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20 SEPTEMBER 2026

YOUR 12-WEEK CITY-BAY TRAINING GUIDE IS HERE □♀□

Ready to start training for City-Bay 2026?

We've teamed up with Riley Cocks and City-Bay Ambassador Izzi Batt-Doyle to bring you a 12-week training guide designed to help you build confidence, stay motivated, and cross the finish line feeling your best.

Whether you're chasing a personal best, returning to running, or taking on your first City-Bay, this guide will help you stay on track every step of the way.

□ **Grab your copy in this Sunday's Mail** and start your City-Bay training journey today!

Featuring expert tips, weekly sessions, and advice from Izzi and Riley, it's the perfect companion as you prepare for race day.

See you at the start line!



EOFY IS ALMOST HERE!

Still have budget remaining for this financial year?

Now is the perfect time to invest in something that will benefit your team long after 30 June.

Register your workplace, organisation, or staff team for the 2026 City-Bay Fun Run and turn this year's budget into an experience that promotes wellbeing, team culture, connection, and healthy lifestyles.

🏃‍♀️ Encourage employee wellbeing
🤝 Strengthen team connections
🎯 Give your staff a shared goal to work towards
🎉 Create a memorable team experience outside the workplace

With distances to suit all fitness levels, City-Bay is an event the whole team can get involved in.

Before you close out the financial year, consider investing in your people.

 Register your team before 30 June.



Register your team now!

Looking for the perfect training program for the City-Bay? Join the 2026 Corporate Cup!

Whether you're aiming for a personal best or simply looking to stay active before this year's City-Bay, the iconic Corporate Cup is the perfect way to keep you motivated.

Running from August to November, the Corporate Cup is South Australia's iconic workplace running and walking event, featuring seven rounds across a variety of locations including the Adelaide CBD, Mawson Lakes, Semaphore, and the Virtual KM Tracker. There's something for everyone - whether you're an experienced runner, a casual walker, or just getting started

More than just an event, the Corporate Cup is an opportunity to:

- Train consistently for the City-Bay alongside your colleagues.
- Improve your health and wellbeing.
- Build stronger workplace connections and team camaraderie.

Get your workplace moving and be part of one of South Australia's most iconic workplace events.

For more information about the Corporate Cup:
https://thecorporatecup.com.au/ or (08) 8363 5700



Find out more here

City-Bay Fun Run

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