



# Newsletter

## Are you a runner or a walker?

Participants who would like to run some of the way but walk the majority **MUST** enter as a runner. Only participants who will walk the complete course should register as a walker.

## Children in prams

A child in a pram, accompanied by a paying entrant, does not need to register to participate in the event. They are not given a race number and will not record a race time.



## Be a hero for a cause you care about and raise funds online for charity *It's fun, free and easy!*

As an exciting addition to the Sunday Mail City-Bay Fun Run you can now raise money for charity by creating your own fundraising page. Make sure you e-mail your fundraising page URL to as many people as possible.

Example page can be found at:  
[http://www.everydayhero.com.au/meg\\_solly](http://www.everydayhero.com.au/meg_solly)

## ENTRY FEES

	Hard Copy		Online	
	12/6km	3km	12/6km	3km
Adult	\$35	\$27	\$30	\$24
Child under 16 years	\$25	\$17	\$20	\$14
Family 2 adults, 2 children	\$95	\$71	\$80	\$62
Concession	\$30	\$22	\$25	\$19

A late additional entry fee of \$15 per entry applies after September 13

## ENTRIES DEADLINES

	Teams	Individuals
Online	September 7	September 7
Post	September 7	September 7
In person	September 11	September 13
In person <i>incurring late fee</i>	n/a	September 19

Click here for downloadable [entry form](#)

## FREE Workshops *Let us help you prepare for the Fun Run*

Training workshops, proudly supported by **Mutual Community** are available on Wednesday nights at SANTOS stadium or Sunday mornings at Port Adelaide Athletic Club.

Refer to our website for more information

Santos Stadium  
from 6pm - 7:30pm

Port Adelaide  
from 9:30am - 12 noon

JULY	29
AUGUST	5, 12, 19 & 26
SEPTEMBER	2, 9 & 16

JULY	26
AUGUST	2, 9, 16, 23 & 30
SEPTEMBER	6 & 13

# GET MORE BACK.

## Up to 100% in fact.\*

You can get up to 100% back for most chiropractic, physiotherapy and general dental services at any Members First Provider.

And you get discounts with partners like Fitness First, Rebel Sport and Weight Watchers.

To join or switch today, call 131 243, visit [mutualcommunity.com.au](http://mutualcommunity.com.au) or your local retail centre.



\*Depending on your level of cover. Annual limits apply. Bupa Australia Health Pty Ltd ABN 50 003 098 655. Trading as Mutual Community.