

# FAMILY FUN COLOUR RUN!

## FAQs

### **What is a Colour Run?**

A fun inclusive fun run where runners are showered with coloured powder at stations along the Golden Mile. The entry fee for the colour run is £4 per person. Spectators are free. We hope every person participating will raise additional sponsorship.

### **Do I need to run?**

No. It is all about a colour crazy afternoon with friends & family. You can run, walk, jog it if you wish!

### **What is the different about the Waves?**

**Mini (Quiet) Wave** – Approx. 1km (4 laps) Suitable for younger children, children who are unsure about the coloured powder and those who do not like loud noises. There will be less powder used on this wave. There will be NO canons at the start.

**Main Waves** – Standard Wave – Approx. 2km (8 laps) – This will be full colour fun. Start with a warm up to music, canon start and full colour throw during the laps.

You can count your own laps, it is not a strict race event!

### **Who can take part in the Colour Run?**

Anyone! We welcome parents, older and younger siblings, extended family and friends from the local community. Remember we want to raise as much money for our school as possible so invite everyone!

### **Can my child attend alone?**

No. Children can run alone but every child must have an adult present at the event. There will be race marshals around the track to keep everyone safe but all children are the responsibility of their parent/carer on the day of the event.

### **What should I wear?**

Old clothes! Your clothes will get very messy.

### **Will the colour ruin clothes or running shoes?**

The colour **mostly** washes out after the event. As with anything dirty, the sooner it gets washed the better. Dust off all excess powder before washing. Wash your coloured gear separately and use cold water. We suggest wearing items that you would not mind getting colourful.

### **How is the Colour administered?**

You will see smiling faces along the course whose main goal is to douse you with colourful powder to ensure that you look like you ran through a beautiful rainbow by the time you cross the finish line! Each wave will start with a colour throw with your individual packets of colour.

### **Can spectators watch and attend the event without taking part in the run?**

Absolutely! Spectators are welcome to come along and enjoy the atmosphere but we do ask that spectators stay to the outside of the Golden Mile to avoid getting paint on themselves, we cannot be held responsible for them being accidentally showered in paint. We will have a designated area for spectators during the event.

### **Is it safe?**

Yes! The coloured powder & dye used is made from food-grade corn-starch. It is 100% natural and causes no harm to skin or the environment. The powder has been tested for flammability and successfully passed the required EU standards. As with any substance, you want to keep it out of your eyes and our colour throwers make sure to aim low as you pass by. **WE ADVISE ALL PEOPLE INVOLVED WEAR EYE PROTECTION – SUNGLASSES OR SWIM GOGGLES.** You could use a bandana or dust mask to cover your mouth if you wish.

### **What else is there to do at the event?**

During and after the colour run there will be; Music, BBQ, External trade stalls, Lego fun stand, Ice-Creams, Cakes, Drinks, Pocket Money Stall, Pots of luck, Sweets, Licenced Bar featuring Draft Beer from Tatton Brewery, Bouncy Castles.

#makingmemoriesforourchildren