



15 SEPTEMBER 2024



PLEASE ADD YOUR EMERGENCY CONTACT DETAILS TO YOUR RACE BIB

Please make sure to put your emergency details on the back of your race bib. This is crucial in case of an emergency during the race, allowing event staff or medical personnel to quickly access the information they need to assist you. Safety is a top priority, and having this information readily available can make a significant difference in an emergency situation.

EMERGENCY DETAILS

NAME _____
 CONTACT NUMBER _____
 PHONE _____
 ALLERGY / MEDICINE _____

FOR ALL IMPORTANT INFORMATION REFER TO
 YOUR RACE DAY GUIDE OR VISIT
CITY-BAY.ORG.AU
**Fifty years
 and running.**



BAGGAGE TAG

NAME _____
 CONTACT NUMBER _____

COMPETITION

NAME _____
 CONTACT NUMBER _____

WHATS ON AT THE VILLAGE?

The Village, situated on Wigley Reserve after the finish line, provides a lively setting for post-race festivities!

After watching the presentations, recharge with food and refreshments while exploring a variety of local SA businesses at the Village. See below what we have on offer – you won't want to miss the excitement!





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.



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 RUNDNA

runDNA 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 fun-filled photo booths, perfect for snapping memorable post-race photos with friends and family.





RUB MASSAGE

Got a few niggles at the end of your race? Come and find Rub for a free 10 -15min post race massage. The team will also have promo discount cards available as well as running a race day prize draw to win 3 FREE 60mins remedial massages at any of our 5 clinics. Don't miss out!

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 AMRF & LIONS

Visit The Australian Melanoma Research Foundation's tent where the Lions Skin Cancer Screening Unit will be providing complimentary skin "Spot" checks for all participants. 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.



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.

[EXPLORE THE FULL LIST OF VENDORS HERE](#)

WHERE TO FIND FIRST AID

First Aid support will be available at all race starting lines and also at the village as soon as you cross the finish line. Additional medical personnel will also be located at numerous locations, along the route.

SA Ambulance will be working with the medical provider and will have a visible presence at the finish line. The City-Bay encourages participants to have ambulance cover.

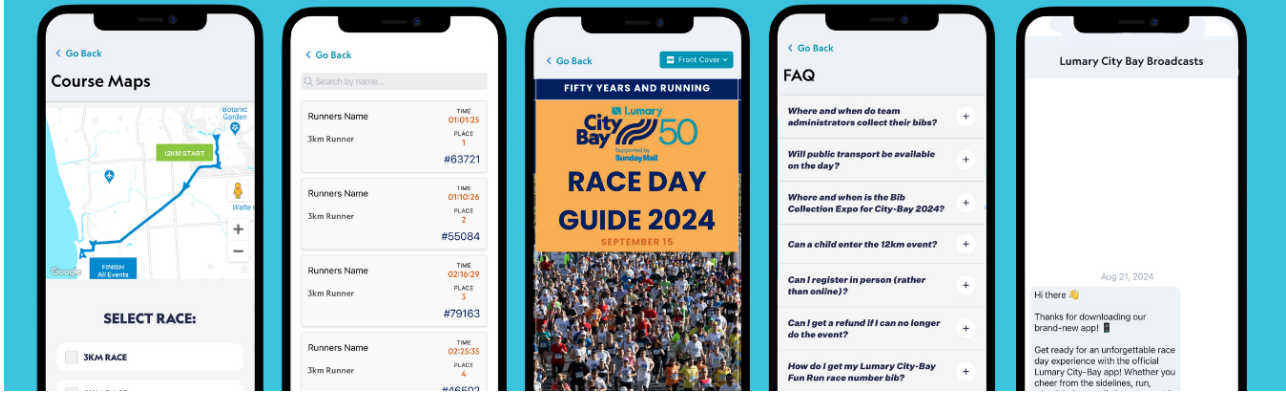
On race day, should you need to find a participant that may have received treatment during the race please see any of our volunteers in high vis who will help you get in contact with a supervisor. Lost children at the finish line can be met at our Emergency Services Command Centre located in the Holdfast Bay Community Centre.



DOWNLOAD OUR OFFICIAL APP

YOUR ULTIMATE RACE DAY COMPANION





THE COUNT DOWN IS ON:

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Days	Hours	Minutes	Seconds

TO GO, UNTIL RACE DAY! 📱📱♂️

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.

