

# Lumary CITY BAY FUN RUN



19 SEPTEMBER 2021



CITY-BAY.ORG.AU

## COUNTING DOWN TO THE FUN (RUN)

**62 days left until this iconic event hits the street, not that we are counting**

## STOP, RESET, RESTART.

Let's turn the lockdown into a positive.

As South Australia enters a five-day lockdown, what an ideal time to pause, reset, reprioritise and set goals for the future. Let the Lumary City-Bay be one of those goals.

Lumary City-Bay is working continually with SA Health to ensure a Covid-Safe event with many new procedures in place. Details will be released later.

But our word to our thousands of runners and volunteers is to roll-up your sleeve and get vaccinated as the first line of defence and a major step back toward normality.

In the meantime, don't forget to exercise during the lockdown.

Exercise not only keeps us in shape but it keeps us productive and alert. It is vital for our mental health and in keeping a positive outlook.

## KEEP CONNECTED

To help City-Bayers during the lockdown Riley Cocks, an elite Australian Distance runner, physiotherapist and head coach Runasone will provide daily tips as part of your training.

Riley's an impressive runner holding personal bests of 1:02.54 for the half-marathon, 28:54 for 10,000m and 13:50 for 5,000m.

Stay connected with Riley over our Lumary City-Bay Facebook page for these tips and don't forget to check in with others and phone a friend.

Share your training over Facebook and Instagram #lumarycitybay2021 and you could be running the Lumary City-Bay in a brand new pair of Asics.



sportsmed

July 19, 2021 / By [Cat Kelly](#) / Posted in [Latest News](#)

Those braving cold winter mornings will notice the annual increase of runners pounding the pavement as they begin their preparation for Adelaide's 2021 City-Bay.

sportsmed is a proud partner of City-Bay and this year, to help runners and walkers of all abilities prepare, we've asked our team of experts to provide weekly tips and training advice to help you prevent injury and maximise your performance.

This week Georgina Kiel, sportsmed Exercise Physiologist and keen long distance road and trail runner, shares her tips on prepping for this year's iconic fun run.

1. Appropriate footwear. Invest in a good pair of running shoes and make sure they're comfortable! This is particularly important for those new to running, as your regular sneakers may not be suitable for walking/running longer distances.
2. Realistic goals. Consider your current health and fitness level and set a goal that is realistic for you. For seasoned runners looking to set performance based goals, consider your current health and fitness level and your recent training form to set an appropriate goal or target pace that suits you.
3. Coaching and/or training plan. With less than 2 months to go until race day it's important to start (if you haven't already) a training program to best prepare your body for your event. Whether you're walking or running, fast or slow, it's important to make sure your body is ready and best prepared to reduce your risk of injury! A running coach or appropriate allied health professional can help if you need some more guidance with training!
4. Most importantly, remember to have fun and enjoy the atmosphere the event brings and the experience of training towards and achieving your goals!

Georgie is available for exercise physiology consultations at our Stepney Healthcare Hub and Morphett Vale.

Please phone to get in touch or email [physio@sportsmed.com.au](mailto:physio@sportsmed.com.au)

## GRASSROOTZ

### CURRENT PARTICIPANTS



**Raise \$500 for your chosen charity and you could be rewarded with a refund!**

Each year our incredible fundraisers dedicate their time and energy to raising much needed funds and awareness for causes close to their hearts. We're so inspired every year by the huge impact this has on hundreds of worthy causes around the country, that we wanted to take the opportunity to give back to some of our fundraisers.

Set up your fundraising page today and support one of our incredible charities, what's more, if you raise \$500 you will go into the draw to win a refund of your entry fee! 10 fundraisers from each charity involved in this year's event to raise \$500 online by 31 August 2021, will go into the draw to WIN back their entry fee. Set up your fundraising page today and be the change you want to see in the world.

[Start fundraising](#)

# PAST PARTICIPANTS



**Raise \$500 for your chosen charity and you could be rewarded with a refund!**

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Sign up for this year's event, select a charity close to your heart to start fundraising online and raise \$500 to go into the draw to win a refund of your entry fee! 10 fundraisers from each charity involved in this year's event to raise \$500 online by 31 August 2021, will go into the draw to WIN back their entry fee. Set up your fundraising page today and be the change you want to see in the world.

[Enter & start fundraising](#)

## 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](mailto:hrmanager@city-bay.org.au). We would greatly appreciate any assistance provided.

**Register now!**



Register before **August 31st, 2021** for your chance to **WIN** a brand-new Toyota Yaris thanks to CMI Toyota!

## SPONSORS

