



21 SEPTEMBER 2025

## READY TO RACE FAST? SUB50 & SUB60 COMPETITIVE CATEGORIES ARE ALMOST FULL!

Think you've got the speed to crush the course? Do you dream of crossing that finish line in under 50 minutes or under 60 minutes? If yes, the **Sub50 and Sub60 competitive categories** are made just for you!

☐ Head over to <https://city-bay.org.au/pre.../sub-50-60-elite-applications/> for all the info on entry requirements and how to lock in your spot today!

☐ **Don't wait!** Applications for Sub50 and Sub60 are **almost at capacity**, and once they're gone, that's it!

Please note: elite entries are by invitation only.



FIND OUT MORE INFORMATION HERE



## Running Through Motherhood with Jess Stenson 🏃♀️

Welcome back to the *Running Through Motherhood series*, our four-part series with Olympian and City-Bay ambassador Jess Stenson.

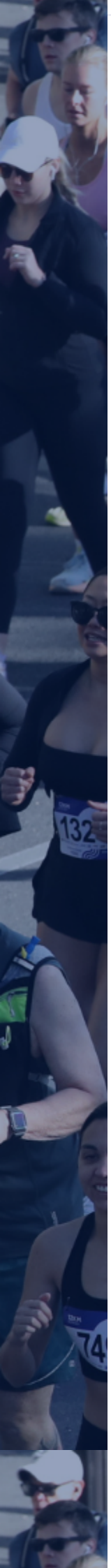
**In this second instalment, Jess speaks candidly about the emotional tug-of-war many mums feel: wanting to prioritise your wellbeing, but battling that familiar sense of guilt. If you've recently signed up for the City-Bay but haven't found the time to start training — you're not alone.**

*"You feel a rush of adrenaline zap through your veins as you click the REGISTER button. It's done. You have committed to the City-Bay Fun Run...."*

A few weeks have passed since you officially decided to take on this year's City-Bay. You may have shared your goal with family and friends and hopefully recruited a few training partners along the way. At the time it seemed like you had heaps of time to prepare but it suddenly dawns on you that the weeks are flying by and you haven't found the time to start a proper training routine. As a Mum your attention is no doubt being demanded by many, sleep is unpredictable, plans change in an instant and your energy is being drained by numerous sources. You want to do something for yourself – to support your own health but you feel guilty about the time it would require and reliance on others to make this happen.

At this point I think it is valuable to write down what helps you to be the happiest and healthiest version of yourself. Being active on a daily basis helps me to feel mentally refreshed and engaged for the day ahead. Being out in nature and without distractions offers a sense of peace. I can tune into myself or completely tune out, depending on my needs at the time. The post-run buzz is energising and consistent running brings with it a feeling of enhanced strength, fitness and capability in all facets of life. If you can identify personal mental and physical health benefits of being active it becomes clearer that this should be a priority for you. It is a time investment that can bring value to your whole family.

If possible, involve your loved ones in the process of preparing for the event. Perhaps your partner can help you to devise a training plan that will work within your schedule. Can your children join you for some training sessions either in a pram, on a bike or by foot? Explain the important role they can all play by cheering for you on race day. When you see the excitement on their faces as you run past or cross the finish line, you will realise the joy that your pursuit can bring to others. The investment is worth it."





## Get Skin Smart at This Year's City-Bay!

Mobile Screening Pty Ltd is proud to be part of the 2025 City-Bay, offering **free skin spot checks** and **SunSmart education** at the finish line.

Whether you're running, walking, wheeling or cheering from the sidelines, drop by the Mobile Screening marquee for a quick check and expert advice on protecting your skin.

\* Early detection saves lives – it only takes a few minutes.

- ☐ Learn how to stay sun safe all year round.
- ☐ Look after your skin like you look after your fitness!

**See you at the finish line!**

### **About Mobile Screening Pty Ltd**

Mobile Screening provides onsite health checks, and skin cancer screening to workplaces across Australia. We bring qualified clinicians to your site, helping teams stay healthy, proactive, and SunSmart.

- ☐ To learn more visit: [www.mobilescreening.com.au](http://www.mobilescreening.com.au)



## 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](#)