

City-Bay Fun Run Launch 2024

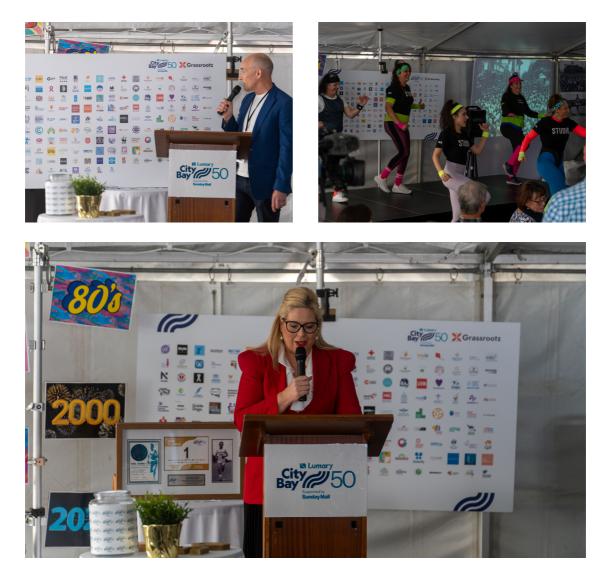
On Wednesday, we officially launched the 50th running of The City-Bay Fun Run 2024, a jubilant celebration that transported us back to its inception in 1973. Hosted by Tom Rehn, the event honored the event's rich legacy with a lively dance warm-up led by Studio Pilates featuring classic tunes spanning the decades.

The occasion paid tribute to the founder, Mr. Bob Clarke AM, through heartfelt words from his family, alongside a celebratory cake commemorating the event's 50th milestone, graciously provided by Vili's Family Bakery.

We were privileged to hear from a number of esteemed speakers including the Hon. Katrine Hilyard MP and key sponsors including Joseph Mercorella from Lumary, whose unwavering support ensures City-Bay's continued success.

The profound impact of the City-Bay Fun Run on the community was evident via moving words from leading fundraisers including Canteen and Flinders Foundation whose success and testimony provided new motivation for all to achieve their own "CB ie Community Best".

A day filled with nostalgia, festivity, and eager anticipation sets the stage for what promises to be an extraordinary City-Bay Fun Run 2024! []]0















A Reminder with 15 weeks to go!

If you haven't started your training yet, now is the perfect time! Even if you have started already a structured training program can help you unlock your potential to go next level. We have a comprehensive training guide available on our website, provided by coach Riley Cocks from Run as One. It offers valuable tips and structured plans to enhance your performance and ensure you're ready for race day. Click through to check it out, start at week 6 and use this expert guide to get your City-Bay on track to be your best yet!



VIEW THE FULL TRAINING GUIDE HERE

The Post Race Party is heating up with The Flaming Sambucas!!

At the Launch on Wednesday, we announced that Adelaide's favorite party band will be performing at the finish line post race party on September 15th! They will be playing us through the City-Bay's Decades with Hits from the 70's, 80's, 90's and 2000's. A perfect opportunity for everyone to unwind, have fun and celebrate crossing the historic 50th finish line.



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City-Bay Fun Run Committee Inc. acknowledges and pays respect to all traditional custodians of the lands of which we Run, Walk, Work and Live throughout Australia. We pay respect to elders both past, present and emerging.

