



SATURDAY 11TH SEPTEMBER 2021

SOUTHAMPTON COMMON—5km flat route.

Your mission, if you choose to accept, is to run, walk, skip, jump or dance your way around our 5km route and raise vital money to keep your Air Ambulance flying and saving lives both day and night...are you on board?

Mission times to remember:

The Charity Village is on Southampton Common in the open space—you will see our gazebos and flags, and our volunteers will be on hand to direct you.

Check in:	6.30pm—7.15pm	On arrival head for CHECK-IN, tear off the strip at the bottom of your runner number and hand it to one of our lovely volunteers.
Warm up:	7.30pm	It takes 4 minutes for our crew to suit up and warm up for the mission ahead. Join in our 4 minute dance warm up so you are prepared for your mission.
Start:	7.45pm	Take to the start line and 3,2,1... Lift-off!

Checklist to bring with you:

Dash T-shirt: This will arrive in the post at the end of July with your runner number. Please feel free to customise. If you require a different size, you can swap your Dash T-shirt on the evening.

Runner number: This will arrive in the post at the end of July with your T-shirt. On arrival, please head for CHECK-IN, tear off the strip at the bottom of the number and hand it to a volunteer so we know you have arrived - if you lose your number please head to the information point for a new one. Please write on the back of your number if you have a medical condition that we should know about.

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

Bottle of water Please bring your own bottled water. There will be a refill point in the Charity Village should you need to refill it. Please help us protect the environment.

Cash: There will be the chance to purchase hot food and drink, as well as Air Ambulance merchandise.

Keeping you safe, so you can enjoy the day:

Our Covid-19 Guarantee will provide you with peace of mind when attending Dash in the Dark 2021. Your health and safety is of the utmost importance to us. We want to assure you that we will be adhering to the latest government Covid-19 guidelines to keep you safe. We are aware that these guidelines can change very quickly between now and our event, so we are planning for ALL levels of restrictions to ensure your safety. We will make sure to update this webpage and send further information directly through to you if there is a change. Please see the event FAQs on our website if you require any further information. **Good luck, have fun and thank you!**

FUNDRAISING

JustGiving™

If everyone **raised just £60**, this would be enough to keep the aircraft operational for two extra days! The easiest way to do this is to create a JustGiving page through www.justgiving.com and spreading the message to your friends and family through social media, email and word of mouth.

Through www.hiowaa.org you will find the **HIOWAA Hero Pack** with the A-Z fundraising ideas guide, sponsorship form and further information on a Charity which receives no government funding and is reliant on the generosity of the public.

“Thank you for running the Dash in the Dark. My son and I loved it and can’t wait to do it again next year! It was our first 5k and run of any kind.”

“Thank you for arranging such a brilliant fundraiser. The atmosphere was fantastic, and everyone seemed to be having a great time.”

“I just wanted to say a huge well done on the event, it was a great night, and we had such fun running in the dark.”

TRAVEL

Southampton common, The Avenue, Southampton SO15 7NN



There are limited parking bays in Cemetery Road. Please car share where possible.



Approximately 20 minutes walk from the City Centre and Southampton Central Station.



The nearest train station is Southampton Central Station.

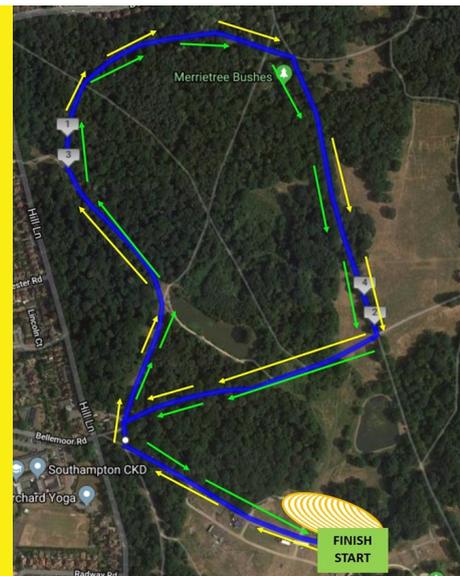


NEW ROUTE FOR 2021!

We listened to your feedback and have changed the route so it is softly lit at the start and finish.

You will run around the lap twice, starting and finishing in the same place.

After your feedback from Dash in the Dark 2019, we will be removing the tunnels and adding our own lights and sounds to make it bigger and better!



Thank you



for supporting this event.