



Lumary
CITY  BAY
FUN RUN



19 SEPTEMBER 2021



CITY-BAY.ORG.AU

COUNTING DOWN TO THE FUN (RUN)

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

COVID SAFE EVENT

Lumary City-Bay officials continue to meet regularly with SA Health to ensure this year's event is fun, well-organised and Covid safe.

While there may be a few changes to what has previously been held, the Lumary City-Bay Fun Run will still remain an iconic and inclusive community event.

SA GREAT!

4462



TOKYO READY



Matthew Clarke
STEEPLECHASE

Isobel Batt-Doyle
5000M

**HEATS ARE ONE WEEK AWAY!
SA WILL BE CHEERING YOU ON**

Our very own [#TeamSA](#) athletes Matthew Clarke and Isobel Batt-Doyle will make their Olympic Games debuts next Friday.

Matthew's heat: Morning of July 30

Isobel's heat: Evening of July 30

Best of luck to you both!

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hunge

236

ERE

188

219

23

371

FOODLAND

GREAT *Food Lives* HERE



As a proud partner of the Lumary City-Bay, we wish all participants good luck for the 2021 event.

Visit your local Foodland to stock up on essentials before the big day!

<https://www.foodlandsa.com.au/store-locator/>

SPORTSMED TRAINING TIPS



sportsmed

Replace and rotate your runners

Replace and rotate your runners

Making sure your running shoes are not too old and worn and are most importantly comfortable, is a great start.

It is also wise to have more than one pair of running shoes to train in to reduce risk of overuse injuries and prolong the life of your running shoes.

It is just as important to ensure any form of innersole you may be wearing inside your shoes has been recently checked by a Podiatrist and deemed adequate and necessary.



For all of your performance sports shoe needs head to the team at **Sportitude** to get professional fitting for a pair of **ASICS** shoes.

Get The Most Out Of Yourself And Your Sport With The Best Performance Sports Shoes & Gear.

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!

SPONSORS

