

## 2019 LIBERTIES FUN RUN FAQS

### WHEN DOES IT TAKE PLACE?

The 2019 Liberties Fun Run will take place on Wednesday, 17<sup>th</sup> 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 On the Day: €35**

### 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, 3<sup>rd</sup> of July 2019. This is to allow enough time to post out the race packs.

### CAN I REGISTER ON THE DAY?

If the event is not sold out, registration will be available on the day of the event. Registration will open from 6pm in the **Hilton Hotel, Kilmainham**.

### WHAT HAPPENS WHEN I REGISTER?

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

### WHEN DO I GET MY RACE PACK?

If you have selected **Postal**, your race numbers will be sent out at the start of July. If you have chosen **Collection** you can collect your pack on the 13<sup>th</sup> of July in the Hilton Hotel, Kilmainham.

### 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, there will be mile markers along the route.

### **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. There is no water stations on the route.

### **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.

### **THERE IS NO PARKING WITHIN THE GROUNDS OF ROYAL HOSPITAL KILMAINHAM.**

### **IS THERE A BAG DROP/CHANGING FACILITIES?**

There will be an attended bag drop facility where participants can leave bags while on the Fun Run. The bag drop will be open from 6pm and will close at 9.30pm – by which time all bags should be removed.

Participants should please also note that, although the bag drop will be attended, bags will be left at the risk of owners and it would be advisable to leave valuables at home.

Please note that there will be no changing facilities and it would be advisable therefore to arrive in running / walking gear.

### **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.

### **POST-RACE MESSAGES**

Following the Fun Run, the chartered physiotherapists will provide all participants with massages.

**FOR MORE INFORMATION PLEASE CONTACT: [JAMIE@SUPPORTSTJAMES.IE](mailto:JAMIE@SUPPORTSTJAMES.IE)**