

Can I register on the day?

Yes you can go to our registration tent on the morning of the event also. (As jersey's have been ordered in advance, we cannot guarantee correct jersey size for those signing up on the day.

Is parking available?

Yes parking is available at Corkagh Park and additional parking has kindly been offered by nearby Wilson's Auctions. AsIAm team members will be on hand on the morning of the event to direct traffic.

What time should we arrive?

We advise arriving between 10:30am and 11am.

What do we do when we get there?

If you've not yet recieved your jersey by post, please go to the jersey collection desk and give your name. You do not need to provide us with a receipt or screenshot of your ticket. You are then welcome to explore the area.

Will there be a warm-up?

Yes, Little Fitness and GetRunningWithChris will be there to get everyone warmed up! This will last for approx 10 minutes.

What time will the run start?

The run will start approximately at 12pm.

How Long will the run Last?

The event itself will finish at 2:30

What entertainment will you have?

We will have face painters, the Big Dig, Kildare Wildlife Rescue, a magician, bubbles, some Lego and crafts, and there will periodically be music playing.

Is the event very Loud?

We expect from 800- 1,000 community members over the day in an outdoor space, which means the noise levels will vary. We are aware different community members will have different thresholds for expected and unexpected noises. We will make attendees aware in advance of when the main announcements are, and where there is music. All AsIAm staff and volunteers will be mindful of voice volume and limiting unnecessary noise.

Are there places to take breaks?

We will have a dedicated break space area, but you may also wish to take an individual break on one of the benches, or elsewhere in the park. You can enter and exit the event as many times as you need.

Do I have to join the run?

No. You may wish to purchase a ticket and not complete the run, and instead enjoy the entertainment, or the time with your family and friends. However, to attend the event, you do need to have purchased a ticket.

Can I walk the route?

Yes. You do not have to run the route. Lots of people walk, lots of people run. The route is accessible with accessible route for prams, strollers, wheelchairs etc. Bikes are also permitted, but individuals must ensure they take responsibility for such use. Electric bikes and electric scooters are not permitted.

Is the route accessible?

Yes, the 5K route is accessible for wheelchairs, buggies and mobility scooters.

Will the route be signposted?

Yes, AsIAm team members will be dotted along the route to advise where to go. There will also be clear signage along the route.

Do I have to walk/run with everyone in a group?

No. An AsIAm staff member will announce when the Run is starting. However, you may prefer to do the route before the group sets off together, or indeed after. Please note if you do the route at a different time to the group, you will need to approach an AsIAm staff member to collect your medal, if you wish to. Please also note that lots of the people do the route 'on their own' but as part of the group, and there is no expectation around social interaction as you do your route.

Do I need to wear the event jersey?

No. We completely appreciate that different sensory preferences will impact the wearing of a jersey. You can choose to wear or not wear.

Will there be toilets available?

Yes. There will be 8 portaloos available on the day in the main area before the starting line.

Will there be food available?

Yes, there will be a coffee truck, doughnut van, and ice cream van there. You are also welcome to bring your own food and snacks. Refill Ireland will be there supplying water also.

Can I bring my dog?

This is a dog friendly event but **all dogs must always be kept on a lead.** Please be aware that some community members may have a fear of dogs, particularly of unexpected barking, and to respect space needed.

Is there a visual guide?

Yes. [The visual guide](#) can be accessed here.

Will first aid be available?

St John Ambulance Ireland service will be present on the day.