



Lumary  
CITY  BAY  
FUN RUN



NOVEMBER 7, 2021



[WWW.CITY-BAY.ORG.AU](http://WWW.CITY-BAY.ORG.AU)

## New Date for City-Bay

In consultation with SA Health, City-Bay Fun Run has decided to postpone the September 19 event to **November 7**. The health and safety of our runners and volunteers is our number one priority. All current registrations will transfer to the new date. This gives more people more time to train and organise their teams.

This is such a special South Australian event and so many people and sponsors are committed to it. The new date will also give City Bay organisers an opportunity to introduce some exciting new initiatives, charities more time to raise money, and runners a chance to reboot training with official training hubs to continue.

Some of you will doubtless be disappointed. We're choosing to focus on having more time to train and fund-raise, more people to run with on the day, and an increased likelihood that the weather will be better.

We appreciate your support and understanding and will provide further updates as we work through the process of changing to the new date.

Keep up the training and you'll be fitter and faster than ever. There's even time to train for the half marathon. Refer to the website for free training sessions and times at SA Athletics Centre, Northern Districts Athletics Club, Adelaide Harriers Athletics Club, Port Adelaide Athletics Club and Flinders University.

## Meet City-Bay's newest sponsor, Lumary!

Lumary is a global healthtech company with its headquarters right here in Adelaide! This South Australian tech trailblazer is on a mission to revolutionise technology for the healthcare industry. Its leading care management platform, purpose-built for disability and in-home aged care providers in Australia, supports smaller and enterprise-level organisations to manage their entire care delivery business.

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'Better Wellbeing Through Technology' is more than just a tagline. Lumary is driven to connect the best technology with the best human care so the healthcare community can thrive on a global scale. Watch this [video](#) and get to know more.

Lumary puts people at the heart of what they do. It's why they wanted to be part of City-Bay. With Lumary onboard, we are making every effort to ensure the event is inclusive, so those living with disability and older members of our community can participate in both the race and as supporters. The Lumary City-Bay is about bringing people together and must be accessible, respectful and welcoming to all.

The Lumary team will be walking, running, and volunteering on the day, along with their customers, NDIS participants, support workers, and other community members. We can't wait to see you all there!

[www.Lumary.com](http://www.Lumary.com)



## RunNation



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Only days left before RunNation Film Festival kicks off. Scroll down for a sneak peak of Totally FKT - 2 runners, 1 record, 31 years of history...

Grab your running friends, get your tickets NOW!

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**Totally FKT** uncovers the on-the-trail story of elite athletes John Kelly and Damian Hall as they battle to set the fastest time (FKT) on the Pennine Way. (FKT). After 31 years the record is finally broken on this notorious long distance trail in Britain. Featuring athletes John Kelly and Damian Hall with their dedicated crews and pacers as they take on the most challenging task of their sporting careers to date.



### **Norwood**

Hoyts Cinemas Norwod

Date: Mon, 16 Aug 2021

Time: 7:00 PM

### **North Adelaide**

Nova Eastend

Date: Fri, 20 Aug 2021

Time: 7:00 PM

## **LOOKING OUT FOR EACH OTHER**

Mental health support during COVID-19

The impacts of the COVID-19 pandemic, physical distancing and isolation can make us feel anxious, stressed and worried. Read about what you can do to [look after your mental wellbeing](#) and look out for those around you as we tackle these challenges together.



## ACROSS THE BOARD

The Lumary City-Bay Fun Run encourages all participants to practice inclusive behaviour throughout their everyday lives. Inclusion is a set of measures, both large and small that can be easily integrated into professional and personal life. The good news is that improvement of inclusiveness is easy and always starts with yourself. We have outlined some tips and strategies below to assist with making these beneficial changes:

- Mindful communication – It's important to make a conscious effort to act respectfully while having a conversation with others. This can be achieved through simple steps such as, listening without interrupting, avoiding using assertive language and not dismissing other's contributions to a conversation.
- Challenge stereotypes – This includes avoiding unconscious biases, prejudices, lack of information and influences of the media which may affect how we interact with others. Through becoming more aware of our biases, we can deconstruct them which will lead to more conscious and inclusive interactions.
- Avoid assumptions – One of the most common mistakes in everyday interactions is making assumptions. Although assumptions are often developed unconsciously, it is important to recognize the moment when we apply them in our interactions with others.
- Ask yourself and others (the right) questions – A fundamental practice to be more inclusive is to ask questions. Asking questions helps in the process of awareness and discovery of others through the form of safe conversations.
- Be aware of your privileges – Talking about privileges can be difficult and often very uncomfortable. However, being aware of our own privileges is a crucial first step to adapting a more inclusive attitude.
- Be proactive in educating yourself on the topic – This can be achieved through simple research online, where you can find many essays, articles, reports, academic and non-academic resources on the topic of Inclusion.

Stay open, stay curious, and do not fear mistakes – Becoming and remaining inclusive is a process, not an objective to be achieved. As in all processes, it is important to remain open and curious and to continue looking for opportunities to learn about the various topics.

# CALL FOR HELP



The City-Bay Fun Run is looking for volunteers to assist with general administration tasks, such as number/bib distribution leading into the event this year. We are also looking for volunteers to assist with various Race Day operations at the event on the 19th September 2021. If this interests you, please contact [hrmanager@city-bay.org.au](mailto:hrmanager@city-bay.org.au). We would greatly appreciate any assistance provided.

## SPONSORS

