



**21 SEPTEMBER 2025**

## **□ LAST CALL FOR TEAM VILLAGE SITES!**

Village Site bookings close **Monday, 19 August** and once they're gone, they're gone!

A Village Site is your team's home base in the Finish Line Village – the perfect spot to gather after the race, celebrate your run, and enjoy the atmosphere together. Whether you're planning post-race snacks, a team marquee, or a place for family and friends to cheer you in, securing your site means you've got your own space right at the heart of the action.

If your team wants a spot in the Village this year, you'll need to get in quick – spaces are limited and filling fast.

□ Don't miss out on making race day even more special for your team.



**Book a village site**



## How's your training going?

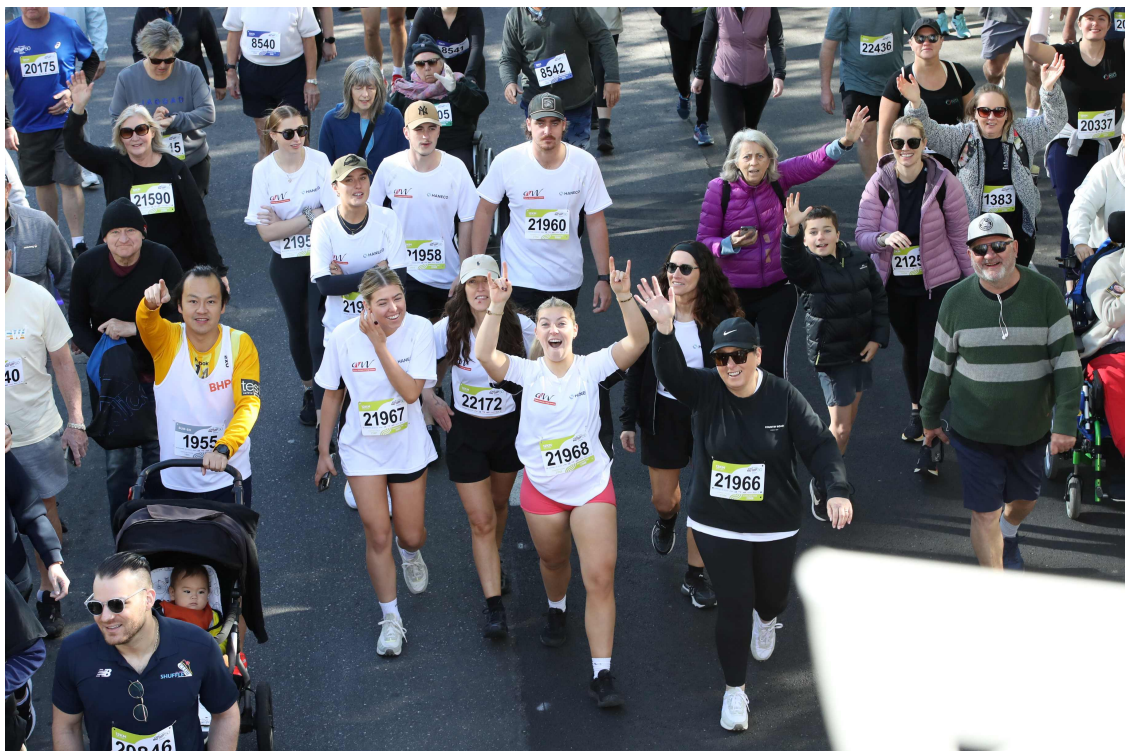
We're officially at the halfway mark in Riley Cock's from RunAsOne 12-week City-Bay training plan – six weeks down, six to go!

By now, your legs should be feeling stronger, your runs a little smoother, and your confidence building with every session. If you've had a few off days (we all do!), don't stress – there's still plenty of time to lock in your race-day form.

And if you haven't started the plan yet... good news – **it's not too late!** You can jump in now and still build solid momentum before September 21.

If you need some extra motivation this week be sure to read **Jess Stenson's** instalment below – all about *motivation* and how to keep it firing right through to the finish line.

☐ Keep putting one foot in front of the other – September 21 is coming fast!



