FIFTY YEARS AND RUNNING



RACE DAY GUIDE 2024 SEPTEMBER 15

ESTABLISHED 1973

Your Adelaide Your News

Kate Collins & Brenton Ragless



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CELEBRATING



YEARS OF THE CITY-BAY



1973

In November 1973, Mr Bob Clarke AM, along with a volunteer commitee established the first City-Bay Fun Run in Adelaide. The event started at the Adelaide Town Hall with 1,600

enthusiastic runners who had all paid 50c each to enter the 11.5km run which finished at the Glenelg Town Hall, opposite Moseley Square. The event's major sponsor was The News (newspaper) who are celebrating 50 years of sponsorship with us this year.





The event was changed to start at North Terrace, however due to difficulties, it was again changed to

start on King William Street, opposite the festival theatre. While the finish was taken to Colley Reserve and then later to Glenelg Football Oval. Additionally, there was a shift in the event's purpose, with all funds raised now dedicated to supporting Athletics SA through the City-Bay Fun Run.



In 1997, the City-Bay Fun Run introduced the ChampionChip timing system, enabling the event to finish at Moseley Square, its current end point. 1997 -2004

This change, along with the addition of the charity scheme, boosted participation to 13,100. By 2002, the event celebrated its 30th anniversary and introduced a 6km half City-Bay Fun Run, starting at Kurralta Park. The registration office was set up in the old news building on Waymouth Street.

2005 -2009

The 3km event, starting at the South Australian Jockey Club (SAJC), was introduced to the City-Bay Fun Run, providing a shorter distance option

for participants. Colley Terrace became the new finish area for this event. As the popularity of the run grew and more participants joined, Colley Terrace was later widened to accommodate the increasing number of runners. Specialist marshals were also introduced to manage the large crowds.



2010 -2012

The City-Bay Fun Run won the 'Event of the Year' award at the 2010 Be Active Recreation and Sport Awards. In 2011, the event saw 30.989 participants and

raised over \$450,000 for charity.

2013 -2016

In 2014, the City-Bay Fun Run celebrated its 40th anniversary. The office was relocated to Santos Stadium, and the first ever City- Bay Expo was

introduced, allowing participants to collect their race numbers for free. The event won the 'Sport SA Significant Event of the Year' award and implemented an environmentally friendly waste management plan.

2017 -2019

The City-Bay expanded its offerings by introducing two new events: the Half Marathon and the 3km Dog Walk. The Half Marathon was designed to attract

more serious runners looking for a longer distance challenge, while the 3km Dog Walk aimed to create a fun and inclusive activity. However, despite the initial enthusiasm for the 3km Doa Walk, it was discontinued in 2019. On the other hand, the Half Marathon proved to be a significant addition to the City-Bay Fun Run.







2020 -2021

Despite significant concessions made by the City-Bay office, SA Health did not approve the inperson event due to the

ongoing Coronavirus pandemic. Instead, the City-Bay Fun Run was held virtually. encouraging participants to remain active while still engaging with this iconic event.

490



2022 -2023

The City-Bay Fun Run made a highly anticipated return after a three year absence, reclaimina its

position as a major attraction with an enthusiastic turnout of nearly 15,000 participants. A significant surge in registrations saw 4.000 individuals signing up in the final stretch of just three days. This year's edition also introduced a vibrant addition to the route: live bands. These musical performances along the course injected an extra layer of excitement and energy into the event.



2024

In honor of 50 years of The City-Bay Fun Run, we extend our sincere aratitude

to all who are joining us in celebrating this milestone. Your participation and support have made this journey truly special. As we reflect on the past five decades of this iconic event, we are filled with gratitude and excitement for the future. Here's to the next 50 vears!



