



**21 SEPTEMBER 2025**

## **Village Sites Are Open – Let the Post-Race Party Begin!**

Got a team or organisation and want to celebrate after the race? Look no further than registering for a dedicated space in our post-race area at the Village to unwind and celebrate your achievements! Whether you're looking to relax, enjoy some refreshments, or simply spend time together as a group, we've got you covered. Village sites offer the perfect spot for teams to gather and enjoy the post-race atmosphere.

Applications close 19th August – Don't miss out on this great opportunity to make your race day experience even more memorable! Click the button below to apply for a site now or follow this link to find out more information: [2025-Village-Information-Booket.pdf](#)



**Apply for a Village Site!**

## Celebrate Your Victory and Personalise Your Medal!

Every participant will receive a finishers medal upon completion of their race! To make your achievement even more memorable, you can personalise your medal with your name and race time engraved on it. This is a great way to commemorate your hard work and make your accomplishment official! 🏅

Orders for a personalised engraved tab on your medal for 2025 are now available through MiTIME.

**ORDER YOURS VIA THE BUTTON BELOW!**



is mine to capture

Personalise your  
event medal



**MEMORIES SHOULD BE  
CAPTURED : CELEBRATED : TREASURED**

**ORDER YOUR INSERT HERE**

## Calling all Performers – Entertainment Applications Now Open! 🎤

We're looking for talented performers to bring energy and excitement along the race route for the 2025 City-Bay Fun Run on Sunday, 21 September.



If you're a band, solo artist, DJ, dance crew, or any other live entertainer eager to be part of this iconic event, we want to hear from you!

☐ **Check out our Entertainment Info Booklet**

This includes everything you need to know about what we're looking for, performance requirements, and how the day runs.

☐ [Entertainment-On-Course-Information-Booklet.pdf](#)

☐ **Apply now via our Entertainment Application Form**

Spots are limited, so don't wait!

☐ [Apply Here!](#)

Help us create an unforgettable atmosphere that keeps runners motivated every step of the way!




**Bring the Energy – Apply Now!**

## **Lee's "Set & Get" Formula to Conquer the City-Bay! ☐**

***"Come on you have got this! "***

In previous newsletter articles our featured star for 2025, Lee Morgan highlighted how after some re-assessment after a vehicle collision in mid-1974, he set a goal and with some decent running shoes took to the streets with regular exercise. The health benefits saw him enter the 1974 City Bay Run and complete the run in less than 50 minutes.

50 plus years later, he has run every City-Bay event (except in 1980 when overseas) and continues to meet his annual goal of 1500 kilometres (average 29km per week) and is on track to front up to the City Bay starting line this year.



Lee suggests there is a **5-step approach** that may assist you in being ready for what is (or what can be) a great **ACHIEVEMENT IN YOUR LIFE**.

So, the Five (5) '**set and get**' (with no forget) steps are suggested as follows:

**1. SET A GOAL** – Obviously the City-Bay Run on 21 September is in mind and taking note of the 12-week training guide is a great start. This training guide will assist joggers to set renewed short-term goals. For those who are novices; maybe set some 'milestones' without overdoing it. It is still important to include rest days and to vary the duration and intensity in your training plan to meet your goal.

**2. GET SOME HONEST ASSESSMENT** – this step is interrelated to Step 1, and it is imperative that you seriously consider your health and fitness limitations. For the newcomers it is certainly prudent to seek your health professional's advice. In Lee's circumstance after back surgery and later with a double-knee replacement, the specialist's advice was "*Gold*".

**3. GET SOME DECENT SHOES** – Lee believes that you treat your shoes as your 'Gym Membership' and hence they are a great investment. Every stride or step resonates through your body, so obtaining good shoes will help to avoid injuries.

**4. SET SOME DIET BOUNDARIES** – Exercise induces oneself to think more holistically about your wellbeing and applying "we are what we eat". Without hesitation, Lee strongly recommends a glass of water first (thirst) thing in the morning. Other tips are avoiding fried and processed foods and watch that sugar intake. Try not to eat in the evening to ensure that metabolism occurs – it's sort of interval training for your digestive system! Also try a banana or something light in the morning prior to the City-Bay.

**5. GET OUT THERE** – One of Lee's mantras is "*The only bad exercise, is the one that didn't happen*". It is important to apply a positive mindset that could be as simple as "*I can do it*" and make running/jogging/walking a habit.

Another motivational method to inspire you to train is to use a Exercise. There are plenty of apps that you can down- load for free. Lee uses two app's and by adding photographs and comments it acts as a diary of his jogging pursuits.

Hopefully these "**Set and Gets**" help you. **You can do it!**

Remember – "**Perseverance is the key to resilience, and this is the way to achieve the City-Bay**".

📺 **Hear it from Lee himself!** Tap below to watch his video breakdown of the 5 steps to success. You've got this!





▶ **Watch: Lee's Motivation to Move**

## City-Bay Fun Run

PO Box 10080

Adelaide BC 5000

ABN 62 163 898 527

© 2025 City-Bay Fun Run



08 8352 2011  
[admin@city-bay.org.au](mailto:admin@city-bay.org.au)

Changed your mind?  
You can unsubscribe at anytime

[Unsubscribe](#)