

Dash **5K** in the Dark

Saturday 24th September
Southampton Common



HAMPSHIRE AND
ISLE OF WIGHT
AIR AMBULANCE



Mission times to remember:

The Charity Village is on Southampton Common: goo.gl/maps/FGWxX777Sv6jwpwi6

- Check in:** 6pm—6.45pm On arrival head for the check-in gazebo, tear off the strip at the bottom of your runner number and hand it to one of our lovely volunteers.
- Warm up:** 7pm 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:** 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: Tear off the strip at the bottom of your runner number and hand to a volunteer when you arrive - 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.

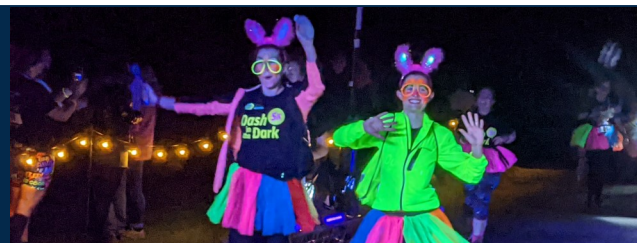
Refreshments: Please bring a drink with you for the run. We recommend a bottle of water. There will be water refill points available in the Charity Village. Please help us reduce plastic waste and protect the environment.

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!



FUNDRAISING

If everyone raised just £60 each, the Dash in the Dark Southampton 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.

“Thank you for arranging such a brilliant fundraiser. The atmosphere was fantastic, and everyone seemed to be having a great time.”
- Dash in the Dark runner 2021



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.



Thank you for supporting your local Air Ambulance Charity!