EDDDLAND THE MIGHTY SOUTH AUSSIES



GREAT FOOD Lives HERE

Marie, third generation Chapley family

WELCOME WORDS

WELCOME WORDS FROM THE CITY-BAY RACE DIRECTOR JOE STEVENS

Dear participants, volunteers, and supporters,

It is with great excitement and pride that I welcome you to this year's milestone event, the 50th Running of the Lumary City-Bay Fun Run! Over the past five decades, this race has grown from humble beginnings to become one of the most cherished community events in our city. Today, we celebrate not just a race, but a legacy of fitness, camaraderie, and community spirit.

As we gather at the starting line, let's reflect on the countless memories, personal achievements, and friendships that have been forged through this event. Whether you're a seasoned runner, a first-time participant, or a dedicated volunteer, your presence here today is a testament to the enduring spirit of this incredible race.

This year, we have something special planned to commemorate our golden anniversary. From unique race day experiences to special mementos, we hope to make this year's run a memorable one for all involved.

I want to extend a heartfelt thank you to our sponsors, partners, and volunteers, whose unwavering support and dedication make this event possible year after year. Your contributions are invaluable, and we couldn't do it without you.

To all the runners, I wish you the best of luck. Enjoy the course, embrace the challenge, and most importantly, have fun. Let's make this 50th Lumary City-Bay Fun Run a day to remember!

Here's to many more years of running together.

Joe Stevens OAM Race Director



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JOSEPH MERCORELLA

A MESSAGE FROM JOSEPH MERCORELLA, CEO AND CO-FOUNDER OF LUMARY, PROUD SPONSORS OF LUMARY CITY-BAY 2024



We are honoured to support the 2024 Lumary City-Bay – South Australia's beloved fun run – as we celebrate its 50th anniversary. This marks our fourth consecutive year as sponsors, and we couldn't be more excited. This year we want to focus on the unique journey of every participant and the positive impact they can achieve when participating in this race.

The Lumary City-Bay event brings our community together in a remarkable way. It is a crucial platform for raising vital funds for charities across Australia, making a tangible difference in countless lives. This milestone year is especially significant as it highlights the enduring legacy of this iconic event.

Our commitment to inclusivity and accessibility remains steadfast. We strive to ensure that everyone can participate and enjoy this event. The Lumary City-Bay is a celebration of unity, respect, and community spirit, reflecting our core values.

As a leading healthcare technology company, Lumary is devoted to fostering inclusivity in all aspects of community life. We invite healthcare service providers, NDIS participants, support workers, and the broader community. At Lumary we recognise the power of connections and the profound impact they have on individuals and society. The Lumary City-Bay event provides us with an opportunity to lead by example, inspiring others to engage in acts of kindness and support that enhance overall wellbeing.

Let's make the 50th Lumary City-Bay a truly memorable event. Embrace this opportunity and join us as we run, walk, or cheer. Together, we can create lasting memories and make a meaningful difference in the lives of those who need it most. Let's come together to achieve extraordinary things!

Joseph Mercorella

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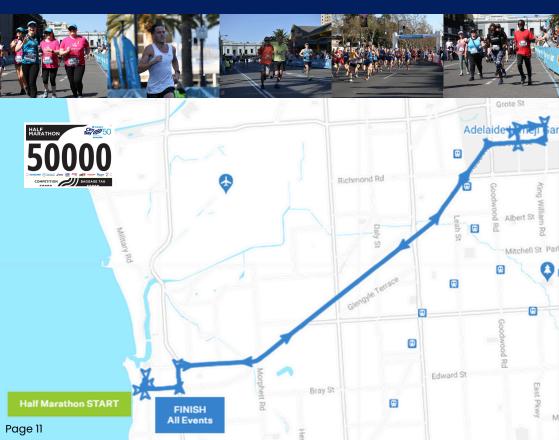
RACE DAY EVENTS



HALF MARATHON

6:00AM - RUNNERS

The half marathon runners will commence their journey bright and early at 6:00am from Colley Terrace, Glenelg, moving in the direction of the city along the southern side of Anzac Highway. The route will guide participants through the streets, taking a left turn onto Morphett Street and continuing along Sturt Street, eventually merging with the 12km course on King William Street. Throughout the course, at important milestones such as the 12km, 6km, and 3km marks, participants will be uplifted and motivated by music from DJs, featuring hits spanning the past five decades to energize and inspire all runners on their journey.





