



A NEW DATE, A NEW GOAL

Now is the perfect opportunity for all of us to re-evaluate our training schedules and goals for the 2021 City-Bay Fun Run. With the current mass participation regulations from SA Health leading to additional time before the new race date of 7 November 2021, there has never been a better time to focus on what you would like to achieve.

Why not consider entering in the half marathon this year?

The City-Bay Fun Run is considered as one of the flattest and fastest half marathon events, making it an ideal course for your first attempt at running the 21.1km distance. It could be your first steps to following Olympic success like previous City-Bay Fun Run competitors such as Liam Adams, Brett Robinson, Jack Rayner, Sinead Diver, Lisa Weightman and Michael Roeger.

These athletes have progressed to compete in the 2020 Tokyo Olympic events below:

Liam Adams – Men’s Full Marathon (Result: 24th/100 – Time: 2:15:51)

Brett Robinson – Men’s Full Marathon (Result: 66th/100 – Time: 2:24:04)

Jack Rayner – Men’s Full Marathon (Result: DNF)

Sinead Diver – Women’s Full Marathon (Result: 10th/100 – Time: 2:31:14)

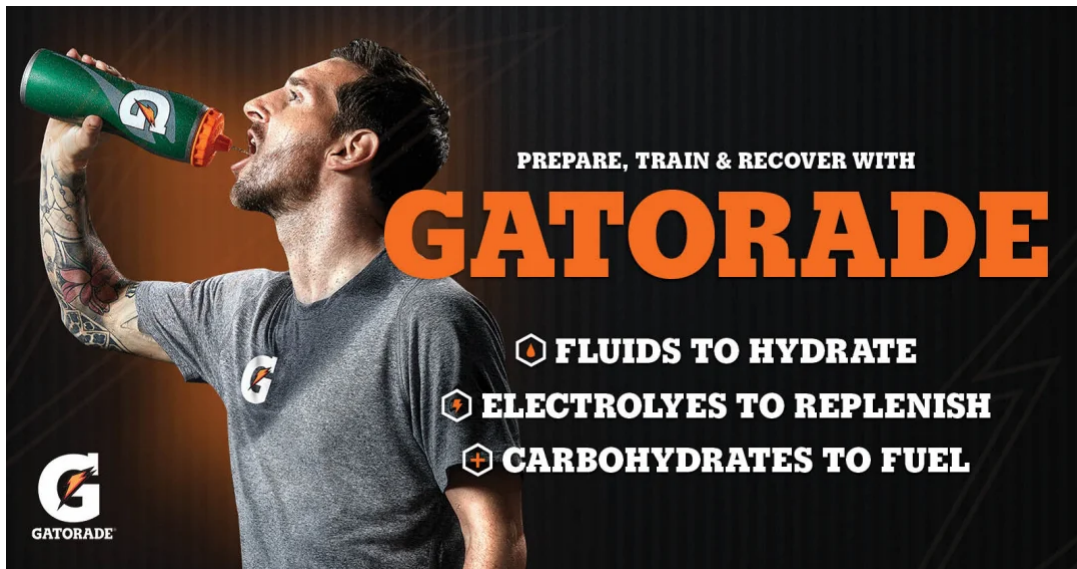
Lisa Weightman – Women’s Full Marathon (Result: 26th/100 – Time: 2:34:19)

Michael Roger – Paralympics Men’s Full Marathon (Scheduled: 5th September 2021)

11 weeks to go until Adelaide's most fun run ! We are working with [SA Health](#) to make sure that our run is as safe as it is fun! But no matter what now is the time to get started moving those legs and preparing for your run! [#LumaryCityBay2021](#) [#SundayRunday](#)



#NothingBeatsGatorade



Don't forget Gatorade will be available on-course at City-Bay! Gatorade provides carbs to fuel working muscles, fluids to hydrate, and electrolytes to replenish what you lose in sweat so you perform at your best. **#NothingBeatsGatorade**

The Fitzy's 5 Fun Run will now be held on City-Bay Sunday, September 19.

Following the postponement of the Lumary City-Bay Fun Run, Running SA has decided to reschedule its Fitzy's 5 Fun Run for the same morning to provide runners the chance to get out and enjoy a competitive run on City-Bay day.

Adelaide's premier 5km Fun Run (Fitzy's 5) will take place from 8.30am in North Adelaide's Park 10, encompassing the well-known "Uni Loop".



Initially scheduled for August 8, Fitzy's 5 was postponed due to the State's Covid-19 lockdown, but Athletics SA CEO Shane Fuller said it was important to reschedule the event, and believed September 19 was the perfect occasion.

"It was unfortunate that we couldn't proceed with Fitzy's 5 in early August, but we continued with the organising of Fitzy's so that runners had something to look forward to," he said.

"It is a shame that City-Bay has been postponed until November 7, but we thought this was the perfect opportunity to host Fitzy's and provide runners the opportunity to get out there for a competitive run on that Sunday."

Named after local runner David “Fitzy” Fitzsimons, who was one of Australia’s leading distance runners in the 1970’s, Fitzy’s 5 is a 5km run hosted annually in North Adelaide.

The 2020 event was cancelled due to the Covid-19 pandemic, but in 2019 about 400 people registered to participate.

THE COURSE:

This year Fitzy's 5 will cover a new course, given the uncertainty of the AFL's floating fixture, but will include some of the traditional roads.

Following parts of the Uni Loop, the Run will begin on War Memorial Drive, near the Adelaide City Council Nursery, and head towards Bundeys Road.

Participants will follow Bundeys Road and turn left onto Mackinnon Parade, before another left turn onto Frome Road and back onto War Memorial Drive for the second (final) lap.

This is a fast, flat, road surface course, so it’s sure to be the right race for runners to set some amazing PB's.

It’s also the perfect chance for people to return to competition running, enjoy a run with friends or simply stretch the legs post-lockdown.

HEAR FROM A PAST WINNER:

Local runner Adrian Potter has won the last two Fitzy’s 5s, including the 2019 event in 14:27, and said it was always a fun event.

“It has always been a really good, fast, fun course and one of the only chances you get to have a 5km hit out on the road,” he said.

“The group of competitors is really strong, and it is a great opportunity to get pulled along for a PB.

“I am really proud to have won the last couple of events because this is one of the premier road running events in SA.

“It is a favourite of mine and a lot of people in the running community feel the same.”

Adrian said it was a great time to get out and participate in a fun run, considering the restlessness of runners through the recent Covid-19 lockdown.

“Fitzy’s is a great chance to get out an exercise,” he said.

“I’m sure that runners would have kept up their training in the restricted environment but there’s nothing like competition running.



“Hopefully we see a big field out there.”

The run will commence at 8.30am and for registration or more information visit the Fitzzy's 5 page on the Running SA website - runningsa.com.au/sa-events/fitzys5/

We hope to see you at Fitzzy's 5.



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.



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. We would greatly appreciate any assistance provided.

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