



Cheers to our Volunteers with top drops from the Barossa and Eden Valley!

Today we celebrate the hundreds of dedicated volunteers who make the Lumary City-Bay Fun Run possible.

And there's a special drop waiting.

From sports clubs, to CFS brigades, dance schools, the SES, athletics clubs and service clubs our volunteers get the City Bay pumping along the entire route whether at water stops, baggage collection, traffic marshalling and set up. But we could still do with a few more hands.

This year we have something extra special. Not only will organisations receive a small fee for each person provided, but the name of each adult volunteer will go into the draw to win one of 50 six packs of a mix of sparkling, white, rose and red. from our great sponsors and supporters, **Chaffey Bros.**

It's not only one of the top drops around, but one of the funkiest, too - with names like La Resistance! La Conquista! Funkel Punkt and Dufte Punkt. Make sure to check out www.chaffeybros.com for more!

We're currently short an early morning set up crew and a few traffic marshalls. **So if you can help out contact the event manager at eventmanager@city-bay.org.au to be part of our team.**

BREAKFAST FOR CHAMPIONS

If you can't do without an early morning coffee before a walk or a run, our good friends at the Strathmore Hotel on North Tce have you covered.

Just three minutes from the start line, the Strath (as it's affectionately known) will

open their doors from 6am on City-Bay morning for dine in or take away.

And what a spread they will put on.

Ham and cheese croissants, eggs and bacon on toast, egg and bacon roll, granola, yoghurt and berries, danishes and protein balls will have you firing with energy for the 12km trip to the sea.



FREE SKIN CHECKS

Our traditional race village at Colley and Wigley Reserves is going to be on the best yet with new editions of the Lumary Lounge, a fun area by Olympic Hire, stalls by our sponsors and special activations by our media partners and supporters.

We'll have an mcpumping the music, warm downs and plenty of fun.

And as a major community service, the Australian Melanoma Research Foundation will be providing free skin checks.



Bib Collection!

**City-Bay ambassadors
Callum and Themis have**

come on board in so many ways to help the 2022 event - from healthy eating recipes, nutrition and hydration tips and now Bib collection.

The pair have been generous enough to offer the site at *eleven* bar as the bib collection venue for this year's event.



Eleven bar is located at 11 Waymouth Street, and is the perfect spot to enjoy a drink or a bite.

Bib Collection and late registration will be from 8am to 5.30pm on Thursday September 15 and 8am to 8pm Friday September 16.

For country residents travelling to the event on Saturday, bib collection will be held at SA Athletics Stadium, Marjorie Jackson Nelson Drive, Mile End from 8am to 2pm on September 17.

And finally the team at Lumary City-Bay wish all the amazing dads out there a very Happy Father's Day!

BIG THANKS TO OUR SPONSORS



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our socials!**

