kindness and support contribute significantly to overall wellbeing.

So let's lace up our shoes, embrace the theme 'Choose Your race. Set Your Pace. Make it Count!' and make this year's Lumary City-Bay an unforgettable experience for everyone involved. Together, we can create lasting memories and make a genuine difference in the lives of those who need it most. Join us as we run, walk, or cheer, knowing that together, we can accomplish extraordinary things!



We love to see you *CMITing*

**CMI TOYOTA**



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### **CHRISTIES BEACH**

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### **STEPNEY**

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**OH WHAT  
A FEELING**

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# GLENELG

## STAY AND PLAY

Glenelg Beach is Adelaide's most popular city beach, buzzing with a great vibe and atmosphere for all to enjoy.

Upcoming events 2023:

**Foreshore Fiesta - 12 October**

**Giant Ferris Wheel - 23 October**

**Sea to Shore - 28 October**

**Christmas Pageant - 26 November**

**Moseley Beach Club - December**

For more information visit us at  
**[holdfast.sa.gov.au/whatson](https://holdfast.sa.gov.au/whatson)**





# Locally made face masks protecting South Australians.

Interesting fact: Did you know that running half a marathon is equivalent of Detmold Medical producing approximately 87,500 masks?



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