8:00AM - RUNNERS 8:20AM - WALKERS AND WHEELCHAIRS

Join the Studio Pilates crew for a warm up before the 12km runners depart from the Festival Theatre on the western carriageway of King William Road in the city. For 12km walkers and wheelchairs, the start is on the eastern carriageway of King William Road. We recommend that all walkers arrive at 8:00am for an 8:20am start, to take advantage of the pre-race warm up! Competitive walkers are asked to line up first. Participants who walk slower, have a pram or other large objects will line up at the rear. DJ Eric Stephens will entertain the crowd at the 12km start line. He'll guide you through a musical journey through the past five decades, celebrating the event's 50th anniversary.





8:30AM - RUNNERS

9:15AM - WALKERS AND WHEELCHAIRS

Arrive early to join the Lumary Crew as they energize the crowd before the running event begins at 8:30am. Runners will lead off, with faster participants encouraged to position themselves at the front. Walkers and wheelchair participants will start at 9:15am. The route stretches from Kurralta Shopping Centre to Morphett Road, crossing the southern carriageway before heading towards the bay.

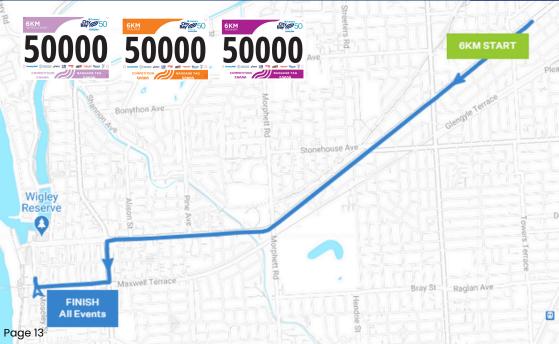
Becky and the Gents will provide lively entertainment at the 6km start line, guiding participants on a musical journey through the decades to celebrate the event's 50th anniversary.













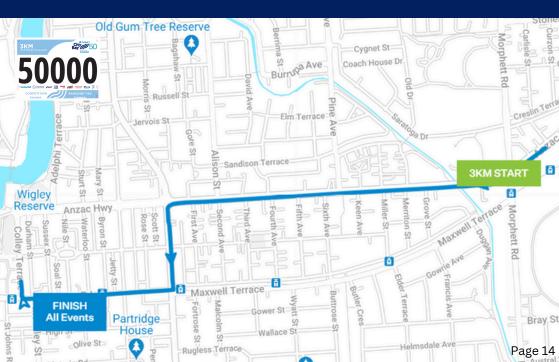


10.00AM - RUNNERS, WALKERS AND WHEELCHAIRS

Arrive early prior to 10am to join the Lumary crew for a pre-race warm-up and get energized! The 3km race, for all participants including runners, walkers, and wheelchair users, will commence at The Junction at Camden Park, situated at 470 Anzac Highway, Camden Park. The Junction is located on the left-hand side heading towards Glenelg, just before the Morphett Road intersection.

DJ Seb will be spinning the decks all morning, setting a groovy vibe with tracks from the 70's to today, in celebration of 50 years of the City-Bay Fun Run. For those participating in the 3km event, consider arriving early to limber up with DJ Seb before embarking on the course along Anzac Highway.

Please be aware that the 3km event will not be timed.



NEED TO KNOW

RACE BIB

The 'DAG' timing device is affixed to the back of your bib. Under no circumstances should you remove, bend, or roll it up, as this could damage the timing chip. The bib you received indicates the event you have entered and includes your name on the back if sent by mail. If any information is incorrect, please contact the City-Bay office immediately for corrections.

