



**LINCS & NOTTS**  
**AIR AMBULANCE**  
**SAVING LIVES EVERYDAY**

## 6k a Day in May 2024 FAQs

### The Challenge:

#### What is the '6k a Day in May 2024' Challenge?

Our 6k a Day in May Challenge was our very first Facebook virtual challenge! Now in its third year, we're asking you to complete 6km a day in May any way you like, totalling 186km throughout the month to raise vital funds for Lincs & Notts Air Ambulance.

#### What if I miss a day?

If you miss a day, you can always try to make it up the next day or spread the extra km over the month – remember you can do it any way you like – swim, bike, walk, run, horse ride! If you do fall a few days behind you can continue into June to finish the challenge, or get a friend to do a day for you!

#### What if I start the challenge late or early?

We encourage everyone to start the challenge together on 1<sup>st</sup> May and continue for the entire month, however if you do start late then you can continue into June.

#### Distance tracking

There are plenty of free apps you can use to track your distance over the month – examples of these are the iPhone health app, Fitbit or Strava.

#### Do I need to provide evidence to LNAA that I have completed the challenge?

We trust our supporters to be honest with the distances they cover, we do however recommend sharing your progress with your family and friends to encourage them to sponsor you!

### Taking part:

#### Who can take part in the challenge?

To register for this challenge and set up a fundraising page, you need to be 18 years or above. Under 18s are more than welcome to join the challenge accompanied by an adult.

#### **Registered Office/Head Office**

Lincs & Notts Air Ambulance Headquarters  
HEMS Way, Bracebridge Heath,  
Lincoln, LN4 2GW

#### **Patrons**

Lady Sarah McCorquodale  
Mr Toby Dennis, Lord-Lieutenant of Lincolnshire

**T** 01522 548469 | Email [enquiries@ambucopter.org.uk](mailto:enquiries@ambucopter.org.uk)



Follow us [@LNAACT](https://www.instagram.com/LNAACT)



Like us [/Ambucopter](https://www.facebook.com/Ambucopter)

**VISIT [WWW.AMBUCOPTER.ORG.UK](http://WWW.AMBUCOPTER.ORG.UK)**



**LINCS & NOTTS**  
**AIR AMBULANCE**  
**SAVING LIVES EVERYDAY**

How do I sign up?

To take part, join the Facebook group [here](#) and meet the community of people who are taking on the challenge alongside you. From here, you can [register](#) to receive your free challenge t-shirt, and set up your [Facebook fundraising page](#). Once all these steps are completed you are ready to get going on 1<sup>st</sup> May!

I don't have Facebook, can I still take part?

If you don't have Facebook you can set up a [Just Giving](#) page. Just register [here](#) for your free t-shirt.

### **Fundraising:**

How do I fundraise?

Fundraising will take place via your Facebook fundraiser page. Details of how you can set this up can be found on our [Facebook group](#). There is no minimum fundraising amount, but we have set a suggested target of £100 – this can always be increased.

How do I get people to sponsor me?

Once you have set up your Facebook fundraiser, make sure to share it with your friends and family. Let them know how important this challenge is to you and how vital the funds raised are to LNAA.

When will I receive my t-shirt?

T-shirts will be given to everybody who has registered before 30<sup>th</sup> April 2024. The first batch of t-shirts will be posted in the week commencing 15<sup>th</sup> April 2024.

When will I receive my beanie?

Beanies will be given to everybody who has **fundraised the £100 suggested target**. As fundraising pages close on 14<sup>th</sup> June 2024, beanies will be posted out shortly after this date.

### **Registered Office/Head Office**

Lincs & Notts Air Ambulance Headquarters  
HEMS Way, Bracebridge Heath,  
Lincoln, LN4 2GW

### **Patrons**

Lady Sarah McCorquodale  
Mr Toby Dennis, Lord-Lieutenant of Lincolnshire

**T** 01522 548469 | Email [enquiries@ambucopter.org.uk](mailto:enquiries@ambucopter.org.uk)



Follow us [@LNAACT](#) Like us [/Ambucopter](#)

**VISIT [WWW.AMBUCOPTER.ORG.UK](http://WWW.AMBUCOPTER.ORG.UK)**