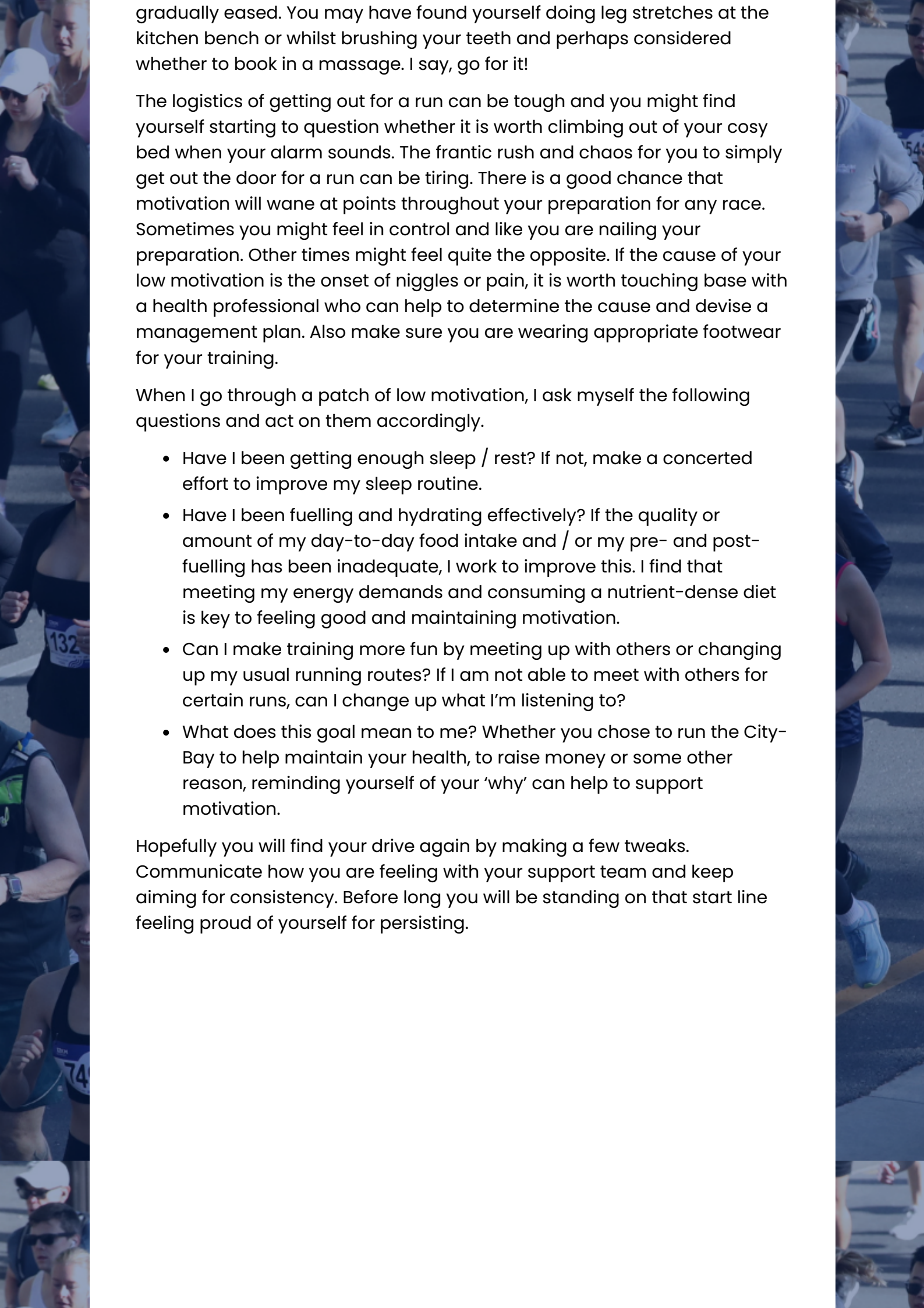
**It's not too late – start your training today!**

## Running Through Motherhood with Jess Stenson ☐♀

Welcome back to Part 3 of *Running Through Motherhood*, our series with Olympian and City-Bay ambassador Jess Stenson.

**In this instalment, Jess shares her honest experience and practical tips for keeping your motivation alive, even when life and training feel challenging.**

You are one month into your training routine. It started well. Despite feeling heavy-legged and out of breath initially, you were full of motivation. It is likely that sore and tight muscles caused discomfort early on but this has



gradually eased. You may have found yourself doing leg stretches at the kitchen bench or whilst brushing your teeth and perhaps considered whether to book in a massage. I say, go for it!

The logistics of getting out for a run can be tough and you might find yourself starting to question whether it is worth climbing out of your cosy bed when your alarm sounds. The frantic rush and chaos for you to simply get out the door for a run can be tiring. There is a good chance that motivation will wane at points throughout your preparation for any race. Sometimes you might feel in control and like you are nailing your preparation. Other times might feel quite the opposite. If the cause of your low motivation is the onset of niggles or pain, it is worth touching base with a health professional who can help to determine the cause and devise a management plan. Also make sure you are wearing appropriate footwear for your training.

When I go through a patch of low motivation, I ask myself the following questions and act on them accordingly.

- Have I been getting enough sleep / rest? If not, make a concerted effort to improve my sleep routine.
- Have I been fuelling and hydrating effectively? If the quality or amount of my day-to-day food intake and / or my pre- and post-fuelling has been inadequate, I work to improve this. I find that meeting my energy demands and consuming a nutrient-dense diet is key to feeling good and maintaining motivation.
- Can I make training more fun by meeting up with others or changing up my usual running routes? If I am not able to meet with others for certain runs, can I change up what I'm listening to?
- What does this goal mean to me? Whether you chose to run the City-Bay to help maintain your health, to raise money or some other reason, reminding yourself of your 'why' can help to support motivation.

Hopefully you will find your drive again by making a few tweaks. Communicate how you are feeling with your support team and keep aiming for consistency. Before long you will be standing on that start line feeling proud of yourself for persisting.





## ☕ Weekend Loading... Claim Your Free Coffee!

Roll into the tail end of the week with a caffeine kick from Vili's. Buy 4 coffees and your next one's free – the perfect fuel to power you into the weekend.

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