THE **VC** CUP

Strava Online Running Competition

Competition Details

- The Strava Online Running Competition will be held between Monday 8 April 2024 – Sunday 21 April 2024
- Units can have as many participants register as they wish.
- All participants must download Strava app and join 'UniSA Sport VC Cup 2024' Club for their results to be counted towards the VC Cup competition. Note: People who participated last year will need to re-join the club again this year.
- All participants must register to Join Team UniSA to be covered by insurance for the event. Link to register for insurance will be provided in Team Managers' information email. If someone is already a Team UniSA member they do not need to register again. Any participants who have not completed this step will not have their results counted towards the VC Cup competition.
- The competition will record each participant's fastest 1 kilometre run over the period of 8 April – 21 April 2024.
- Note that all participants can attempt the distance as many times as they wish during the competition period. The Strava App will record your running times and personal best times will be monitored by UniSA Sport to be counted towards the competition.
- You may run for longer than 1 Km and only the time of your fastest Km will be counted towards the competition. For example, in a 5 Km run your fastest time may be your 1 Km – 2 Km split, in that case that split time will be counted as your new 1 Km personal best.
- At the end of the competition period an average will be determined for each Unit using the personal best 1 Km time of all participants from that Unit.
- The Unit with the best average time will be the overall winner of the Strava Online Running Competition for VC Cup 2024.
- A Unit must have at least four participants record a time to be counted as the overall winner.
- Entrants are encouraged to choose a safe location to run, preferably during daylight hours.
- All participants must be listed on the team list provided to UniSA Sport by the Unit team manager, have joined the UniSA Sport VC Cup Club on Strava and completed the Join Team UniSA process by Tuesday 2 April to participate in the competition.

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Strava App Details

- Strava uses GPS to map your route and record your activity, it is up to each participant to edit privacy settings for the results to be viewable.
- Each participant must join the 'UniSA Sport VC Cup 2024' Club.
- If a participant chooses for their profile to be private rather than public, UniSA Sport will not be able to access their activity results and the participant will need to send screenshots of their results to pridhamhall@unisa.edu.au for their results to be counted towards the VC Cup competition.
- Ensure the Strava App is synced with your GPS tracking device - smart watch, fitness tracker etc. Alternatively, you can manually record through the Strava App on your phone by pressing 'record' when you start running.
- Recording and sharing activity is the choice of the individuals and UniSA Sport is not responsible for the content participants post using the Strava App.
- Participants are expected to behave appropriately and respectfully when engaging with others on the platform (UniSA Sport reserves the right to remove participants from the VC Cup should they fail to meet the required behavioural standards).