



## TIME TO BE A STAR

Calling all entertainers ... the Lumary City-Bay Fun Run, presented by Sunday Mail, is a celebration of fun, fitness and community.

And to celebrate the return of the first event since 2019, we want it to be the biggest party in town with an atmosphere that absolutely rocks.

So if you are a star or a star-in-the-making we want you to line the streets to help add to the festive vibe.

Play the bagpipes, blow a bugle, rock your school band, twist, shout, dance or sound the blues, contact our operations manager at [operations@city-bay.org.au](mailto:operations@city-bay.org.au) and we will get you prime position on the route.

Let's make this an event to remember. It's your time to shine.

## FROM VIKINGS TO CITY-BAY



**He's the boy who has won the hearts and captured the imagination of South Australia - Tommy "Turbo" Mattinson who snared four gold medals in the World Frame Running Championship in Denmark.**

Tommy is enjoying a well-earned rest visiting the sites of Denmark before heading home next week.

After winning widespread applause from the Premier, Peter Malinsauskas, to sportspeople, community groups, his peers and his family, Tommy will turn his attention from the land of the Vikings towards his next challenge- the 6km event at the Lumary City-Bay Fun Run.

From Denmark, his mum Rebecca said “Tommy is so excited to be doing the City-Bay.

“It’s the first time frame runners have been permitted to run and Tommy will be keen to be the first to cross the line in the 6km.

“It’s a long way for little legs, but he is determined to get there”.

## MATTHEW CLARKE IS IN... ARE YOU?

Since running the City-Bay for the first time in 2019, I have been itching to get back onto Anzac Hwy for another opportunity to race some of Australia’s best.

The iconic Lumary City-Bay Fun Run has been an obvious breeding ground for Olympic athletes such as Jess Stenson, Jack Rayner, Madeline Heiner and Liam Adams (just to name a very short list of many). And it was one of the early events that helped slingshot my own career towards the Tokyo Games in 2021.

The events’ popularity is evidenced by the many athletes I see in my role as a podiatrist at The Sports & Arthritis Clinic and as a juniors’ coach at Asics Team Tempo, who are building for the event.

As such, there is no more perfect event for **anyone**, of **any** ability to forward their running journey than the City-Bay!



## How to Pace the City-Bay

Enjoy the hill, then get ready for the roll.

One of the features that makes the City-Bay such an iconic event on the fun run calendar is its flat, straight, point-to-point course.

This is conducive to very fast times. However, you may need to adjust your pacing strategy accordingly.

If you have not been able to do a lot of training in a similar environment - particularly flat loops without sharp turns or on an athletics track - it may be easy to fall into the trap of feeling too comfortable early and pushing out at a pace that can burn you in the end.

This is because you may not get your usual distractions and small cues of pushing over a hill to get the downhill or easing into, then pushing out of a hairpin.

My recommendation is to take advantage of the small hill and cityscape early to settle in and relax as much as possible before building into a strong back end of the run as you roll down Anzac Hwy.

Gauge your training, make a pace plan and if you feel good late, you can always pick the pace up more.

It will also give you the opportunity to have a much more enjoyable run and soak up some of the atmosphere and iconic scenes of the city down towards the beach at Glenelg.

You should also gain confidence as the race goes on too knowing that there are no big hills to tackle late. Try and make each of the last five kilometres faster than the last - and everyone loves a big sprint finish photo too.

Goodluck to everyone running the City-Bay. I'll be back with a few more tips soon.

## COMPETITION TIME



### **GO INTO THE DRAW TO WIN A PAIR OF ASICS PLUS FREE ENTRY INTO THE LUMARY CITY-BAY!**

Who doesn't like a fresh, new pair of running shoes, plus free entry into the greatest running event of the year.

All you have to do to win this insane prize is head to Instagram and post a picture or story of you training or the City-Bay. This can involve walking, jogging, running or maybe even doing some sprint intervals! You then must use

the #LumaryCityBayTraining, as well as be following the City-Bay official account, Lumary and Asics on Instagram!

Doesn't get much easier than that does it?

Get out and active, and who knows, maybe your hard work and effort will be rewarded.

## PROMOTE YOUR BUSINESS AND GIVE PARTICIPANTS A REWARD

The 2022 Lumary City-Bay Fun Run is going to be full of exciting and fun activations from start to finish. Why not get in touch with our marketing team to be part of the action.

Our much-anticipated Race Day Guide will be printed soon, so if you want to advertise your business or provide discount coupons for our participants, get in touch by **Friday 29 July** at [office@city-bay.org.au](mailto:office@city-bay.org.au).

You'll be reaching tens of thousands of fun, motivated, active and community-minded people.

## Thanks to all of our Sponsors!



[Click HERE for Web Version](#)

You are receiving this email because you registered at [www.city-bay.org.au](http://www.city-bay.org.au) and agreed to receive marketing material from us. If you wish to unsubscribe from receiving these emails in the future, please click the link below.

[Unsubscribe](#)

