



6 MONTHS TO GO



With Early-Bird registrations open, now is the perfect time to kick off your journey to the historic 50th City-Bay start line!

Choose Your Race

With 6 months to go there is plenty of time to train and no matter your your ability or experience there is a perfect race for you – of course this year as always it's hard to go past our hero event – the historic 50th running of the iconic 12km course, this year more affordable than ever thanks to a celebratory Early Bird offer to run the 50th for only \$50!

If the 12k is a little too far for you we have a fun family 3km walk/run, or stretch your Parkrun practice a little further to a flat and fast 6km that starts at the halfway mark where you can enjoy the excitement and cheer on the 12km lead groups before your start!

A relatively new addition for more experienced runners is our half marathon, one of the fastest and flattest 21km courses in Australia – set yourself a new PB!

SIGN UP AN EARLY BIRD REGISTRATION NOW



Set Your Pace

Once you have chosen your distance, work out what your pace goal is this year and start your training appropriately – whether you are happy to amble and chat with friends or set a PB at the historic 50th, the choice is yours. Our ambassador coaches have written training programs to suit every level – follow us on instagram to hear some inspirational stories and motivational tips from our fantastic ambassadors.

@citybayfunrun

Make It Count

As well as setting a personal goal why not use SA's largest fundraising opportunity to raise funds and awareness for a

cause close to your heart? The Grassroots platform makes it simple to nominate your cause and get started fundraising:

FUNDRAISING OPPORTUNITIES

Melanoma March

Speaking of great causes, City-Bay has a long association with the Australian Melanoma Research Foundation (AMRF) and as you may know we invite them to come along each year and provide free skin checks for our participants.

The AMRF host the Adelaide Melanoma March each year at Henley Square and also provide free skin checks to their participants thanks to Lions Skin Cancer Screening Unit.

We are pleased to support those who support us and encourage you to register for their charity walk Sunday 24 March, a nice easy morning beach walk, 4km to total from Henley Square to Grange Jetty and return.

Maybe if you're training that morning, it's a cool down? Or walk the dog (on a leash of course), or take the family.



MELANOMA
MARCH
SUPPORT LIFE-SAVING RESEARCH



Join the March on Sunday 24 March with family and friends
Starts at 9am - Henley Square to Grange Jetty and return
Show your support and register at adelaide.melanomamarch.org.au
Help us raise funds for vital melanoma research
Lions will be providing free skin checks too!
See you there!

LEARN MORE ABOUT MELANOMA MARCH

Lumary City-Bay Fun Run

South Australia Athletics Stadium, Marjorie
Jackson Nelson Drive, Mile End
Australia

You received this email because you signed
up on our website or made purchase from
us.

[Unsubscribe](#)



