

21 SEPTEMBER 2025

Running through motherhood with Jess Stenson []

Join our ambassador, Olympian and mum Jess Stenson, as she shares her journey of running through motherhood in a special four-part series. Whether you're just starting out or balancing training with family life, Jess's insights and stories will inspire and motivate you every step of the way.

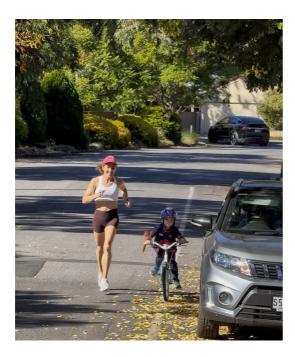
"I vividly remember my first little jog as a Mum. Every baby step was filled with anticipation, fear of what it might feel like and excitement to be doing the activity again that I loved. My first born child is now 5 years old and has recently started joining my Saturday jogs on his bike! This special milestone has fuelled my appreciation for running and the role it plays in our lives.

Whether you are a new Mum or have a child/children who are old enough to train with you, hopefully you are keen to be a part of this year's City-Bay Fun Run on September 21st, 2025. With distances ranging from 3 to 21.1 kilometres the first step is to choose a suitable option for you. If you are only starting running for the first time or are coming back from a long period off, the 6 kilometre event could be a good target. More seasoned runners may want to take on the iconic twelve kilometre run from the city to the Glenelg or the Half Marathon. Whichever distance you choose, you can look forward to a motivating atmosphere on race day with thousands of excited runners, sideline cheers and refreshments on course to help you achieve your goal.

Once you have registered online, it is time to come up with a plan to prepare yourself for the event. There are numerous ways to approach training and it is important to find an option that will work for you. Questions you might ask yourself include: How much time do you have available to train each week? Do you like to run alone or with others? Would you prefer someone else to prescribe your training or work it out for yourself? How much are you prepared to spend on a training program? Would you like to include some form of strengthening and mobility work to support your training? Whether you decide to guide your own preparation, engage a personal coach, join a training squad, subscribe to training App. or follow a generic training program, consistency is the key. Whatever your

goal, you should feel comfortable with your training plan and excited about the challenge ahead. A few nerves are also to be expected.

I look forward to touching base with you in a couple of weeks for the next City-Bay Motherhood Series instalment."





The City-Bay 12-Week Training Guide is Here! □♂□

Riley Cocks from **Run As One** has launched the official **12-week training guide** in the Sunday Mail to help you prepare for the City-Bay Fun Run.

If you missed it in print, don't worry — we've got you covered! Download your training guide below and get ready to take your training to the next level!



Download your digital training guide here!

Training workshops []

After downloading your training plan, get ready to conquer the City-Bay Fun Run with our free and fee-based training workshops around Adelaide! Whether you're a seasoned runner or a first-timer, these workshops are designed to help you build stamina, improve your fitness, and prepare for race day on 21st September 2025.

☐ Central / City – Adelaide Harriers

Thursdays 5:30pm

☐ North - Bridgestone Athletics Centre

Wednesdays 6:30–8:30pm, Thursdays 7–8am (TBA)

☐ South - Flinders Athletics Club

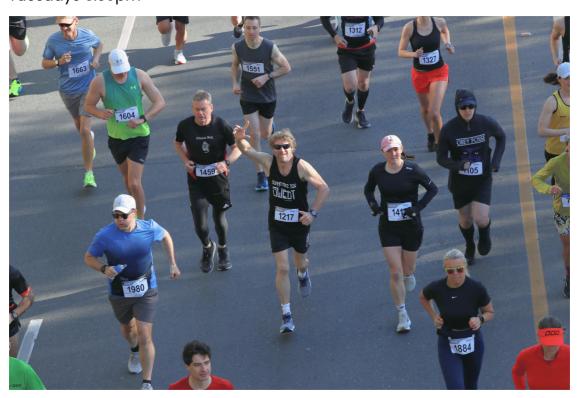
Tuesdays 6:00pm

☐ East - Run As One, Victoria Park

Visit https://runasone.com.au/ for more info | Fees apply

☐ North / West - Port Adelaide Athletics Club

Tuesdays 6:30pm



Find out more information about our workshops here!

STILL YET TO REGISTER? NOW'S THE BEST TIME!! $\square \sigma$

Unlock exclusive perks when you sign up for the 2025 City-Bay Fun Run today!

