

2019 LIBERTIES FUN RUN FAQs

WHEN DOES IT TAKE PLACE?

The 2019 Liberties Fun Run will take place on Wednesday, 17th of July, 2019

WHERE DOES IT START?

It starts and finishes in Royal Hospital Kilmainham.

HOW MUCH IS THE ENTRY FEE?

ENTRY IS FREE FOR THOSE WHO WISH TO FUNDRAISE for the event by raising a minimum of €100 in sponsorship. All proceeds go towards improving patient care at St James's Hospital.

If you do not wish to fundraise, you can choose from the following options:

Early Bird: €25 **Normal:** €30

WHAT DO WE GET FOR OUR ENTRY FEE?

All finishers will receive a technical running top and a souvenir medal.

WHEN DOES REGISTRATION CLOSE?

Online registration will close at midnight on Wednesday, 3rd of July 2019. This is to allow enough time to post out the race packs.

CAN I REGISTER ON THE DAY?

Yes, registration is available on the day of the event, subject to availability. Registration will open from 6pm. Please note, there will only be a limited amount of late registration places and the event did sell out in 2018.

Please note: Running tops are only reserved for those that have pre-registered. Any remaining tops (if any) will only be available on a 1st come - 1st served basis so when they are gone... they are gone!

WHAT HAPPENS WHEN I REGISTER?

When you have registered on the website you will receive an email confirming your successful registration.

CAN I TRANSFER/REFUND MY EVENT ENTRY?

No, all entries are non-refundable and non-transferable.

IS THE EVENT CHIP TIMED?

Yes, the Liberties Fun Run is a 4 mile timed road race.

WILL THE ROUTE BE MARKED / SIGNPOSTED?

Yes

IS MEDICAL ASSISTANCE AVAILABLE?

Yes, we will have an ambulance on the route.

WILL THERE BE WATER?

Yes, there will be plenty of water at the finish line.

WHERE CAN I PARK?

Royal Hospital Kilmainham is located within a five-minute walk of both Heuston Station and the Luas stop at St. James's Hospital.

Please note that no parking will be available within the grounds of the Royal Hospital Kilmainham but that there is a public car park on Thomas Street.

IS THERE A WARM UP?

Yes, chartered physiotherapists from the Department of Physiotherapy at St. James's will do a warm-up stretching session before the Fun Run. This will take place on the West Avenue at the Royal Hospital and will start at 7.30 pm.

START TIME?

The event will start at **7:45pm** – Please make sure you are at the start line on time.

IS THERE SHOWER FACILITIES?

No, there is no shower facilities at the event.

For more information please contact: jamie@supportstjames.ie