TIMING CHIP

Half marathon, 12km, and 6km competitors will be recorded by the 'DAG' electronic timing system. Please note that 3km entrants will not be timed. The timing system activates only after you have crossed the start line.

FINISH INSTRUCTIONS

As you run through the finish, a marshal with a timing bat will approach you to finalize your time. This is necessary to ensure your time is recorded correctly. Please DO NOT stop at the finish line; walk quickly through the channels past the marshals with timing bats.

WATER STATIONS

Water will be provided by Mt Lofty, at the start, along the route, and at the finish. Remember to hydrate throughout the day by drinking plenty of water. If possible, please bring your own water bottle to be filled up along the way.

FIRST AID AND MEDICAL SUPPORT

Medical support will be on standby at all start points and along the route, with medical tents also available at the finish line.

TOILETS

Toilets will be available at the following locations:

- Torrens Parade Ground
- Elder Park (Northern End)
- Victoria Square (Public toilets)
- Kurralta Central Shopping Centre
- Kennards Hire (Anzac Highway)
- The Junction Centre (Eastern Carpark)
- Colley and Wigley Reserve

BAGGAGE

If you want your bag sent to the pick-up area at Colley Terrace, simply fill out the tags on the bottom of your race number and provide them to the volunteers at the baggage collection area. Baggage delivery service is at 12km and 6km start and will be available for collection at the finish line. Please ensure that you keep your valuables with you at all times. We are unable to take loose items such as a wallet or mobile phone.

LOST CHILDREN

Please proceed to the stage area if you need assistance. Lost children will be looked after by personnel who have a working with children certificate. They will ensure the children's safety and well-being until they are reunited with their guardians.

COURSE COURTESY

We kindly request that walkers and runners stay predominantly on the left side of the path to accommodate our wheelchair participants, who are requested to stay on the right side.

NOVa 919 6-9am

ADELAIDE'S FAVOURITE WAY TO WAKE UP



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*<0.5g Carbohydrates.



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PUBLIC TRANSPORT

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FREE SHUTTLE BUSES

GETTING THERE: (BEFORE THE EVENT)

- Buses leaving North Terrace for half marathon from 05:15am.
- Buses leaving Wigley reserve for 12km from 06:00am.
- Buses leaving Maxwell Terrace for 6km from 07.00am.
- Forward trips continue until 8:00am.

GLENELG TO CITY: (AFTER THE EVENT)

- First bus leaving Wigley Reserve approx 09:30am
- First bus leaving Maxwell terrace approx 09:30am
- Return trips continue as required until approx 13:00pm.

FREE METRO TRAMS

GLENELG TO CITY: (BEFORE EVENT)

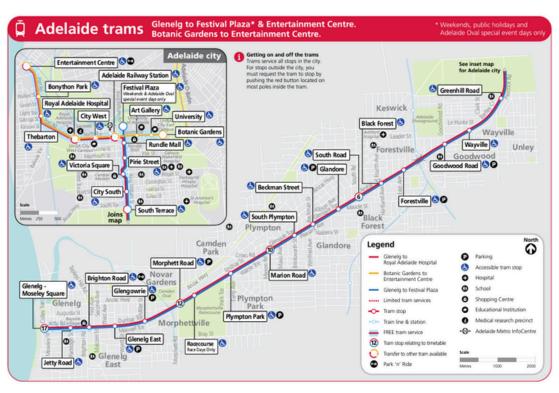
- Trams will depart from Stop 15 (Brighton Road) approximately every 7-10 minutes.
- Trams will take you into the city, stopping near the 3km, 6km, and 12km start lines.
- Operating hours: 6:22am to 7:30am.

- At 7:30am a tram substitute bus going between South Terrace and North Terrace will be available.
- Tram lines re-open at approx 10:00am-10:30am.

CITY TO GLENELG: (AFTER EVENT)

- To return to the city after the race before 02:00pm, please head to Stop 15 (Brighton Road).
- Trams will resume service from Moseley Square starting at 02:00pm, once Jetty Road is reopened.

