



15 SEPTEMBER 2024



BIB EXPO DAY ONE IS COMPLETE! ☐

We had an incredibly busy first day at the bib expo today! It was amazing to see so many of you excited for this weekend! If you haven't picked up your bibs yet, we can't wait to get your race numbers to you over the next couple of days. We'll be open all day tomorrow, 13th September, from 8am to 9pm and Saturday 14th September 8am - 1pm. Let's hope the weather is just as fantastic as it was today! See you then! ☐



YOUR 2024 MEDAL IS AWAITING YOU

Every participant who completes the race will be awarded a 2024 Lumary City-Bay Fun Run medal. A reminder that you can order a personalised race medal label insert from our amazing partners at Evright, featuring your name and official finish time—etched on the back to commemorate your triumph. Don't miss out on the chance to celebrate your hard-earned success—order your personalised medal now.



[ORDER YOUR PERSONALISED MEDAL HERE](#)

TAKE ADVANTAGE OF FREE PUBLIC TRANSPORT ON RACE DAY

A reminder that there will be free shuttle buses and trams on race day. To take advantage of the free public transport options available for City-Bay participants to and from the City – participants just need to show their race bib when getting on the tram or shuttle bus. Please note that free travel is not available on regular bus services and trains.



[View the detailed public transport schedule here](#)

Get Your Pre-Race Carb Load On!!

Carb loading is a popular strategy among runners and walkers to maximise glycogen storage in muscles before a big race. If you're prepping for the City-Bay, we've got a carb loading deal that you won't want to miss out on!

As we enter the final week of *City-Bay: 50 Years and Running THE FILM*, here's a perfect opportunity to fuel up and get inspired. On 13 and 14 September, show your cinema ticket at [Pelligrini Cafe \(179 O'Connell St\)](#) or [Tony Tomatoes \(155-157 O'Connell St, North Adelaide\)](#) and enjoy a 20% discount on your meal.

Hurry, the film runs until September 14, exclusively at Wallis Piccadilly Cinema, 181 O'Connell St, North Adelaide. Get your tickets and session times at Wallis.com.au.



DOWNLOAD OUR OFFICAL APP

YOUR ULTIMATE RACE DAY COMPANION



THE COUNT DOWN IS ON:

00 00 00 00
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.

