

Lumary CITY BAY FUN RUN



19 SEPTEMBER 2021



CITY-BAY.ORG.AU

COUNTING DOWN TO THE FUN (RUN)

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



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

Register now!

CHARITIES ON A MISSION

The Lumary City-Bay Fun Run is a great example of South Australians coming together, setting goals, promoting causes and aiding charity.

From helping medical research, to raising money for homeless, disadvantaged children and medical charities the City-Bay is proud to have helped raise more than \$4 million event in its 49 years.

Now is the time to register your team and don't forget to share your charity's story on our socials.

Our fund-raising platform Grassrootz will hold a webinar for charities next Tuesday, August 10, to describe the process for fundraising management and incentive.

Charities should have already been advised on long-in details.

For further information contact admin@city-bay.org. au or support@grassrootz.com.au



Grassrootz

IT'S RAINING GOLD

It's raining gold, gold and more gold. What an absolutely inspiring performance from our Australian athletes at the Tokyo Olympics.

So what's been your greatest highlight of the Olympics? Jump on to our socials and share.

And don't forget to go for your own gold medal performance at the 2021 Lumary City-Bay Fun Run on September 19.

South Australia, it's time to be inspired - and you will receive your own medal at the end.



BACK ON TRACK

With lockdown over, it's back to the gym and full-scale training for City-Bayers.

Lumary City-Bay Fun Run continues to work closely with SA Health to ensure a safe, fun event on September 19.

The City-Bay truly appreciates the efforts, commitment and input of SA Health in helping bring our event to fruition.

In the meantime, don't forget to roll up your sleeve and get vaccinated.



SPORTSMED TRAINING TIPS



sportsmed



The City - Bay is not far away and if you've registered to walk or run, sportsmed Physiotherapist Shannon Racz has some tips on how you can ensure all your hard training efforts pay off on the day and will make the event a much smoother and a more enjoyable experience for you.

1. In the weeks leading up to the event, make sure to commit to 2-3 runs per week and 1-2 strength

sessions, keeping it consistent rather lots of sessions one week and then minimal the next.

2. The night before the event try and get an early night sleep.

3. On the day, so stress or nerves don't get the better of you, try to arrive with enough time so you can familiarise yourself with the area and protocols.

4. Perform a dynamic warm up. This can consist of some gentle jogging and short run throughs at a faster pace, and a few different stretches - A great one that involves three different muscle groups is where you start in a lunge position but with the back leg's knee on the floor. From here you pulse forwards, inwards and outwards, each for 10 reps, and repeat on the opposite side. Shannon can be seen demonstrating this stretch in the image above on the left.

Shannon's tips to help you perform at your best this City-Bay



5. Warm clothes are a great idea (layer up) for your warm up, and see if you can have someone on hand to give them to just before you start.

6. Hydration is also very important, and just like running/strength training, you can't cram it all in at the last minute. For the week prior, make sure to keep a bottle on hand and take a sip every time you remember. On race day, don't overload yourself on the morning, as there are water stations along the way as needed.

With these helpful tips you'll be sure to have prepared well so you can perform at your best on the day!

Try to remember the **5 P's-Proper preparation prevents poor performance!**

Shannon is available for physiotherapy consultations at our Blackwood clinic. Please phone to get in touch or email physio@sportsmed.com.

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.

SPONSORS

