**2022 LIBERTIES FUN RUN FAQS**

**WHEN DOES IT TAKE PLACE?**

The 2022 Liberties Fun Run will take place at 10:30am on Sunday, 4th of September 2022. (Subject to Government Guidelines at the time).

**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:** **€50**

**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 Thursday, 25th of August 2022.

**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 9am and close at 10am. On the day registration will cost €50

**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 the **Virtual** option your running top and medal will be sent out when you have completed the run.

If you have chosen the **Physical** race, you can collect your running top and medal on the day of the race.

**CAN I TRANSFER/REFUND MY EVENT ENTRY?**

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

**CAN I TRANSFER FROM A PHYSICAL ENTRY TO A VIRTUAL OR VICE VERSA?**

Yes, however; if you want us to post out your medal and running top, we will have to charge you postage.

**IS THE EVENT CHIP TIMED?**

Yes, the Physical 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 9am and will close at 12.30pm – 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 10:15am.

**START TIME?**

The event will start at **10:30am** – 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**