



# FINAL INFORMATION

## 1 Mile Fun Run

24<sup>TH</sup> October, 2021

After seven years, the curtains are closing on Rock 'n' Roll Liverpool as it will not be coming back for 2022 and beyond! We're sad to say goodbye but come rock with us to the Final Farewell Show! Celebrate Bringing Fun to the Run™ and rock out with the various artists playing on the course and the main stage!

**Start Time:** 13:00

**Start Line:** Albert Dock, Liverpool Waterfront

**Finish Line:** Royal Albert Dock, Liverpool, Waterfront

### MILE FUN RUN PACKET PICK UP

Friday 22nd October: 13:00 - 19:00

Saturday 23rd October: 10:00 - 17:00

Pick up is also available from the Solutions Tent near the start line from 10:00 – 12:00 on race morning – where possible we advise you to collect your race pack before race day, to avoid queues.

Follow these steps to pick up your bib number:

1. Bring a digital or printed copy of your confirmation email containing your QR code (These will be re-sent during race week).
2. Bring photo ID  
*BIB numbers are assigned on-site, so you'll receive this when you collect your pack.*

No 1- Mile bib numbers are sent out prior to the race; you must collect this either from Expo or on race day.

### COVID-19 INFORMATION

We aim for Rock 'n' Roll Liverpool to be as normal a racing experience as possible. Some Covid-19 mitigation measures will be in place;

- Runners are requested to maintain distance from others where possible. We recognise that it is not always possible at an event of this scale so face coverings are recommended in highly populated areas such as the registration area, RunFit expo and start pens.
- We encourage all athletes to be double vaccinated or lateral flow tested before attending.
- All athletes must read the questionnaire [here](#) (please note, you do not need to bring this on-site) If the answer is 'yes' to any of these questions or you develop symptoms of Covid or have been in contact with someone with Covid in the 14 days leading up to the event, please email us at [rnrliverpool@rnrocknroll.com](mailto:rnrliverpool@rnrocknroll.com)
- We kindly ask that you don't attend if you feel unwell
- Sanitisation stations will be available around the venues, please use them regularly

### REMIX RUNNERS

Those running both the Saturday 5K and the mile on Sunday, will need to collect a wristband from the Expo to receive your amazing Remix Medal on Sunday. If you received your 5K race number in the post, you will need to collect your wristband **AFTER** the 5K race **inside the RunFit Expo**.

If you qualify for the special Remix Challenge Medal, it can be collected after the races on Sunday at the Rock 'n' Roll Booth at the Finish Festival.

### GETTING TO THE START LINE

Parking near to the Start Line village is very limited. We highly recommend using public transport where possible. The Start Line is approximately a 15-minute walk from Liverpool Lime Street Station.

If you need to drive, recommended car park information is available on the **Travel Information** page of the event website. Please arrive early as spaces are limited. Please visit [visitliverpool.com](http://visitliverpool.com) for further details on city travel information.

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### START LINE VILLAGE

Upon arrival to the start area on race day, you will find a first aid point and toilets all inside the Exhibition Centre Liverpool and M&S Bank Arena.

**Note to all runners:** Please arrive **early** to allow for any traffic delays, warm up, etc. Please note that baggage drop facilities are not provided for this run.

### COURSE ENTERTAINMENT

**Bands and Entertainment on the Run:** One local band will be stationed halfway along the course to keep your spirits high and your legs moving. For a complete list of bands, check the **Entertainment** page of our website.

### FIRST AID INFORMATION

Please make sure to fill out the medical history information on the back of your race number.

### COURSE SUPPORT

There are no water stations on course for the Mile Fun Run. Runners are recommended to bring their own supplies. At the finish you will receive your medal and water.

### EXPO, MERCHANDISE AND MORE

At the RunFit Expo there will be a variety of retailers, including the official Rock 'n' Roll Merchandise store and the Rock 'n' Roll Marathon Series Booth – come say hello! The RunFit Expo is free and open to the public.

### FINISH LINE FESTIVAL

After crossing the finish line and collecting your medal, join us at the Finish Line Festival to celebrate your run at the concert outside the M&S Bank Arena.

### OFFICIAL RACE PHOTOGRAPHERS

FinisherPix will photograph you multiple times before, during and after the race. Smile when you see the photographers in their bright yellow vests. View and order your photos at [www.finisherpix.com](http://www.finisherpix.com)

### VOLUNTEERS WANTED

Encourage your family and friends to get involved in your race day experience. We need hundreds of extra hands at the Expo, start, finish and on course. Volunteers receive an Official Race Crew T-shirt. Group participation is encouraged. For more information take a look at [runrocknroll.com/Liverpool](http://runrocknroll.com/Liverpool) or email [Liverpool@RNRRacecrew.com](mailto:Liverpool@RNRRacecrew.com)

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