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Lumary
CITY BAY
FUN RUN

THE GREAT ESCAPE

3KM
6KM
12KM
HALF MARATHON
RUN WITH US AT THE ICONIC
LUMARY CITY-BAY FUN RUN

7 NOV
2021



NEW SPONSOR HELPING TO PROTECT EVENT

The City-Bay is pleased to announce Detmold Medical as our official supplier of all PPE for this years event.

DETMOLD medical

The South Australian and Federal Governments approached the Detmold Group in February of 2020 to secure a reliable supply of locally-manufactured Personal Protection Equipment (PPE) to safeguard Australia's frontline healthcare professionals.



It was a call to arms the Detmold Group answered, committing to producing 145 million masks and extending their manufacturing capabilities into a new direction to help fight COVID-19.

PPE was an entirely new industry and product category for the Detmold Group.

Rapidly establishing a manufacturing facility, Detmold Medical was founded and producing masks within just 18 weeks.

Today, Detmold Medical continues to innovate and refine high-quality and proudly Australian-made products to take care of those who care.

Learn more about the Detmold Medical story. Approached by the Australian Federal and South Australian State Governments in March 2020, Detmold Medical was founded to localise the supply of PPE for healthcare professionals by clicking on the link below.

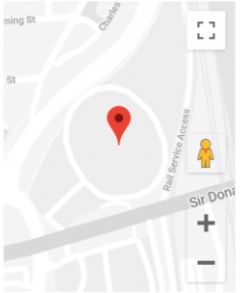
<https://youtu.be/MZIJGGoEBrI>

SPRING IN TO ACTION

With Spring almost here and the warmer weather and longer days are beginning to give us more daylight each day. Remember to make the most of the extra daylight by making your way to one of the many free training sessions available each week. No bookings are required, so make this week the first week of your new training campaign.

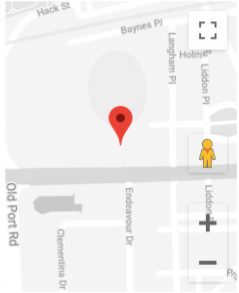
// SA ATHLETICS STADIUM
SA Athletics Stadium, Marjorie Jackson Nelson Dr, Mile End

- Starts Wednesday 30 June at 6:30pm - Every Wednesday

A map showing the location of SA Athletics Stadium. A red pin is placed on Marjorie Jackson Nelson Dr. The map includes labels for 'Rail Service Avenue' and 'Sir Donald Street'. Navigation controls like zoom in (+) and zoom out (-) are visible.

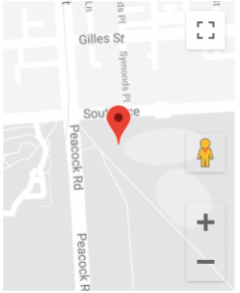
// PORT ADELAIDE ATHLETICS CLUB
Alan Iversen Reserve, Langham Pl, Port Adelaide

- Starts Sunday 4 July at 8:30am - Every Sunday

A map showing the location of Port Adelaide Athletics Club. A red pin is placed on Langham Pl. The map includes labels for 'Hack St', 'Baynes Pl', 'Langham Pl', 'Holmes St', 'Ludlow Pl', 'Old Port Rd', 'Endeavour Dr', and 'Clemencia Dr'. Navigation controls are visible.

// ADELAIDE HARRIERS ATHLETIC CLUB
Cnr South Terrace and Peacock Road.

- Starts Monday 28 June at 5:30pm - Every Monday

A map showing the location of Adelaide Harriers Athletic Club. A red pin is placed at the intersection of South Terrace and Peacock Rd. The map includes labels for 'Gilles St', 'South Terrace', and 'Peacock Rd'. Navigation controls are visible.

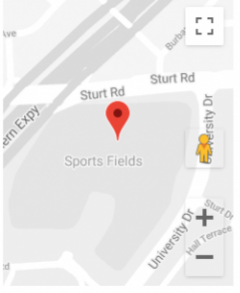
// NORTHERN DISTRICTS ATHLETICS CLUB
Rundle Reserve Rundle Rd, Salisbury South

- Starts Wednesday 30 June at 6:30pm - Every Wednesday

A map showing the location of Northern Districts Athletics Club. A red pin is placed on Rundle Rd. The map includes labels for 'Rundle Reserve', 'Rundle Rd', 'Murray Ct', 'Nylens Av', and 'Rundle Rd'. Navigation controls are visible.

// FLINDERS UNIVERSITY
Adjacent Sturt Rd on the Sports Field

- Starts Sunday 27 June at 8:30am - Every Sunday

A map showing the location of Flinders University. A red pin is placed on Sturt Rd. The map includes labels for 'Sturt Rd', 'Sports Fields', 'University Dr', and 'Sturt Dr'. Navigation controls are visible.

SPORTSMED TRAINING TIPS



sportsmed

August 24, 2021 / By [Nadia Ortuso](#) / Posted in [Latest News](#)

Although the City-Bay has been postponed to a later date it allows you to further improve your trial times and even include a new element to your training! Our Exercise Physiologists, Alice Gregory and Georgina Kiel share some insight into the incorporation of recovery runs into our training and how this will benefit our overall performance!

What are recovery runs?

A recovery run is a low intensity run usually performed after a higher intensity run or training session. Recovery runs can help to increase your training mileage (how far you run each week) without the stress that comes from running at higher intensities, i.e. faster paced runs. This is important in order to keep you training consistently. If all your runs are hard and fast, it will be much harder to train consistently, compared to doing some runs hard and most runs easy. The best distance runners in the world do most of their training at low intensities.

80/20 rule

A popular training philosophy is the 80/20 rule which describes performing at least 80% of your weekly running at low intensity and up to 20% at high intensity. Following the 80/20 rule makes it easier to sustain consistent training each week. A runner who trains consistently each week and includes more easy running than hard running is more likely to be successful than a runner who performs most of their running at a high intensity, who will likely end up fatigued and may lose their motivation to continue training.

What are the benefits of recovery runs?

Increasing blood flow to fatigued muscles coupled with a 'feel-good' endorphin release may help you feel better post heavy training session or long run. Remember, recovery runs will add volume to your training week so make sure you're not getting too keen too early and putting yourself at risk of overuse injuries! Performing a good warm up and cool down pre and post training session, sleeping well and light mobility may be just as beneficial!

What percentage of my weekly training runs should be at a recovery pace?

The percentage of weekly runs that should be recovery runs will depend on your training schedule and performance goals. An allied health professional or running specialist will be able to help you decide if a recovery run is suitable for you.

Alice and Georgie are available for exercise physiology consultations at our Stepney, Blackwood and Morphett Vale clinics. Please phone to get in touch or email physio@sportsmed.com.

Alice and Georgie explain why you should incorporate recovery runs into your training in the lead up to City-Bay

benefits of a recovery run

- ✓ feel better post heavy training session
- ✓ increased blood flow
- ✓ can improve running performance
- ✓ increase your training mileage
- ✓ Improved motivation through lower fatigue levels.

There's Still Time To Be Early



Register before October 4th, 2021 for your chance to WIN a brand-new Toyota Yaris thanks to CMI Toyota!

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.



SPONSORS

