

REGISTER NOW AT
WWW.CITY-BAY.FUN.RU

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

Lumary Sunday Mail CMI TOYOTA asics G BERRY BROS WINE CO nova 919 FIVEaA Black Sheep Advertising VILTS HALLGAS-BAY OAKS Grassroots

CITY-BAY WINNER COMPETING IN TOKYO

The City-Bay Fun Run has been an important pathway for many of the nation's top athletes. We've had champions who have gone on to do wonderful things on the international and Olympic stage - even becoming part of Eliud Kipchoge's incredible world sub-two-hour marathon achievement.



Now it's time to turn our attention to another City-Bayer, South Australia's Michael Roeger who competes in the Tokyo Paralympic Games marathon on Sunday.

From Langhorne Creek, this is Michael's fourth Paralympics. He's been in awesome form breaking his own TC marathon record in 2:18 earlier this year.

He completed his pre-games training in Cairns, acclimatising to the gruelling humid conditions expected in Tokyo.

Good luck Michael. We're all behind you.

SPRING IN TO ACTION

South Australia's running community is large, fun, safe, inclusive and embracing, so if you're not sure where to start on your Lumary City-Bay Fun Run journey, then join one of our many free weekly workshops in a suburb near you.

These workshops are for everyone, regardless of age or fitness level. You'll learn how to go from zero to hero, whether your goal is to walk the distance, jog the distance or record a personal best.

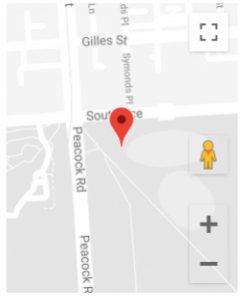
Our trainers will take you through all the motions on how to build up your capacity and your strength, your endurance and add the important structure to your training efforts. They'll help you with your weekly training plan, give you encouragement and plenty of tips along the way.



What's more you'll meet great people, make new friends and improve your health, fitness and vitality.

So whether you're in a teenager or in your 80s, click on the maps below for a link to training sessions and make the most of the warmer spring weather to turn a new leaf in your training schedule.

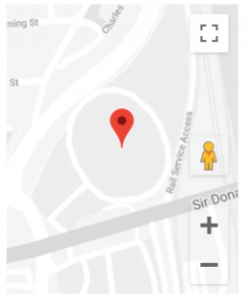
// **ADELAIDE HARRIERS ATHLETIC CLUB**
Cnr South Terrace and Peacock Road.
■ Starts Monday 28 June at 5:30pm - Every Monday



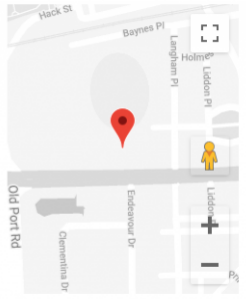
// **NORTHERN DISTRICTS ATHLETICS CLUB**
Rundle Reserve Rundle Rd, Salisbury South
■ Starts Wednesday 30 June at 6:30pm - Every Wednesday



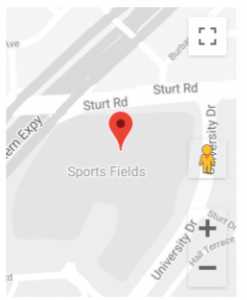
// **SA ATHLETICS STADIUM**
SA Athletics Stadium, Marjorie Jackson Nelson Dr, Mile End
■ Starts Wednesday 30 June at 6:30pm - Every Wednesday



// **PORT ADELAIDE ATHLETICS CLUB**
Alan Iversen Reserve, Langham Pl, Port Adelaide
■ Starts Sunday 4 July at 8:30am - Every Sunday



// **FLINDERS UNIVERSITY**
Adjacent Sturt Rd on the Sports Field
■ Starts Sunday 27 June at 8:30am - Every Sunday



PREPARE, TRAIN & RECOVER WITH

GATORADE

🔥 FLUIDS TO HYDRATE

⚡ ELECTROLYTES TO REPLENISH

⊕ CARBOHYDRATES TO FUEL



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

RUNNING OUT OF HELP

An eye opening article that highlights the importance of fun run events and the not so obvious ways that they effect and support the wider community.



Australian charities are struggling with the loss of fun runs and other 'fitness philanthropy' events

September 1, 2021 6.00am AEST

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

