



NEON

5K COLOUR DASH

Sunday 10 June 2018 | Himley Hall Dudley

Run a gauntlet of rainbows as you run, skip, walk or dance your way round the route.

5k or 2.5k routes around Himley Park

Fun for all the family!



01384 244403



www.dudleygroup.nhs.uk/our-charity

Registered Charity No: 1056979

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The spectacular Dudley Group NHS Charity Neon 5k Colour Dash is set to be the biggest and brightest event we have ever seen!

Whether you choose the 5k or 2.5k challenge get ready to meet our neon warriors who will cover you from head to toe in all neon colours as you pass through our throwing stations, culminating in a neon party at the finish line.

With music and stalls on the day, the event is guaranteed to be fun for the whole family and a day to truly remember. So what are you waiting for? Register today and support our Neonatal Unit.

Sponsorship Target

Your registration fee covers the cost of hosting the event, In order to raise money for our Neonatal Unit we ask our participants to raise a minimum sponsorship of:
Adults: £30 | Children: £10 | Families: £70

We would love to hear about you blasting past these sponsorship targets, every penny raised will help us continue to provide vital support to our tiny patients and their families.

Neon Dash Rules

Please read carefully before registering for the event

- By entering participants agree to raise the minimum sponsorship set out and to return this to the charity within three months of the event.
- By entering participants indemnify the organisers against liability for accidents, theft and/or damage to property and any third party claims.
- I understand this event will not be timed and if I would like to run my time I must do so myself.
- Appropriate clothing must be worn. Please be aware that the powder should wash off, however we cannot guarantee this and advise wearing old clothing and trainers in case of staining.
- The powdered paint that we use is natural corn starch coloured with fully tested food and cosmetic dyes. It is biodegradable, non-hazardous, non-toxic. Whilst safe, we advise that the powder should not be inhaled and recommend covering your mouth whilst travelling through the colour stations and at the Colour Party.
- Personal accidents and third party insurance is not provided by the organisers. It is incumbent upon runners to provide their own insurance at their discretion.
- Marshals will be situated around the course and their instructions should be obeyed.
- Runners should be equipped for inclement weather.
- Any runner who retires from the run must inform the organisers.
- In the unlikely event of severe weather, the event will be postponed and held at a later date.

Team Registration Form Team Ticket (over 8 people) £16* per person

Please complete and return to Dudley Group NHS Charity,
Russells Hall Hospital, Pensnett Rd, Dudley, DY1 2HQ.

***Early bird discount:** If registering before Friday 20th April you will receive a discount of £2 per person. After then the cost will be £18 per person.

Registering Adult

Title	First Name	Surname
Address		
Postcode		
Email	Tel:	
Next of Kin Name	Tel:	

Additional Team Names

1. Name	Email
2. Name	Email
3. Name	Email
4. Name	Email
5. Name	Email
6. Name	Email
7. Name	Email
8. Name	Email
9. Name	Email
10. Name	Email
11. Name	Email
12. Name	Email

I would like to pre order an event branded Neon Dash T-Shirt (£5 each)

Quantity required XS S M L XL

I, along with my fellow team members listed here, agree to abide by the Neon Dash rules and will not hold the Dudley Group NHS Charity or any organisations involved in the event liable for any accident/injury or third party claim during or after the event. I agree to raise the minimum amount of sponsorship set out by the charity and will strive to go above and beyond this.

Name	Signature
Date	

Payment method (please delete as appropriate) Cash/ cheque / Card Payment

Please make cheques payable to Dudley Group NHS Charity/Neon Dash.

Cash can be delivered with form to: General Office, Ground Floor, Russells Hall Hospital behind Main Reception.

Total Registration Fee £ Merchandise Amount £ Total Cost £

Payment method Cheque (enclosed) Cash** (in person) Card Payment*** Bank Transfer/BACS****

** Cash should be delivered with form to: General Office, Ground Floor, behind Main Reception at Russells Hall Hospital.

Please check website for opening hours. **Please do not put cash in the post.**

***If you would like to pay by card over the phone please call General Office on 01384 244252, Ref: Neon Dash.

During out of hours, leave your contact details on the voicemail.

**** If you tick this box we will send you our bank details, via email, on receipt of your registration form.

Your support will give our tiny patients the best start possible



At such a worrying time for parents, knowing their vulnerable baby is getting the best possible treatment will give so much comfort. There are so many ways that your donations can make a huge difference. Here are just a few examples.

Phototherapy units cost £3,500 each. They enable us to give phototherapy treatment to newborns with jaundice without the need of an incubator, literally, because the BiliBed can be fitted into standard hospital cots.

In order to provide immobile tiny newborns the best care possible they require bedding that is similar to that of a nest. Babies that are born prematurely have very soft bones and have the inability to retain heat. Developmental positional gel packs mould to the shape of their body and fit snugly around them to provide soft and gentle support and helps to retain body heat.

GO NEON FOR NEONATAL

#NeonForNeonatal



/DudleyGroupNHSCharity



@DGNHSCharity

Registered Charity No: 1056979



For more information on the event please contact the charity.

Tel: 01384 244406

Email: dgft.communications@nhs.uk

[www.dudleygroup.nhs.uk/our charity](http://www.dudleygroup.nhs.uk/our-charity)