

Dear Rás UCD participant,

Many thanks for signing-up and supporting the 10th Rás UCD in aid of UCD Volunteers Overseas.

Date & Time

11am, Saturday, 6 April 2019

Location

UCD Sports Centre, Belfield, Dublin 4 - <http://map.ucdestates.ie/>

Parking

Please enter campus through the Newstead (off Clonskeagh Road) or N11 Stillorgan Road gates. Free parking is available on Saturday mornings.

Registration

Desks open 10.30am in Hall A UCD Sports Centre where you can pick up your race number with chip timing and race tee shirt.

Changing rooms & cloak room

Changing rooms are available in the UCD Sports Centre and a bag drop will operate in Hall A.

Registration on the day

Registration will be available on the day for €20 including a tee shirt (while stocks last), so please feel free to bring along some friends on the morning of the Rás.

Results, prizegiving & catering

Following the Rás, catering (tea/coffee/sandwiches) will be available for all competitors in Hall A. Don't forget to also collect your goodies complements of Centra. Prizegiving will also take place in Hall A, with loads of categories and spot prizes on offer. Results will be available on www.myrunresults.com immediately following the Rás.

Route & Safety

The route is 2 laps of a flat course on tarmac made up of roads and paths. The course will be stewarded and marked. Please note that there is a section where you will have to transition from the road onto a footpath. If you require assistance, medical help will be on campus. Please notify a steward to raise help.

We hope you enjoy the Rás and we look forward to seeing you all at the prizegiving ceremony afterwards. We would also like to acknowledge our sponsors and supporters; Bank of Ireland, Centra, Bord na Gaeilge UCD, UCD SU, Healthy UCD, Teach na Gaeilge and Culture & Engagement – UCD HR.

Good luck,

Rás UCD 2019 Organising Committee

PS Don't forget to post some pictures using #RasUCD