



21 SEPTEMBER 2025

## LESS THAN 100 DAYS TO GO ☐

In just under 100 days, tens of thousands of South Aussies will hit the pavement for one of our state's greatest traditions. Don't say "next year" — say **"I'm in."** Whether you're chasing a PB, walking with mates, or finally ticking it off your bucket list — now's the moment to commit and join the sea of South Australians at the start line.

Don't watch from the sidelines. **Be part of it.** Picture yourself here ☐





**Make it official — REGISTER HERE! [▶](#)**

## **Get Your Team in Before EOFY! [▶](#)**

Team registrations close September 1st — but why wait?

Get your workplace signed up before **June 30th** and take advantage of any **end-of-financial-year budgets, wellness allowances, or employee benefits** that may be available.

If your organisation has funds allocated for health, wellbeing, or team-building, this is a great way to put them to good use before the clock



resets.



[Find out more information about teams here!](#)

## How's your City-Bay training going? Time to find out!

**Fitzy's 5 Fun Run** is your chance to put all that training to the test. This fast, flat 5km in the Adelaide South Parklands is the perfect checkpoint to see how you're tracking — whether you're walking, jogging, or racing.

- ☐ Sunday 3rd August 2025
- ☐ 8:30 AM
- ☐ Park 10, Adelaide North Parklands
- ☐ \$38.50 General Public | \$28.50 ASA Members



Official City-Bay Training Run

[REGISTER NOW](#)

## City-Bay Fun Run

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