Please see below a map of the Adelaide Tram Route. For more information and detailed public transport timetables please visit <u>www.adelaidemetro.com.au</u>, call the Info Line on 1300 311 108 (lines open 7am to 8pm daily) or visit the Info Centre at Adelaide Railway Station, North Terrace.



D)AVD) 6-9am weekdays



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ROAD CLOSURES

20678

20737

WITHIN ADELAIDE CITY COUNCIL

- King William Road, Adelaide between War Memorial Drive and North Terrace. 4.30AM – 10.00AM
- King William Street, Adelaide between North Terrace and Wright Street. (western carriageway) 7.30AM – 10.00AM
- King William Street, Adelaide between Wright Street and South Terrace. (western carriageway) 6.00AM – 10.00AM
- King William Street, Adelaide between North Terrace and South Terrace. (eastern carriageway) 7.30AM – 10.00AM
- South Terrace, Adelaide between West Terrace and King William Street. 6.00AM – 10.00AM
- Morphett Street, Adelaide between South Terrace and Sturt Street (eastern carriageway) to Sturt Street 6.00AM – 7.30AM
- Sturt Street, Adelaide between Morphett Street and King William Street (southern carriageway) 6.00AM 7.30AM
- Anzac Highway, Adelaide between West Terrace and Greenhill Road. (southern carriageway) 6.00AM – 10.30AM
- West Terrace, Adelaide between Grote Street and South Terrace (eastern carriageway) 5.45AM 10.30AM

WITHIN THE CITY OF UNLEY

• Anzac Highway between Greenhill Road and South Road (southern carriageway) 5.30AM – 11.30AM

WITHIN THE CITY OF WEST TORRENS

- Anzac Highway from South Road to Brighton Road (southern carriageway) 5.30AM 12.30PM
- Anzac Highway between Warwick Avenue and Morphett Road (northern carriageway) 5.30AM 12.30PM

WITHIN THE CITY OF HOLDFAST BAY

- Anzac Highway, Glenelg East between Morphett Road, and Gordon Street (southern carriageway only). 5.00AM 12.30PM
- Augusta St, Glenelg between Durham Street and Colley Terrace. 4.00AM – 2.00PM
- Brighton Rd, Glenelg between Anzac Highway and Jetty Road (eastern carriageway) 5.00AM 12.30PM
- Colley Tce, Glenelg between Jetty Road, and Anzac Highway 4.00AM 2.00PM
- Gordon St, Glenelg between Anzac Highway and Jetty Road. 5.00AM 12.30PM
- Jetty Rd, Glenelg between Brighton Road, and Moseley Street. 5.00AM 12.30PM
- Jetty Rd, Glenelg between Moseley Street and Colley Terrace 4.00AM 2.00PM
- Maxwell Tce, Glenelg East between Brighton Road, and Fortrose Street. 5.00AM – 12.30PM
- Moseley St, Glenelg between Jetty Road, and Elizabeth St 4.00AM 12.30PM

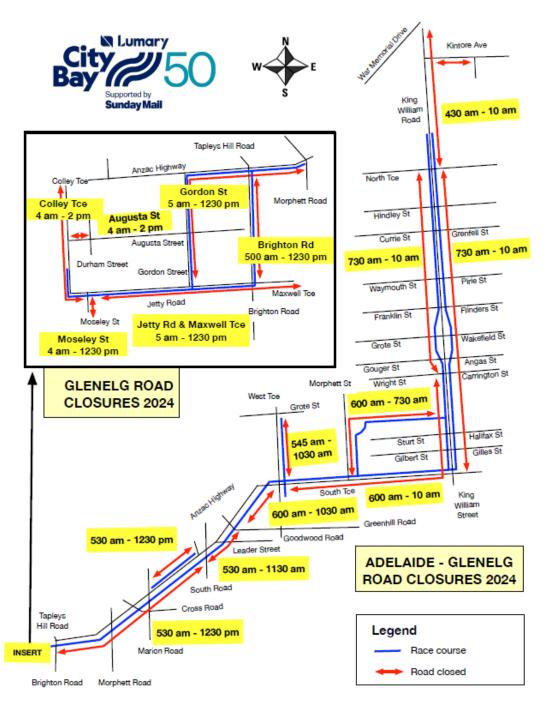
WEST THEBBY COCKTAIL TRAIL



Celebrate the small batch craft producers of West Thebarton | Walking trail experience, live music, drink specials 19th October 2024



