



MERCHANDISE

Exclusively available
Online & In-Store at

sportitude
RUNNING

20 Manton Street, Hindmarsh



SHOP NOW >

**Merchandise will also be available at the Asics tent
at the Expo and Colley Reserve on race day.**

The City-Bay acknowledges the awesome support of so many sponsors. We would love you to support those who support us and make this event possible.

Today we give a call out to Sportitude where you can buy your special City-Bay merchandise.

Check out their stores at 20 Manton St, Hindmarsh, or the exciting newly-reopened store at 391 Fullarton Rd, Fullarton.

Click [here](#) to order your City-Bay merchandise online from Sportitude. To receive your new gear by race day, we recommend placing your order by 9pm Monday night.

Sportitude will also be selling their merch in the Asics tent during the bib collection on Thursday and Friday and on race day!

ONE-MINUTE'S SILENCE

The Lumary City-Bay Fun Run acknowledges the passing of Her Majesty Queen Elizabeth II and the proclamation of King Charles III. Out of respect for an incredible 70 years on the throne, the City-Bay will hold a minute's silence at an appropriate time before each of the 3km, 6km, 12km and 21.1km starts.

BIB COLLECTION REMINDER



Just a reminder that Bib Collection and late registration will be from **8:00am to 5:00pm on Thursday September 15** and **8:00am to 8:00pm Friday September 16** just outside *eleven bar and restaurant* in the laneway at [11 Waymouth St, Adelaide.](#)

For country residents travelling to the event on Saturday, bib collection will be held at the *SA Athletic Stadium*, [Marjorie Jackson Nelson Dr, Mile End](#) from **8:00am to 2:00pm on September 17.**

PRE- RUN FUEL WITH CALLUM AND THEMIS



Introducing some great nutrition tips from our good friends **Callum Hann**

and Themis Chryssidis at Sprout who will make sure you are in tip-top condition before and after the Lumary City-Bay Fun Run.

The day before is an important time for making sure your body is fuelled and ready for the big run and you'll probably be happy to hear that carbs are going to be your body's best friend during this time.

During digestion carbohydrates are broken down into smaller sugars called glucose which is used to power our muscles. Any glucose that we don't need right away is stored as glycogen for future use as fuel for exercising muscles. So it's important to make sure your glycogen stores are full on race day!

3-4 hours before (high carbohydrate, low fat, moderate fibre):

- Crumpets with jam or honey
- Baked beans on toast
- Breakfast cereal with milk
- Fruit salad with yoghurt
- Pasta or rice with a tomato-based sauce

1-2 hours before we want to focus on high carbohydrate, low fat & low fibre:

- Milkshake or fruit smoothie
- Breakfast cereal with milk
- Fruit-flavoured yoghurt
- Fruit

Less than one hour before (High GI, easily absorbed, familiar):

- Sports drink
- Cordial
- Jelly lollies

KEEP UP TO DATE

South Australia, let's get it started. Just one week to go until the city streets light up in a blaze and colour and energy for the long-awaited return of the iconic Lumary City Bay Fun Run.

And after a three-year wait, what an event it will be. While you're pumping up your legs, we're pumping up the music with a few innovations to add to the festival nature of SA's number one fun run.

Keep an eye on your emails for all the information you need in the leadup to this year's events.

There will be some messages from our wonderful naming right's sponsor Lumary. And will show you the official Toyota Kluger lead vehicle from partner CMI Toyota.

BIG THANKS TO OUR SPONSORS



Stay connected with us on our socials!

