



OPERATION TRANSFORMATION 5KM FUN RUN

9.30 AM – Saturday 17th February 2024

Phoenix Park

PARTICIPANT INFORMATION



SPÓRT ÉIREANN
SPORT IRELAND



Dublin City
Sport &
Wellbeing
Partnership



Comhairle Cathrach
Bhaile Átha Cliath
Dublin City Council

OPERATION TRANSFORMATION 5K FUN RUN TIMETABLE

08.00	Information Desk and Toilets Open
08:30	Baggage Area available.
09.00	Assemble in allocated Assembly Zones
09.15	Mass Warm-Up
09.30	First Wave – Runners
09.32	Second Wave Start – Runners/Joggers
09.34	Third Wave Start – Joggers/Walkers
09.36	Fourth 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/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 09.15am 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.

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 or www.luas.ie

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

BUSES/LUAS TO PHOENIX PARK

Dublin Bus provides a wide choice of bus routes to and from the outskirts of the Phoenix Park. Please check the Dublin Bus [website](#) for up to date information; route are displayed in full there by number. Bus stops are located at the following points outside the Park's walls:

- To stop near Parkgate Street (Main Gate Entrance), Islandbridge Turnstile and Chapelizod Gate, use bus route numbers 25 and 26.
- To stop next to the North Circular Road Gate, use bus route number 46A.
- To stop on the Castleknock Road and enter the Phoenix Park through the Castleknock Gate, use bus route number 37.
- To stop on the Navan Road and enter the Phoenix Park through the Ashtown Gate, use bus route numbers 37, 38, 39, and 70

Dublin Bus also operates a No. 99 Bus route, seven days a week, that travels from/to Parkgate Street and the Phoenix Park Visitor Centre, stops along Chesterfield Avenue.

To view the No. 99 Dublin Bus Route Map, that shows all Bus Stop Locations and Numbers, please click on the link below:

- [99 Bus Stops & Locations](#)
- [Route 99 Timetable](#)

The RED **LUAS** line also serves Heuston Station.

Further information on directions to the Phoenix Park may be found here - [Directions | Phoenix Park](#)

CYCLISTS

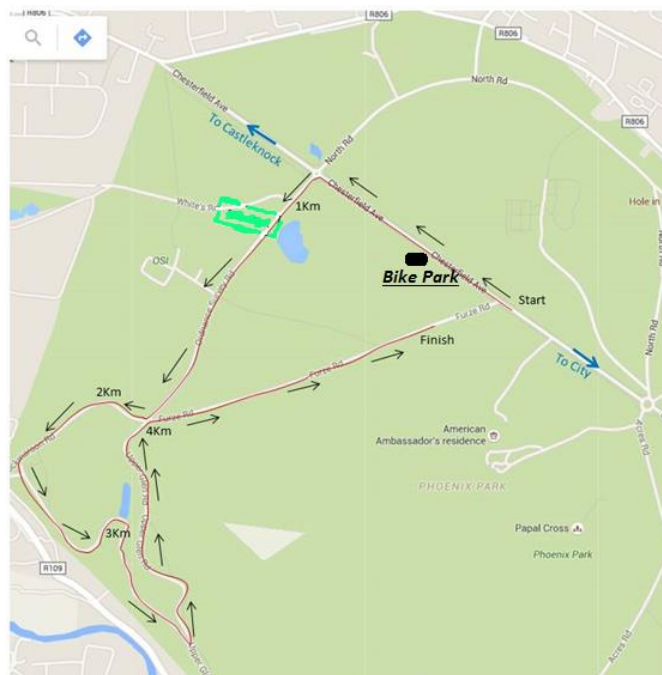
A bike park will be provided for those wishing to cycle their own bicycles to Phoenix Park on the morning of the run. The location for this will be well signposted. **The location will be directly beside the start line.** Alternatively, there are Dublin Bikes cycle parks in the vicinity of Heuston Station. Visit for www.dublinbikes.ie 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 appropriate bins which will be 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 programme, website and social media channels.

MAP OF COURSE



YOUR NEXT CHALLENGE!

Check out the Irish Runner Challenge Series for your next challenge in the Phoenix Park. The series consists of

- Saturday 18th May - 5K | Sunday 21st June - 5M | Sunday 21st July – 10M

Keep an eye on your Post event email for an exclusive discount code!



FAB LITTLE BAG

Athletics Ireland are delighted to partner with 'Fab Little Bag' and have become the first 'Period Positive Events' in Ireland. Fab Little Bags provide participants with free period products and FabLittleBags for easy, discreet and responsible disposal. Should anyone need anything just come to our help desk and ask for a 'Fab Little Bag'!

