



5k in a Day – Superhero Challenge

Saving lives is a team effort, can you run, skip, walk or cycle for Cornwall Air Ambulance as part of this new, fun, virtual challenge?

Over the weekend of 5 – 6 June, get creative with your costume, organise any 5k route of your choice and complete your very own superhero challenge – your way!

Wherever you are, whether you complete your mission with friends and family as Batman, Wonder Woman or just the hero you are without a costume, it's completely free to register your place. And if you raise a minimum of £20 in sponsorship, you'll receive your very own superhero medal too!

Cornwall Air Ambulance is called to over 1000 seriously sick or injured people every year across Cornwall and the Isles of Scilly. When every minute matters they can be the difference between life and death. Be a hero today and help fund their lifesaving missions!

Sign up for free here> <https://cornwallairambulancetrust.org/superhero-challenge/>