

LOVE WHAT YOU ARE!

5.30

NON COMPETITIVE  
5K WALK/RUN  
AT 5:30AM

TOUR 2024  
MAY  
VERONA 10  
PALERMO 17  
MILAN 24  
TURIN 31  
JUNE  
MODENA 6  
BOLOGNA 14  
FERRARA 21  
MANTUA 28  
JULY  
VENICE 5  
BRIGHTON 12  
VIRTUAL 5.30 12  
NOTTINGHAM 19

COLLIN STREET  
(adjacent to Broad Marsh Bus Station)  
NOTTINGHAM  
19 JULY

DON'T DREAM IT. BE IT!



RUN530.COM



## TEAM

## INDIVIDUAL

at least  
10 people

£18  
plus  
admin fee

from 15 July  
£20  
plus  
admin fee

£20  
plus  
admin fee

## WHERE CAN I REGISTER?

On [run530.com](http://run530.com).

For further information or questions: [jo.osborne@run530.com](mailto:jo.osborne@run530.com)

# 5.30

## EVENT ENTRY INCLUDES

- unique 2024 5.30 T-shirt
  - 2024 5.30 Medal
  - Seasonal fresh fruit
  - Drinking water
  - Event photographs available to download for free
  - 5.30 magazine download
- ... and the opportunity to live an experience to remember!



Proudly supporting



**MAGGIE'S**

Everyone's home of cancer care

## CHARITY PARTNER

[www.maggies.org](http://www.maggies.org)

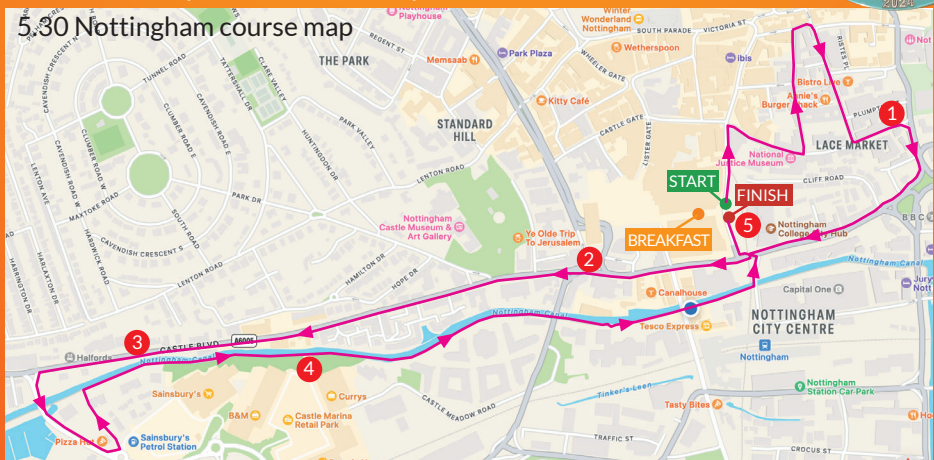
5.30 Nottingham will donate £1 for each participant. You can make a further donation to Maggie's during online registration through JustGiving or on the event day.

## T-SHIRT COLLECTION

Wednesday 17th and Thursday 18th July @ Up & Running, Exchange Arcade. For those unable to collect on these dates, please contact the 530 Team in advance.

\*Remember: anyone can collect on your behalf.

## 5.30 Nottingham course map



[RUN530.COM](http://RUN530.COM)



# WHY AT 5.30AM?

# 5.30

- to promote daily physical activity
- to discover the city in a unique atmosphere;
- because the day is always so busy;
- because a little movement helps to start your day;
- because there is no traffic;
- because it does not steal family time;
- because the course is short and accessible to all;
- because it won't affect your weekend plans;
- because you get to eat delicious fresh fruit;
- because it takes very little to be happy!

