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Lumary  
CITY-BAY  
FUN RUN

7 NOV 2021

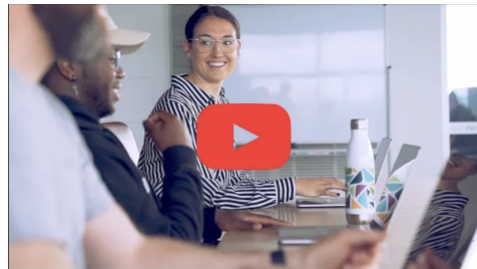
**THE GREAT ESCAPE**  
3KM  
6KM  
12KM  
HALF MARATHON

RUN WITH US AT THE ICONIC  
LUMARY CITY-BAY FUN RUN

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# MEET LUMARY OUR NEW SPONSOR

This year we welcomed Lumary as the new naming rights sponsor for the City-Bay. Lumary is a technology company that delivers leading software solutions to the Australian disability and aged care sector, empowering providers to deliver better healthcare.



Lumary's headquarters are based right here in Adelaide and we're so pleased to have them on board. It is Lumary's mission to drive connection in our community and support better health and wellbeing, which aligned perfectly with our own mission.

Lumary is proudly supporting over 200 Australian disability and aged care providers via their purpose-built care management platform, Lumary CM. Watch the video below and get to know more about our new naming rights sponsor Lumary!

# FUELLING PERFORMANCE

4462



Lumary  
CITY OF THE BAY  
FUN RUN

# GATORADE'S TOP HYDRATION TIPS FOR FUELLING PERFORMANCE

For optimal performance, athletes should be hydrated (and adequately fuelled) during exercise. Even small amounts of dehydration can negatively affect running performance

## 1 | KEEP HYDRATION TOP OF MIND

Check urine colour, if it's pale like lemonade that's a sign of being hydrated.

## 2 | KEEP FLUID LEVELS UP

Drink enough fluids without over-drinking. Flavoured, lightly salted sports drinks with electrolytes like Gatorade are important, especially if you are exercising for longer periods as sodium helps maintain your desire to drink and retain the fluid consumed. Sports drinks can be a useful tool to for providing optimal fluid and fuel delivery".

## 3

### KEEP YOUR BODY COOL

Drink cool fluids to maintain your body temperature, if you're feeling unwell lower your body temperature by lying in a good place, apply cool towels and drink cool fluids.



## 4

### KEEP HYDRATED BEFORE/DURING/AFTER ACTIVITY

Think about your entire athletic schedule when it comes to hydrating, drink plenty of fluids throughout the day to replace fluids lost in sweat.



## 5

### KEEP A RECOVERY SCHEDULE

Rest & Recovery are an essential part of avoiding heat illness, ensure you have scheduled breaks during training and have 6-8 hours of sleep each night in a cool environment if possible.



## DEHYDRATION, KNOW THE SYMPTOMS AND WARNING SIGNS

The effects of dehydration can start at 1-2% body weight loss



DRY MOUTH, &/OR  
CRACKED LIPS



HEADACHE



INCREASED  
BODY  
TEMPERATURE



FATIGUE



DIZZINESS &  
LIGHTHEADEDNESS



LOSS OF APPETITE

Find out more at [gatorade.com.au](http://gatorade.com.au)

## I'M NOT A RUNNER

Adventure Time Films are delighted to invite you to I'm Not A Runner.

'I'm Not a Runner' is an independently produced and locally filmed documentary about five 'ordinary' Adelaide women who



confront a range of barriers in their quest to complete the New York Marathon.

Over four years in the making, this film tells a story of strength, determination and achievement through the experiences of five unlikely, yet inspirational women.

Olympic marathon runner and Commonwealth bronze medal winner Jess Trengove who spoke to the runners in the lead up to the event has thrown her support behind the film. "I was glued to the screen from the word 'go 'Jess said. "Be prepared to ride the emotional highs, lows, and everything in between with these inspirational people, who I hope now proudly refer to themselves as 'runners Sports broadcaster and author Sam Lane has also watched the film and "loved it". "A tour de force honest and inspirational," Sam said. "Debut marathon: where do I sign up?"

"This is a powerful story of humble heroes challenging themselves to defy the worlds expectations of them, one step at a time. ***I'm Not a Runner*** truly inspired me, moved me to tears and made me feel "seen". This is the superhero film I've been waiting for." Emma Race, producer and host of the ground-breaking Outer Sanctum Podcast.

### **Ticket Information**

#### **Dates & Times**

- Sunday 26th September at 4.00pm
- Wednesday 29th September at 7.30pm
- Thursday 30th September at 7.30pm

#### **Location**

Wallis Cinemas Mitcham

Mitcham Shopping Centre

Level 1, 119 Belair Road, Torrens Park SA 5062

#### **Purchase**

<https://www.trybooking.com/events/landing?eid=790663&>

#### **Film Trailer**

A Vimeo 30sec trailer link (WeTransfer) can be viewed here: <https://we.tl/gd0ZoF84Kx>

For all enquiries, please contact me either via 0403 245 380 or email.

Yours in health & fitness,

# 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 7th of November 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