ROAD CLOSURE MAP





PROUDLY SUPPORTING



50

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OH WHAT A FEELING

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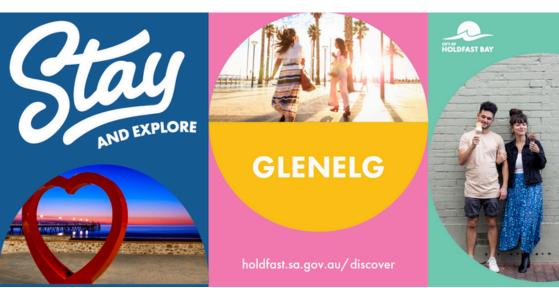
PARKING

22098

WILSON PARKING

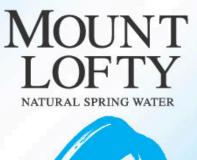
Wilson Parking is generously offering a flat rate of \$5 all day parking for all City-Bay entrants. Book your parking via the Wilson Parking App or online using the promo code **CITYBAY24** at any of the following locations: 30 Hindley Street - Adelaide, 251 North Terrace - Adelaide and 21 Bent Street - Adelaide.

Terms and Conditions are as follows: The \$5 City-Bay Fun Run flat rate parking offer is only available at 30 Hindley Street, 251 North Terrace and 21 Bent Street car parks when booked online or through the Wilson Parking App using promo code CITYBAY24. Bookings are limited and only available on the 15th of September 2024. Rate is available for one entry and exit per booking. pricing, products, and availability may vary without notice. Casual parking rates apply if booking conditions are not met.



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Clearly the best



MOUNT

AFTER THE RACE



As you cross the finish line, a marshal holding a timing bat will come to you to confirm your final time. This step is essential to accurately record your time. Afterward, please proceed promptly to celebrate your accomplishment with other runners. Don't forget to pick up a piece of fruit from the foodland tent and hydrate yourself with water supplied by Mt Lofty.

RACE RESULTS

Participants will receive provisional results shortly after the last person crosses the finish line. Final results will be available on the City-Bay website on Monday, 16 September 2024.

MEDALS

Every participant who completes the race will be awarded a City-Bay medal. The medal for 2024 can be customized with a name tab if you choose. You can order personalised race medal inserts from our partners at Evright through this link: <u>https://www.evright.com/city-bay-medal-label.html</u>. The back of the medal will feature your name and official finishing time.

RACE PHOTOS

Our official photographer from Marathon Photos will be capturing moments throughout the event. Keep an eye out for an email post-race as these photos will be available for purchase. You can view these photos at <u>https://marathonphotos.live/</u>

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From unsure to unstoppable gel-kayano™ 31

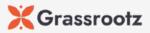
Get that do good, feel good feeling

Sign up to fundraise for a cause you care about as part of your participation in Lumary City-Bay.

PLUS, be one of the first to raise \$500 and you could run for FREE! (T&Cs apply)

For more information: city-bay.org.au/fundraising







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THE VILLAGE



FOOD AT THE VILLAGE

After your race, refuel at The Village with a diverse selection of food trucks: Potato on a Stick, Fiesta Tajine, Let Them Eat, Very Berry Acai Bar, and BBQ offerings by F.C Summit. Enjoy a variety of delicious options to satisfy your post-race cravings and replenish your energy.

