

CITY BAY

Fun Run

19 September 2021

**We are back to help rebuild
a sense of community in
SA!!**

It's great to be back after a year in hibernation! Post Covid people will be looking for things to be happy about - we believe City-Bay Fun Run can play a major role here especially given timing - we hope SA Health will allow us to have close to maximum numbers.

Participants who entered for the 2020 event and didn't request a refund, will automatically be registered in this year's event. Those who entered the 2020 City-Bay Virtual event will receive a discount code in late June.

But we will not know if entry limits will apply for a while so we suggest you get in early and [enter now](#) or you may miss out.

We want to see as many people as possible back embracing the thousands of happy memories the people of SA have had with their City-Bay Fun Run experiences as we head to the 50th Birthday party in 2022.

It's Always a Happy Day at the Bay!

REGISTER AND WIN!

Register before **August 31st, 2021** for your chance to **WIN** a brand-new Toyota Yaris thanks to CMI Toyota!

We love to see you CMI'ing

CMI TOYOTA



Go and check it out for yourself - at CMI Toyota on West Terrace, Adelaide!

Simply enter either the **3k, 6k, 12k or Half Marathon** for your chance to **WIN!**

But you must do it before **August 31st** to be in the running!

Help us and Help Charities in SA

We anticipate this will be the largest Mass Participation Community Health and Fitness event Post Covid in Australia (possibly the World) - Subject to Final numbers approved by SA Health.

2022 is the 50th Anniversary of the event - one of the oldest in Australia. We will use 2021 to build momentum of the City-Bay Fun Run as South Australia's leading Community Health and Fitness

Given the cancellation of last year's event and those of many charities in SA there is an urgency to raise funds for our various charity partners

If every person who enters commits to raising \$40 for their favorite Charity, we could raise more than \$1 million dollars at a time of great need for all causes in SA.

You can make your participation in this year's event even more memorable by dedicating it to a cause close to your heart. Be the change you want to see in the world by raising much needed awareness and funds for one of our key charity partners.

Fundraising for your favourite charity is simple and fun through your Grassrootz online fundraising page and your family and friends can feel confident in donating through our trusted fundraising platform partner.

Create a fundraising page for FREE and raise \$500 online to have your event registration fee refunded to you (limited to the first 10 per charity). Over the years our fundraisers have made a huge impact raising Millions for many charities across Australia. So, join our fundraising community and help us to continue creating positive change in the world.

ABOUT US

The City-Bay Fun Run is an iconic part of the fabric of South Australia. For almost 50 years, it has formed part of the social, community, and charitable success of the State. It has driven new levels of fitness across the widest possible demographics with literally millions of participants. It has improved workplace morale as a team building and goal-setting exercise. And it has galvanized the causes of generations of sporting, community, and charitable organizations with more than \$4 million being raised.

As a celebration of fitness, fun and family it plays a vital role in the health and wellbeing of South Australia.

Recreational running, jogging, and walking is again on the rise. Spurred by the current Covid-19 pandemic, experts maintain health and fitness is vital to improving our health, social connectivity, and mental wellbeing.

Studies show that running, jogging, and walking can improve our heart health, lower cholesterol, reduce stress, improve concentration and creativity, aid our learning and memory capabilities, improve productivity, and promote a positive outlook - all important elements during these times. In short, it is an investment in our lives, our communities, our workplaces, and our State.

Now, we are asking you - the business community of South Australia - to invest in the City-Bay. Are you up to the challenge? Are you prepared to sponsor the nation's biggest participation (per head of population) fun run? Investing in the City-Bay Fun Run is an investment in the vibrancy and wellbeing of South Australia and the chance to be associated with one of its best and biggest good-news brands.



THE CITY-BAY FUN RUN AIMS:

To motivate large numbers of the population (walkers, runners, and wheelchair participants) to increase their activity levels.
Promote physical activity as an enjoyable

integral part of a healthy lifestyle.

Increase the general fitness and wellbeing levels of participants over a 12-week training period.

Provide incentives for participants to reach their goals.

Provide an opportunity for charities and sponsors to use the event as a platform to fundraise and draw attention to a chose cause.

Continue to be the best, most successful and most iconic fun run in South Australia.

Continue to be the friendliest, most enjoyable, inclusive, accessible, and rewarding fun run in South Australia.

Provide funds for Athletics in South Australia.



12 WEEK FITNESS & CONDITIONING PROGRAMME

Get fit and ready for the City-Bay Fun Run by attending free Training Workshops for Runners and Walkers of all levels, including

first timers. Learn the secrets of endurance in a positive, inclusive and welcoming team atmosphere under the eyes of trained coaches.

Get helpful hints, nutritional advice, tips on the best footwear and on injury prevention.

Bring your Friends and Family. All are welcome

For more information : [Training](#)

Register now!

2021 CITY-BAY FUN RUN – ENTRY PRICES

*Entry Prices are held at 2019 levels

Event		Early Bird 1 Apr - 20 Jun	Regular 21 Jun - 31 Aug	Late 1 Sep - 18 Sep
3 km	ADULTS	\$35.00	\$45.00	\$50.00
	CHILDREN	\$25.00	\$30.00	\$35.00
	CONCESSION	\$30.00	\$40.00	\$45.00
6 km	ADULTS	\$45.00	\$55.00	\$60.00
	CHILDREN	\$25.00	\$30.00	\$35.00
	CONCESSION	\$40.00	\$50.00	\$55.00
12 km	ADULTS	\$55.00	\$65.00	\$70.00
	CHILDREN	\$30.00	\$35.00	\$40.00
	CONCESSION	\$50.00	\$60.00	\$65.00
21.1 km Half Marathon	ADULTS	\$85.00	\$95.00	\$100.00

SPONSORS



We love to see you CM'ing





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