



## FREQUENTLY ASKED QUESTIONS

### **CAN I ENTER JOE'S JOG ONLINE?**

Yes, just fill out the online booking form and register today - <http://jhmt.org.uk/events/2019/06/joes-jog-2019>

### **CAN I ENTER THE RACE BY POSTING MY ENTRY FORM?**

Yes, you can download a form on the website above, fill it in and return it to the address stated.

### **WILL I BE ABLE TO ENTER ON THE NIGHT OF THE RACE?**

Yes, providing the run is not over-subscribed. The prices for on the night registration will increase to £6 per child and £10 per adult.

### **WHAT IS THE DEADLINE FOR ENTERING JOE'S JOG 2019?**

You can enter up until 6pm on race day by completing an entry form at the registration point at the Rothley Centre between 5.15 pm and 6pm.

### **HOW DO I KNOW MY ONLINE ENTRY HAS BEEN RECEIVED?**

When entering online you will automatically receive a confirmation email.

### **WHEN WILL I RECEIVE MY RUN PACK?**

Run packs are to be collected from the registration area in the Rothley Centre on the night.

### **ARE THERE ANY AGE RESTRICTIONS?**

Juniors running without parent supervision must be at least 7 years old.

Although the race is called Joe's Jog, families of all ages are welcome to run/walk the course and even bring small children in buggies etc.

Parents are responsible for their children at all times.

### **START TIME AND LOCATION**

The run begins at 18.15 (15 minutes past 6pm) The Rothley Centre will be open from 5.15 pm on the evening of the race.

### **WHERE DOES THE RACE BEGIN?**

The race will start from Woodgate outside Babbington Court.

### **WHERE CAN RUNNERS PARK THEIR CARS DURING THE RACE?**

Car parking locations are very limited but there will be some spaces available at the Rothley Centre, Rothley Court and Fowke Street Playing Fields.

### **IS THERE A SAFE PLACE THAT RUNNERS CAN LEAVE ANY VALUABLES WHILST TAKING PART IN THE RACE?**

There is no facility available to store any valuables whilst taking part in the race and would suggest that you leave these items at home prior to attending the race,

### **WILL THERE BE FIRST AID STATIONS AROUND THE COURSE?**

There will be two separate paramedic teams on the day of the race.

### **ARE THERE WATER STATIONS ALONG THE ROUTE?**

There will be a water station at the finish line.

### **T-SHIRTS**

T-shirts can be purchased from [jhmt@jhmt.org.uk](mailto:jhmt@jhmt.org.uk) stating the quantity and sizes required at a cost of £6 each. These will be given to you in your race packs on the evening prior to the race starting.

### **WHEN WILL THE RESULTS OF THE RACE BE AVAILABLE?**

This is a fun run so times will not be recorded other than for the first 3 people to complete the run. There will be an electronic timing clock at the end of the run where your run time will be visible.

### **IS THE RUN CHIP-TIMED?**

No this is a fun run so times will not be recorded other than for the first 3 people to complete the run and a timing clock which will be visible at the end of the run for you to record/note your finish time.

## MEDALS

You will receive a medal for completing the race. Water will be available at the end of the run.

Enjoy the run and thank you for your support in helping JHMT to commemorate Joe's love of life, enjoyment of running and his Trust's work to combat sudden arrhythmic death syndrome (SADS)