REFRESHMENTS AT THE VILLAGE

Mount Lofty will provide refreshing spring water for all participants. For those who appreciate coffee, we have partnered with several vendors: Cibo, Basic Brew Coffee Box, Deja Brew, Lygon Coffee, and The Gold Foundation, to keep you energised after your race. Vendors will also offer a selection of other refreshments.





FRESH FRUIT WITH FOODLAND

Visit the Foodland tent at The Village to pick up your fresh fruit! Foodland's steadfast support of the City-Bay Event is clear, with them generously supplying thousands of pieces of fresh fruit for participants. Their commitment ensures that everyone can enjoy a nutritious and revitalizing snack after completing their journey.

RECOVERY WITH NEXT STEP PHYSIOTHERAPY

Next Step Physiotherapy Clinic's dedicated physiotherapists are committed to providing exceptional care, specializing in injury recovery, pain relief, and restoring mobility for a life free of symptoms. Visit them at the finish line to aid in your recovery post-race!





SHOP CITY-BAY MERCHANDISE

Make sure to visit the City-Bay merchandise tent to grab some commemorative gear for the 50th running year of the event. From t-shirts and jackets to shorts, bottles, and hats, we've got everything you need to keep your fitness journey going strong beyond the City-Bay and to prepare you for next year's event!

FUEL WITH FIT CHEF

Fit Chef will be present at The Village, where you can purchase some of their delectable range of macro-balanced meals. These dishes are crafted with fresh, high-quality ingredients and are tailored specifically to promote health and enhance fitness. The perfect way to refuel yourself after the race!





AUTISM SA SENSORY ZONE

The Autism SA Sensory Zone offers a calming retreat from City-Bay activities, suitable for children and adults alike. Designed by Autism SA occupational therapists, it provides a safe, welcoming environment with dim lighting, fidgets, noise machines, and sensory toys to help regulate sensory experiences.

STUDIO PILATES COOL DOWN SESSIONS

The dedicated team from Studio Pilates will engage the crowd with cool down sessions on the main stage. Join these invigorating sessions designed to help you relax and unwind after your race, ensuring you leave feeling refreshed and rejuvenated.





SHOP WITH SPORTITUDE

Sportitude offers expert guidance to assist you in finding the ideal products for your running journey. Stop by their stand in the village to discover a range of Asics products and engage with their knowledgeable staff. Take advantage of exclusive City-Bay discounts available for in-store purchases.

NOVA ENTERTAINMENT ZONE

Join in the excitement at the Nova Activation Zone! After crossing the finish line, celebrate your achievement by visiting the funfilled photo booths, perfect for snapping memorable post-race photos with friends and family.





ADELAIDE DENTAL FOUNDATION

Last year, Adelaide Dental Foundation generously gave away thousands of toothbrushes to competitors, emphasising their dedication to promoting oral health awareness among participants. Stop by their stand to learn about their initiatives to keep your smile bright and healthy after the race!

PLAY AT PUDDLE JUMPERS ZONE

Puddle Jumpers will be at the village with a range of interactive activities and games to empower young people to develop social, communication, co-operation, team building, conflict management and problem-solving skills, as well as to develop self-esteem and confidence.





COFFEE WITH THE GOLD FOUNDATION

Look out for the Gold Foundation's 'Shine Like Gold!' Mobile Cafe which will be catering at the finish line! The mobile cafe is an Australian-first initiative delivered in conjunction with KOM Coffee. Young autistic superheroes learn to build real-life practical skills through workplace paid employment, giving our autistic superheroes a sense of purpose and achievement in their lives.

THE HISTORY OF THE CITY-BAY GALLERY

Step back in time with us as we embark on a journey down memory lane, revisiting the rich history of the City-Bay event through a captivating display of photos. Together, let's celebrate and honor fifty years of this remarkable tradition.





