

Lumary CITY BAY FUN RUN



19 SEPTEMBER 2021



CITY-BAY.ORG.AU

COUNTING DOWN TO THE FUN (RUN)

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



Gatorade is proud to be fuelling runners at City-Bay in 2021. Train with Gatorade to replenish the electrolytes you lose and carbs you burn along the way. Available at all drink stations on-course. **#NothingBeatsGatorade**



sportsmed



Manning Mitchell, sportsmed Podiatrist and all round fitness enthusiast brings us some expert advice this week on putting your best foot forward for long term training success.

Manning plays football, tennis, golf and loves to keep fit in the gym. This year he's planning on running in the City-Bay for his first time.



Increased training load = increased risk of injury

Our feet endure an amazing amount of force when we run and yet are often neglected!

If you have increased your training load recently (or planning to), you may be at increased risk of injury.

Any recurring sore spots in your feet may require some attention from a Podiatrist. Our Podiatrists are qualified to assess the structures of the foot and ankle for any muscular, bony or lower limb alignment abnormalities that may be the cause of your pain.

Sleep and stretch

Sleep and physical rest are vital for bone, muscle and cardiovascular rejuvenation after you train. Make sure you are well rested between workouts.

If you are waking up sore the next morning after a run, you may need a day between runs to rest...

It is still important you move however on rest days, to maintain fitness through such things as weight training, simple walking, cycling, swimming and stretching.

Treat skin and toenail irritations properly

Any skin and toenail irritations when you run can be difficult to manage when you are regularly training. Blistering is very common and can be very painful...

Some simple padding, taping, shoe and sock advice or the use of a form of innersole may be required to prevent these worsening or forming in the first place! So be sure to check in with a Podiatrist if you have any growing concerns in the lead up to the big day!



Worried your training will be derailed by a 2.5 kilometre limit from your home?

Don't fear, there's still plenty of distance that can be covered within that radius and a great opportunity to explore your neighbourhood, adhering to SA directions of course. Remember stay within 2.5 kilometres of your home, limit your time to 90 minutes and only exercise with members from your household.

Manning is available for podiatry consultations at our Stepney Healthcare Hub and Blackwood when normal operating hours resume.

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

OLYMPIC PASSION



The passion and spectacle that is the Olympic Games is here. As athletes from around the world attempt to achieve their goals to be the best in the world remember to take the time to set your own goals and to achieve greatness in your own life.

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.

Register now!



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

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