



15 SEPTEMBER 2024

**Run Through the Decades at
this Year's 50th Lumary City-
Bay!**



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Celebrating Fifty Years of Fun-Run Fashion

Celebrate half a century of colourful creativity and boundless imagination as we commemorate this milestone with a spectacular showcase of costume brilliance. Prizes await the most imaginatively dressed individuals and groups who bring their fun and flair to the parade. The grand spectacle and awards ceremony will take place center stage at the Colley Reserve at 11:30 am, where participants can strut their stuff and revel in the applause of the crowd.



Warm up with Studio Pilates

Did you spot the Studio Pilates squad in the latest edition of the Sunday Mail? Cata Nadile and her team are eagerly preparing for the historic 50th Lumary City-Bay Fun Run! Look out for them at the starting line, where they'll be guiding participants through energizing warm-up exercises to prepare for the race ahead. And as the participants triumphantly cross the finish line, you'll find the Studio Pilates crew ready to assist with soothing cool-down stretches to facilitate their fun-run recovery.



Rocking retro fun vibe all the way

Dasha Havrilenko

Cata Nadile and her team are embracing the nostalgia and vintage vibes of this year's Lumary City-Bay Fun Fun, celebrating its 50th anniversary in 2024.

The owner of North Adelaide's Studio Pilates will be helping runners and walkers warm up at the start line – and cool down at Glenelg so they are ready for the post-race party to mark the major milestone.

"We've been at the finish line of the City-Bay Run for the past three years to make sure all the participants cool down and loosen up their body," Ms Nadile said. "It's a beautiful event which brings all sorts of people together and helps them achieve that feeling like they can conquer any challenges they are facing in their life."

Thousands of runners and walkers are expected to set off from the CBD start line this September 15 to challenge themselves on the 12km route to the Bay, with tribute bands playing along the way. They can also opt for a 6km or a half marathon.

This year's event will be a fusion of athleticism and nostalgia, with participants encouraged to wear vintage attire. There will be prizes for the grooviest groups and most eye-catching solo outfits, with winners selected by the crowd's cheers. Every participant will receive a commemorative medal.

The City-Bay also supports some 100 charities through Grassrootz.

Sunday Mail readers can sign up now for a "50-year \$50 offer" for early bird registrations.

Register now at my.city-bay.org.au



SCAN THE QR CODE TO FIND YOUR ENTRY FORM

HERE'S YOUR CHANCE TO WIN 1 OF 50 ENTRIES IN THE 50TH EDITION OF THE LUMARY CITY-BAY FUN RUN

We're giving lucky Advertiser digital subscribers the chance to win their entry into the 2024 City-Bay, supported by the Sunday Mail, to be held on Sunday, September 15.

TOTAL VALUE OF THE PRIZE POOL IS UP TO \$5000.

To enter, you must be an active advertiser.com.au subscriber

Michael Niebling, Sarah Adamson, Annette Lacar, Marie Berg, Lydia Williams, from Studio Pilates. Picture: Naomi Jellicoe

Join the Movement and Make a Difference

Get that do-good, feel-good feeling and sign-up to fundraise for a cause close to your heart as part of your participation in Lumary City-Bay 2024. Want to run for free? Simply be one of the first to fundraise \$500 using your Grassrootz fundraising page and receive a full entry fee rebate back into your bank account, with a limit of 10 free entries per charity. There are currently 193 charities registered to fundraise for this year at City-Bay! A special shoutout to one of our registered charities, Childhood Cancer - who have a few incentives to help reach their fundraising goal.

Support the fight against childhood cancer and stand a chance to win:

- Raise \$100 for a pair of glitter gold shoelaces.
- Raise \$250 for a cap.



- Raise \$500 for a pair of socks.
- Raise \$1,000 for a water bottle and keyring.

FUNDRAISE FOR YOUR CAUSE HERE

Lumary City-Bay Fun Run

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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.

