

**RTÉ**



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## **OPERATION TRANSFORMATION 5KM FUN RUN**

**10:00 AM – Saturday 23<sup>rd</sup> February 2019**

**Phoenix Park**

## **PARTICIPANT INFORMATION**



# OPERATION TRANSFORMATION 5K FUN RUN TIMETABLE

08.30	Information Desk, Toilets, Baggage Area available.
09.30	Assemble in allocated Assembly Zones
09.45	Mass Warm-Up
10.00	First Wave Runners.
10.02	Second Wave Start – Runners/Joggers
10.04	Third Wave Start – Joggers/Walkers
10.06	Fourth Wave-Walkers
10.08	Fifth Wave-Walkers/Buggies

## BAGGAGE

Because of the number of participants in the run, it is not possible to provide changing rooms. There will be limited baggage storage area. Please place your bag in the area allocated to your number where it will be in safekeeping until you recover it after the run. For security purposes you will be required to show your run number in order to recover your bag.

Under no circumstances should you leave valuables in your bag. While the organisers will make every effort to ensure a safe event, no responsibility can be accepted for loss or damage to personal items.

## ASSEMBLY /START

The assembly area is adjacent to the start line which will be clearly marked by the start gantry. The assembly area will be divided into sections as follows:

**1: RUNNERS      2: JOGGERS      3: JOGGERS/WALKERS      4: WALKERS      5: WALKERS/BUGGIES**

**PLEASE ENSURE THAT YOU ENTER THE START AREA IN THE ASSEMBLY ZONE WHICH CORRESPONDS BEST TO YOUR FITNESS LEVEL.**

## WARM-UP

It is recommended that you commence your individual warm up approx. 45 mins before the start time. This is to allow time for access to the toilets, access to the baggage area and to get to your assembly zone in a timely manner. Your warm up should include some light jogging and stretching. It is vitally important to warm up the working muscles especially if the weather is cool. A mass warm up will be organised at 09.45am by an experienced trainer.

## RUN NUMBERS/BIBS

Please print the following information clearly on the reverse of your run number/bib:

- Name and contact number In Case of Emergency
- Medical Conditions

## MEDICAL

St John Ambulance will be providing medical cover for this run and there will be a medical doctor on site. If you have an on-going medical condition please make yourself known to a member of the St John Ambulance on site on the morning before the run commences. The medical centre will be located adjacent to the finish line.

## WATER

There will **NOT** be a water station on the course. If you require water before or during the run please bring it with you. Water will be provided to each participant after you finish the run.

## AT THE FINISH

After you cross the finish line please keep moving and follow the instructions of the marshals who will direct you to where you will receive your finishers pack.

## BAGGAGE RECOVERY

As soon as you have exited the finish system please recover your left baggage from the designated area. Remember you will need to produce your run number in order to recover your baggage.

## SPECTATORS

The entire Phoenix Park will be open for everyone to enjoy. You can watch participants running alongside the Operation Transformation leaders and experts that you have all been following for the last 7 weeks. As you move around the course please be aware that only those roads used for the run will be closed, and traffic will be moving throughout the rest of the park. The Phoenix Park is a wonderful amenity in our capital city and is there to be enjoyed by all. Please be mindful of other users as you access the park on run day.

## PARKING

There is limited car parking available in the Phoenix Park. We recommend that you park in some of the multi-story car parks in the city centre as listed below and use the public transport system servicing the Phoenix Park. Please check the following websites [www.dublinbus.ie](http://www.dublinbus.ie) or [www.luas.ie](http://www.luas.ie)

Parkgate Street Thomas Street Ushers Quay Wood Quay Christchurch Place College Green	Clarendon Street Drury Street St Stephens Green Shopping Centre Royal College of Surgeons ILAC Centre	Jervis street Parnell Street Arnotts, Princes Street Dawson Street Temple Bar Fleet Street
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## BUSES/LUAS TO PHOENIX PARK

For those wishing to access The Phoenix Park by Public Transport on February 23<sup>rd</sup> there are several BUS options. The numbers 37/38/39 and 70 serve the Phoenix Park. If you travel on any of these routes disembark at the BAGOTT ROAD stop and there is a five minute walk to the start area. Alternatively the numbers 25/26/66 and 67 serve Heuston Station. From there, there is a free shuttle bus to the start area. The RED **LUAS** line also serves Heuston Station.

## FREE SHUTTLE BUS SERVICE

A number of FREE shuttle buses will be provided by Dublin Bus to transport participants to Phoenix Park from the bus stop at Parkgate Street from 8.30am to Phoenix Monument. After the run the buses will return from an agreed area close to the monument back to Parkgate Street. All buses will be clearly marked **OPERATION TRANSFORMATION**.

## CYCLISTS

A bike park will be provided for those wishing to cycle their own bicycles to Phoenix Park on the morning of the run. The location for this will be well signposted. **The location will be directly beside the start line.**

Alternatively there are Dublin Bikes cycle parks in the vicinity of Heuston Station. Visit for [www.dublinbikes.ie](http://www.dublinbikes.ie) locations.

## LITTER

The Phoenix Park is being made available to the Operation Transformation 5k Fun Run with permission of the Office of Public Works. We encourage all participants and spectators to exercise the highest respect for this public amenity and to dispose of any litter by using the facilities provided on the day or by bringing your litter home with you. Please adopt a “leave no trace” policy when exiting the park

**OPERATION TRANSFORMATION FILMING:** By participating in the Operation Transformation 5K Event in the Phoenix Park, you acknowledge that you may be featured on the Operation Transformation Series 12 programme, website and social media channels.

## MAP OF COURSE

