



# UCT Rural Support Network invites you to



## Basic Rules and information

How to join after buying your ticket:

Register with [www.strava.com](https://www.strava.com) and join our running clubs and join the event:

10k – <https://www.strava.com/clubs/Run4Rural10K>

5K – <https://www.strava.com/clubs/Run4Rural5k>

Record your run via the event on Strava to be eligible for prizes!\*

## Other ways of recording your entry time:

Samsung Health, Hauwei Health App, Nike Running App, Manually recorded times (start/end time and distance ran)

Please submit this to [rsn.committee@gmail.com](mailto:rsn.committee@gmail.com) before 10 pm on the 23<sup>rd</sup> of May 2021

First 50 Ticket holders are eligible to collect a sign up Package from the organisers which include a toga bag full of goodies and your running bib!

**Make sure to take pictures of yourself after your run and send to our Marketing team via Instagram or Facebook! There are prizes up for grabs for the best picture taken!**

**The virtual prize giving will be held on the 28<sup>th</sup> of May via MS Teams at 5pm (link to be posted on Instagram: @uct\_rsn)**

\*You will be running at your own risk in the place that you choose. Please make sure you are safe and keep your belongings close to you. Prizes will be awarded to 1<sup>st</sup> place and 2<sup>nd</sup> place for male and female categories for both races. You have to attend the prize giving to receive the award.