

City Bay

21 SEPTEMBER 2025

1 WEEK TO GO

📄 Your City-Bay Race Day Guide is LIVE!

The 2025 Race Day Guide is officially out – your all-access pass to everything you need for the big day. Get your game plan sorted: where to start, how to get there, and how to celebrate at the finish line. Race day starts here – click the link below to download and let's go! 📄

2025 RACE DAY GUIDE



📄 [DOWNLOAD YOUR 2025 RACE DAY GUIDE HERE](#)

Your Post-Race Celebration Hub: The Village! ☐

Right at the finish line, The Village is buzzing with energy – the ultimate spot to celebrate crossing the line! This is more than just a cool-down; it's the place where runners, supporters, and the community come together to soak up the atmosphere, laugh, cheer, and keep the good vibes rolling long after you cross the line.

You'll find **plenty of food to refuel**: Bellaleas Zerodegrees, Potato on a Stick, Fiesta Tajine, L&R Chorizo dde Cebu & Longganisa, Let Them Eat, Fodden Australia, plus coffee from The Gold Foundation, Deja Brew, and Cibo Espresso Glenelg!

While you're there, enjoy **exclusive post-race perks** – free fruit from Foodland, a complimentary massage at Sportsmed, and even a mobile skin check.

Then, swing by RunDNA to stock up on race day essentials, check out the City-Bay 2025 merch tent for exclusive gear, and head to the main stage for DJs and presentations to keep the celebration going!

It's the perfect way to recover, connect, and soak up the community vibes after your run!



☐ Volunteer Spotlight ☐

Behind every bib, every water station, and every smile on race day is a team of incredible volunteers who make the City-Bay possible. Today, we're shining the spotlight on **Fan Fan Chen** – a dedicated university student and mum who still finds the time to give back to the community through volunteering.

Fan Fan is one of the many generous people working tirelessly behind the scenes to ensure your City-Bay experience is smooth and

unforgettable. **Our volunteers are the heart of the City-Bay.** Without them, this iconic South Australian event simply wouldn't exist. They give their time and energy to support thousands of participants, and their efforts keep everything running seamlessly.

So when you pick up your bib or see a volunteer on race day, take a moment to say thank you. It goes a long way to show appreciation for the people who make this event possible.



Lessons from the Start Line: Lee Morgans Top 6 Rules for Race Day ☐♂

With race day just around the corner, who better to learn from than someone who's lined up at City-Bay for over 50 years? Lee is sharing his **top 6 race day rules** every runner should know – the kind of tips that only come from half a century of pounding the pavement. From bright blue runners in 1974 to braving wild weather, collapsing at the finish, and even sprinting to the start line after a sleepless night, Lee Morgan has seen it all in five decades of City-Bay. Over the years, he's picked up some golden rules every runner should know – from wearing the right shoes and fixing your bib securely, to keeping safe at the start line and not taking yourself too seriously!



📖 **Read Lee's six rules for race day!**

City-Bay Fun Run

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