SKIN CHECKS WITH MELANOMA RESEARCH

Visit the Melanoma Research Foundation tent where they will be providing complimentary skin checks for all participants. Don't hesitate to approach their friendly staff for a thorough examination of your skin. This initiative aims to promote sun safety awareness among everyone at the event.

AUSTRALIAN RED CROSS LIFEBLOOD

Australian Red Cross Lifeblood aim to engage with participants to foster meaningful conversations about the critical need for blood donations. We encourage everyone to visit their tent and explore the option of registering for a blood donation appointment at one of their five Donor Centres at a later date.





MAINEVENT PHOTOBOOTHS

Stop by MainEvent and jump in their 360-camera booth! The cutting-edge technology captures dynamic, 360-degree videos, allowing you to relive the moment from every angle.

FC SUMMIT BBQ

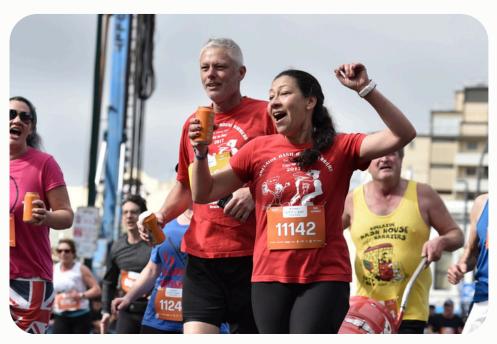
Visit the team from FC Summit under the green tent and grab yourself a sausage in bread and a refreshment. All funds go directly back into FC Summit Football Club to keep player fees low enabling more to participate in their beloved game.





HYDRALIFE AND THE RECOVERY HUB

Hydralyfe have partnered with The Recovery Hub - Glenelg to provide services to participants after the event. They will be setting up recovery stations including intravenous hydration therapy, ice baths, normatec recovery boots, hyperice trigger point massage devices, to name a few.





The App to suit all your parking needs

Download the Wilson Parking App and do more with your day.





Feeling sore after the race?

Visit us at Colley Reserve, Glenelg

Our physio, exercise physiology, massage and podiatry team can help get your body back in peak condition!

sportsmed are long-standing supporters and participants of the City-Bay.







PREVENTION • TREATMENT • REHAB

DRESS TO WIN

DRESS UP IN YOUR BEST COSTUME FOR OUR 50TH ANNIVERSARY CELEBRATION AND WIN!

Join us as we celebrate our 50th anniversary in style! Dress to impress in your fanciest attire. Whether you delve into the depths of your closet for that retro lycra to fit our nostalgic theme, or you opt for your favorite costume, the choice is yours! Need some inspiration? Check out these epic photos from previous years. We'll be awarding prizes for the best dressed, so make sure to bring your A-game and get your whole team involved! We can't wait to see everyone in their fabulous costumes on the big day!



Spring 2021 Racing 2021 Carnival Carnival Complete Day Higher Destriction of the set of



CASH



Delicious artisanal wines from epic low-yielding vineyards nestled among the pristine Barossa & Eden Valleys.

CHAFFEY

Oct

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Oct

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NOV

*MINIMUM CART VALUE \$150. Not to be used in conjunction with any other offer. Offer expires 31 Dec '24

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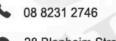


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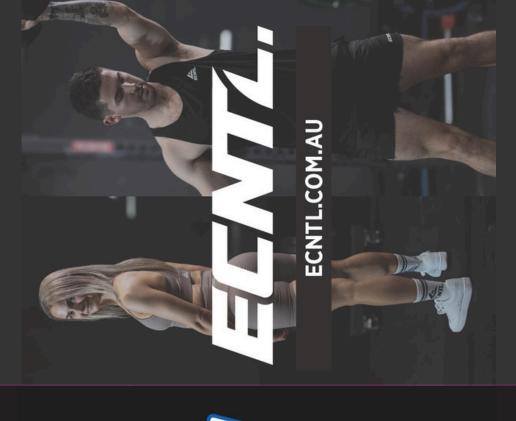




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