



21 SEPTEMBER 2025

☐ 1 WEEK LEFT! EARLYBIRD PRICING ENDS MAY 31 ☐

Time's running out! You've got **just 1 week** to register!

Earlybird pricing ends **Friday, May 31** — after that, regular entry fees kick in. Don't miss your chance to **lock in your spot and save some cash** before prices go up!

- ☐ Earlybird ends: **Friday, May 31**
- ☐ No extensions
- ☐ Why pay more later?

Register now and be race-day ready!



📌 **LAST CHANCE TO SAVE – REGISTER NOW!**

Reminder: Admin Fees for Changes Start June 1st 📌

Just a friendly reminder that from **June 1st, 2025**, a **\$10 admin fee** will apply for any **event distance changes**.

Here's a quick recap:

- 📌 **Registration transfers to another participant** – FREE, as long as the event distance stays the same
- 📌 **Changing event distances** – \$10 admin fee
 - **↑ Upgrades** – Pay the difference in entry price
 - **↓ Downgrades** – No refunds on price difference

Need to make a change? Email us at admin@city-bay.org.au and we'll sort it out for you!

If you've been thinking about switching distances or updating your entry – now's the time to do it before fees kick in!

Are you staying on top of your hydration? ☐

Hydration plays a key role in your performance, recovery, and overall health – especially as you ramp up your runs. Even mild dehydration can affect energy levels, concentration, and endurance.

Answer these quick questions to make sure you're on track for training and race day!

Powered by Mt Lofty Spring Springs Water – your hydration partner for City-Bay.

30-Second Hydration Check-In ☐

Are you staying on top of your hydration? Lets find out!

Begin

Fueled by Mt Lofty – Every Step of the Way ☐

When it comes to keeping City-Bay participants hydrated, there's only one name you need to know: **Mt Lofty Spring Water.**

Sourced from the Adelaide Hills, this naturally filtered, South Aussie Mt Lofty Spring Water is **the official and exclusive water supplier for the City-Bay Fun Run.**

Lets keep it local – every hydration station. Every finish line sip. Every runner – fueled by Mt Lofty.

Clearly the best.

MOUNT LOFTY

NATURAL SPRING WATER



Clearly the best

ADELAIDE HARRIERS KING'S BIRTHDAY 5K FUN RUN

A uniquely fun, family-friendly **Turkey Handicap** tradition – possibly the longest running in Australia!

Celebrate the King's Birthday with a run like no other – where **speed doesn't matter** and **anyone can win!** Whether you're a seasoned athlete or just out for a walk in the park, this event is for **everyone**.

□ HOW IT WORKS:

Nominate your predicted finish time for the 5km course – Leave your watch at home! The winner is the person who finishes closest to their predicted time – not the fastest! That means Olympic runners and casual strollers are on a level playing field. It's all about pacing, not racing!

□ EVENT DETAILS

Date: King's Birthday Public Holiday, Monday, June 9, 2025 – 10am start.

Time: Bib collection opens from 8:30am

Location: Adelaide Harriers Clubrooms, South Terrace

Course: Flat, fast, and scenic 2-lap 5km course around Park 20

Bibs: Collect your race bib on the day, from 8.30am. Please return your bib after the event – we reuse them each year!

□ ENTRY FEES

Early Bird: Just \$15 – available until 1st June 2025

Standard Entry: \$20 – closes Sunday 8th June at NOON

On-the-Day Entry: \$25 – cash or card accepted

For more information visit: <https://www.adelaideharriers.com/king-s-birthday-fun-run-1>



Spots are limited – ENTER NOW!

City-Bay Fun Run

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