



107 days to glory!

Welcome to the journey of a lifetime.

A 107-day countdown to a healthier, happier and fitter you, a more productive and connected workplace or a more vibrant, energised and focused team has begun.

It starts today by lacing up your runners, setting a goal and taking the first steps for the much-heralded return of the Lumary City-Bay Fun Run on September 18.

We'll be with you all the way, with tips from our experts on nutrition, exercise, training plans and sleep. Yes, rest and sleep is important as far as your exercise regime goes, so you'll be able to reward yourself with some winter sleep-ins and cosy nights by the heater.

All you need is a good pair of runners (Sportitude is the place to go), some comfortable clothing, and a training track or area to call your own.

And if you are after a bit of extra motivation, join one of our many free training workshops beginning in the last week in June at Adelaide Harriers Athletic Club, Victoria Park, Northern Districts Athletics Club, Port Adelaide Athletics Club and Flinders University. All ages and all fitness levels are catered for so whether you're a first timer, a new runner or a seasoned participant chasing a PB, you'll be made to feel welcome and get to meet new friends. Just check [here](#) for more details.

Keep connected on our socials and our newsletters for some useful training tips, some helpful recipes and you'll soon be on your way from the City to the Bay.

Remember, we will be with you for the whole journey!

Early Bird Bonus

The Early Bird not only catches the worm, but catches big discounts as the Lumary City-Bay Fun Run returns to the

streets with a vengeance in 2022.

But to take advantage of big savings you must register by June 22.

Your registration not only includes your bib and timing chip, but a race-day guide with more than \$200 worth of vouchers and discounts, free public transport to and from the start and finish lines, free water, free Gatorade and the medal (or in runner's terms, the Bling!)

Stay tuned for the release soon of the new-look Lumary City-Bay Fun Run medal which you will be able to show off with pride.

Special discounts are available for children (under 17) and concessions card holders and families. Don't forget, register by June 22 before regular prices apply.

Remember SA Fun Runs Inc. is a not-for-profit organisation and funds raised supports Athletics in SA.

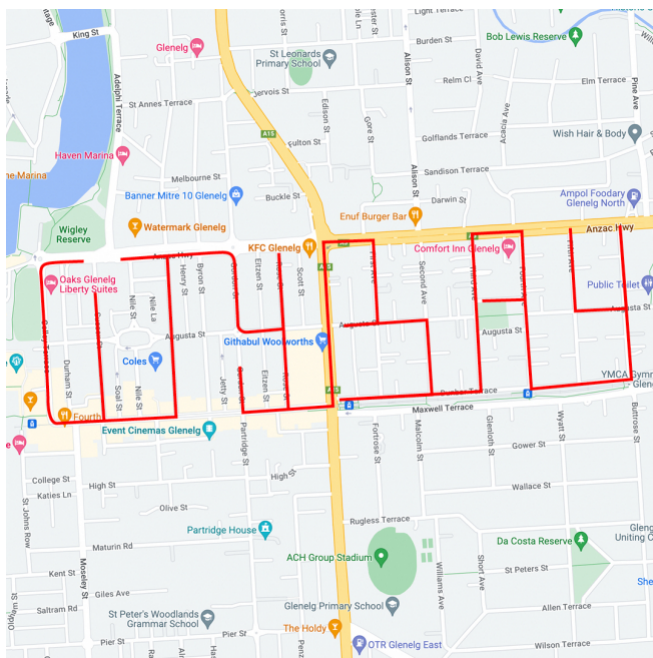
EARLY ENTRY

18 SEPT 2022

CLOSES JUNE 22ND 2022

Lumary
CITY  BAY
FUN RUN

Running as an Art Form



Yes, Strava Art is a real thing!

All around the world, runners post creative images and messages traced on various GPS devices. We've seen images of towers, bridges, messages of inspiration and even wedding proposals.

We kicked off Adelaide's version on our socials this week with a drawing of the

words City-Bay. So now it's up to you.

How creative can you get?

The shape of Adelaide Oval, the Festival Centre, the Glenelg Jetty or an icon like a Vilis' pie or even a frog cake?

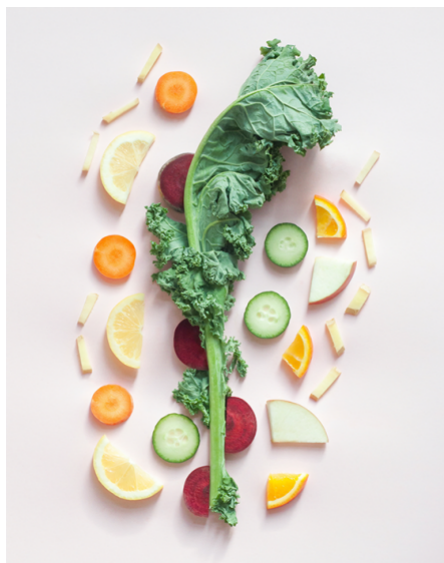
Time to get to work and post your Strava Art on our socials and you could win a pair of ASICS from our good friends at Sportitude.

Oh, just one small requirement - make sure it's family friendly. You know what that means.

The Good News on Food

Ok, so you've turned over a new leaf and you're moving towards a new you with some healthier eating options matched with daily exercise.

But that doesn't mean you have to stop eating. In fact, crash diets and exercise don't really mix. Make sure, you adopt a steady as it goes process, because you will need to make sure your body is fuelled, hydrated, and trained to dip into your body's energy stores in the most effective way!



Here's a few must haves in your pantry, your fridge or on your kitchen bench - a supply of **bananas**, some **oats** for breakfast or in a smoothie, **eggs** for muscle growth and recovery, **legumes** to keep your gut and immune system healthy, **potatoes** for potassium, some **black coffee** to help boost high-intensity workouts, **broccoli** for vitamin C, and spoil yourself with a little **dark chocolate** even grated over some plain **yoghurt**. And don't forget to keep hydrated with clean, fresh **water**.

If you've got some running diet hacks or healthy recipes why not share them on our socials!

Get your Costume on!

For decades, the City-Bay Fun Run has seen some of the most novel and imaginative costumes, and we will be on the lookout for the best this year.

We've seen doctors and nurses and firefighters, cartoon characters and superheroes. We've seen farmer costumes and dancers, footy stars and the like.

So now it's over to you: Who will you be in 2022?

This is a great way to add the fun and the atmosphere to SA's greatest single participation event and back the return of the Lumary City-Bay Fun Run something to remember.

18 SEPT 2022



**PUT IN WORK
WITH YOUR
CO-WORKERS!**

Lumary
CITY BAY
FUN RUN

THANKS FOR ALL YOUR SUPPORT

A special thanks to all of our sponsors this year. We would especially like to thank Lumary for coming on board as our new naming rights sponsor last year. Their inclusiveness and accessibility policies tied in perfectly with what the City-Bay is all about and we are looking forward to continuing working together with them to make not just the Lumary City-Bay Fun Run a better event but the whole state a more inclusive place to live.

