

REGISTER NOW AT
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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

Lumary Sunday Mail CMI TOYOTA asics G SHERIFF BROS WINE CO nova 919 FIVEaa Black Sheep Advertising VILTS HEALTHAS-BAY OAKS Grassroots

Race Pack Collection

Just a reminder to all of our entrants this year that the collection of race numbers and information packs will be held at SA Athletic Stadium in Mile End. From **Friday 29th of October until the 6th of November** all participants who have not opted for an express post mail will be able to collect their packs between 8am and 6pm on Monday through to Friday and 9am to 5pm over the weekends.

There's Still Time To Be Early

Don't forget that with the change of date with the event to **November 7th**, there is more time on the **early entry prize**. Simply by registering before October 4th in this year's Lumary City-Bay Fun Run, you can go in to the running for a brand new Toyota Yaris. Don't miss your chance to win and be part of this iconic event. Whether you are walking or running, competing in a half marathon, 12km, 6km or 3km registering is all it takes to win.



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

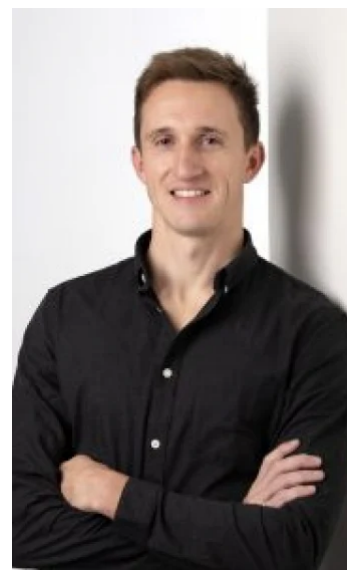


sportsmed

Manning Mitchell, sportsmed Podiatrist shares 4 common problems with runners' feet, to help prepare you for the City-Bay.

1. Ill-fitting running shoes

You would have heard this enough as a rule when getting into running -that you need shoes that adequately fit your feet! It's worth touting again to prevent skin injuries (such as blistering and excess callous), nail injuries (such as ingrown toenails and black toenails), contribute to deformities (such as bunions and claw toes) and a multitude of bony and muscular tissue injuries.



2. Stretching your calves and hamstrings

Your calf muscles endure an amazing amount of tension when you run. It is interesting to note that even when you're asleep the calf muscle is in a tensioned/shortened position due to the foot being pointed. Simply stretching your calves and hamstrings for just a minute or 2, a couple of times a day could reduce feelings of tightness and fatigue when you run.



3. Care for your feet

The feet are often neglected even though they are exposed to copious amount of stress when running. Be sure the skin is looked after by letting it breathe outside of enclosed shoes – especially after a run. Archie's thongs are available at all of our sportsmed clinics and provide a quality thong which is light, cushioned and supportive to the arch.

4. See a podiatrist

If you have any lingering aches and pains or concerns in alignment or weakness in your feet, lower legs and/or knees book in to see a podiatrist for a check-up. Our sportsmed Podiatrists are trained in the assessment and diagnosis of a range of biomechanical and general foot problems. It could be as simple as advice about running technique, a range of exercises you can work on or taping and padding to help and prevent any injuries occurring!



Manning is available for podiatry consultations at our Stepney Healthcare Hub and Blackwood clinic.

Please phone to get in touch or email podiatry@sportsmed.com.au

7 Week Training Plan

RunAsOne coach Riley Cocks has put together a fantastic asset for anyone looking for some guidance on their training regime. With guides for the Half Marathon, 12km and also 6km events, there is a resource there to get you ready for your event now on our website to keep your momentum moving to the 7th of November. Click on the images below to head over and have a look. Riley also takes charge of the free weekly training sessions as the SA Athletics Stadium, Mile End, at 6:30 pm every Wednesday leading up to this year's event.



Beginner: This is an introductory program designed to ensure you are safely able to complete the 12km distance. Ideally, you would have completed a number of 5km events such as Park Run in the past and have been running for a number of months.

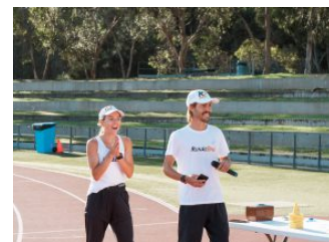
Make sure to have a rest day between **each run on this program.**


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Intermediate: This program has been designed for those who have been running consistently 3 or more times per week for the past 12+months and looking to improve on their 12km time. Perhaps you have run the C2B a number of times before and this year you are getting serious about a PB! It is an intermediate program to give you the best chance of hitting that goal time.


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Riley Cocks knows too well the exhilaration of crossing the finish line. That last gasp, that last stride, chest out, endorphins racing, the millisecond that can be the difference between first and second or achieving a goal.



<https://city-bay.org.au/riley-cocks/>

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.

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.

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. We would greatly appreciate any assistance provided.



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