

UCD RUGBY AD ASTRA 5K 2021

What is a virtual run/walk?

A virtual run/walk is an event that can be run or walked from any location you choose. Depending on the event it can be completed over a specified duration or on a specific day, in this case you can complete your **Ad Astra 5K** anytime over the course of 3 days, June 11-13.

Do I need to register?

No, you do not need to register. We encourage you to complete your run/walk and make a donation anytime over the course of June 11-13.

Where can I complete my Ad Astra 5K?

You should plan your run/walk route before starting your event. The run/walk should only be completed on footpaths/pathways or also on pathways within public parks. Please follow [Government guidelines](#) and exercise within the advised distance from your home.

Can I submit my time?

If you do want to submit your time, we encourage participants to join the [UCD Rugby Strava Group](#) and upload your time.

Disclaimer

I understand that participation in the **Ad Astra 5K** is at my own risk, and that UCD Rugby will not be held responsible for any accident suffered or injury sustained by myself from any cause whatsoever, or for any property lost, mislaid or stolen on the course where I undertake the run/walk.

I acknowledge that the activity should only be conducted over public paths or on paths within Public Parks open to the public upon which hazards of traveling are expected. I further agree if at any time I believe the conditions to be unsafe, I will immediately discontinue participation in the activity.

I understand the nature of the **Ad Astra 5K** and fully accept that I take part at my own risk.

By taking part in the **Ad Astra 5K** you confirm that you will abide by all Dept of Health Covid-19 Guidelines and regulations.

By tagging UCD Rugby on social media you acknowledge that the Post/Story/Video may be used. And you hereby grant UCD Rugby necessary permissions and rights in the Contribution to do so, including for the avoidance of doubt, where minors appear in the Story/Video, that the Parents and / or Guardians are fully aware of the intended use and all of the permissions granted to UCD Rugby.