



HAMPSHIRE AND
ISLE OF WIGHT
AIR AMBULANCE

Dash ^{5K} in the Dark

Royal Isle of Wight
County Showground

Saturday 5 October

Mission times to remember:

The Charity Village:
What3words:

maps.app.goo.gl/t18dc3nW2XVXAhaA
twice.whisker.clever

Charity village opens:

5.30pm - food and hot drinks, face painting, queries desk and pack collection

Warm up: 6.30pm

When the crew receive a call-out, it takes them four minutes to be airborne. Join us for our four minute dance warm-up, led by Snap Fitness.

Start: 6.45pm

Take to the start line and 3,2,1... Lift-off!

Checklist to bring with you:

Dash T-shirt: T-shirts and runner numbers are making their way to you. If you have not yet received your pack, please contact events@hiowaa.org - if you require a different size, you can swap your Dash T-shirt on the evening.

Runner number: Please write on the back if you had a medical condition our first aiders should know about.

Sponsorship money: If you have raised offline sponsorship money, you can hand it to one of our volunteers at the queries desk. Please seal it in an envelope with your name and runner number written on the front.

Refreshments: Please bring a drink with you for the run. We recommend a bottle of water. There will be water refill points available in the Charity Village. Please help us reduce plastic waste and protect the environment.

Cash/card: This event can take payments by cash or card. We will have food stalls attending, and official charity merchandise available to buy on the night.

Headtorch: Don't forget your head torch/ body torch to light the way!

DRESS TO IMPRESS

Don your multi-coloured tu-tu, whack on your neon face paints and wear your glow in the dark bunny ears with pride! We love seeing all your dress up outfits, please make sure to tag us in your photos!



FUNDRAISING

If everyone raised just £60 each, the Dash in the Dark Isle of Wight event could fund seven life-saving missions. The easiest way to do this is to post your Enthuse fundraising page, which you set up on registration, to your socials and email to family and friends.

Visit our website, www.hiowaa.org, to download a free fundraising pack. You will find our A-Z fundraising ideas and inspirational stories to help you reach your fundraising goal.

“I loved every second of it. I ran this because you saved my life and I will run each year to help save many, many more ”


-2023 Dash in the Dark runner and patient



TRAVEL

 Royal Isle of Wight County Showground, Cowes Road, Northwood, PO30 5TP

There is plenty of free parking on site.

 Buses stop right outside the showground and you can plan your route on [Southern Vectis - The Island's Buses \(islandbuses.info\)](https://www.southernvectis.co.uk)

Thank you for supporting your local Air Ambulance Charity!



Charity Number: 1106234

