



HAMPSHIRE AND
ISLE OF WIGHT
AIR AMBULANCE

Dash ^{5K} in the Dark

Southampton Common,
21 September

Proud to be supported by



Mission times to remember:

The Charity Village:
What3words:

goo.gl/maps/FGWxX777Sv6jwpwi6
trendy. wakes.olive

Charity village opens:

6pm - food and hot drinks, face painting, queries desk and pack collection

Warm up: 7pm

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

Start: 7.15pm

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. There will also be a face painter in the Charity Village before the run.

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!

