



21 SEPTEMBER 2025

VOLUNTEERS WANTED – JOIN THE CITY-BAY TEAM! ☐

The City-Bay Fun Run doesn't happen without an incredible team behind the scenes – and we need YOU! ☐

We're looking for enthusiastic volunteers to help in our office with admin support, event coordination, logistics, sponsorship, and marketing, as well as at the expo and on race day as we gear up for the biggest race day of the year on September 21, 2025.

- **Office Admin & Customer Service** – Help with emails, phone inquiries & registrations ☐
- **Event Coordination & Logistics** – Assist with planning, organizing, and race-day prep ☐
- **Sponsorship Support** – Help manage sponsor relationships, benefits & activations ☐
- **Marketing Initiatives** – Assist with projects like our race-day guide & promotions ☐
- **Race Bib Organisation** – Help with sorting and distributing participant race bibs ☐♂
- **Expo & Race Day Support** – Assist with event setup, bib collection, info desks, water stations & more! ☐

Why join us?

- ✓ Gain hands-on experience in event management
- ✓ Be part of an iconic SA event
- ✓ Work with a passionate, fun team

Flexible hours available – whether you can help weekly or just a few hours, we'd love to have you on board! We are looking for people immediately leading all the way up to race day! ☐



📍 Volunteer Here

Village Site Registration Opens June 1st – Secure Your Spot! 📍

Attention all teams! If you want to secure a **Village Site** for City-Bay 2025, mark your calendars – **registrations open on June 1st!** 📍

Spots are **first in, best dressed**, so get in quick to lock in the best location for your team's race-day base.

📍 **Opens:** Saturday, June 1st, 2025

📍 **Where:** Online at [Village Site Registration – Lumary City-Bay Fun Run](#)

Don't miss out – gather your team, plan your setup, and be ready to claim your spot!



Embrace the Sunshine: 5 Reasons to Get Outdoors This Weekend ! ☀

Summer may be over, but the warm weather in Adelaide doesn't seem to be cooling down anytime soon! Make the most of the sunny days this weekend before the winter months roll in. Kickstart your training habits now while the sun's still shining, so you can carry that momentum through to the colder months! Here are a few reasons to get outside this weekend:

Feel the fresh air ☒

- Step outside, take a deep breath, and feel the rush of fresh air in your lungs. There's nothing like outdoor exercise to clear your mind, boost your mood, and energize your day!

Boost your mental health ☒

- Running or walking outdoors isn't just good for your body -it's good for your mind! The natural surroundings help reduce stress, increase mental clarity, and leave you feeling more positive and empowered.

Connect with nature ☒

- Every step you take outside brings you closer to nature. Whether it's the sound of birds singing or the rustling of trees, the outdoors offers a beautiful setting to refresh your spirit.

The perfect excuse to unplug ☒

- Outdoor exercise offers the perfect opportunity to unplug and reconnect with yourself and your surroundings. Take time for you!

Celebrate Your Health ☒

- Every step you take outside is a step towards better health. The physical benefits of walking or running are endless -improved

cardiovascular health, stronger muscles, and increased stamina.
Celebrate your body and what it's capable of!

While you're at it... keep the momentum going and commit to City-Bay today! ☑

You're already making the most of the weekend and setting healthy habits – why not take it one step further? Lock in a goal that will keep you moving all year long. **Sign up for the City-Bay Fun Run today** and give yourself something to train for! ☑♂



EARLYBIRD PRICING AWAITS YOU - REGISTER NOW ☑

City-Bay Fun Run

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