

SUNDAY
25
SEPTEMBER
2022

COLOUR RUN PARTY

HERE ARE SOME FREQUENTLY ASKED QUESTIONS:

WHAT IS THE COLOUR RUN PARTY? Our Colour Run Party is a fun, non-competitive 5k run for anyone who wants to add a bit of colour to your September. You can walk, skip, dance or run your way around the 5k route.

The fun will start at 10am with live music including the Rock Choir and a DJ. CC Events will be bringing a selection of street food stalls including Jerk Chicken, Gourmet burgers and a prosecco horse box, this will be an ideal place to hang out with friends and family. The event will also feature a bouncy castles, arts & craft, pocket money toys and giant lawn games. What better way is there to end your summer?

WHO CAN TAKE PART? Anyone and everyone! The minimum age for the event is 5 years old. Children under the age of 16 must be accompanied by a registered adult. Super fitness is not a requirement, a sense of fun is!

WHAT SHOULD I WEAR? Wear something that you won't mind getting a little messy because by the end of our Colour Run, you will be messy! You will be able to collect a pair of colourful sunglasses on-the-day – please wear these during the event to avoid paint in the eye.

HOW WILL THE COLOUR POWDER BE THROWN? Our four colour stations will be positioned around the 5k route. They will be manned with our enthusiastic paint throwers who will throw powder over you as you pass (aiming in the air or at your body, not your face). You'll pass each station twice as you complete two laps of the route, so you'll get showered 6 times as well as at the start/finish! You will be able to avoid running through the colour stations if you wish. You can then use your own colour bag (which you can collect on-the-day) at the finish line 'colour party' in celebration of completing your colourful 5k.

WHAT'S THE POWDER MADE FROM? IS IT SAFE? The powder paint is just natural corn starch coloured with fully tested food and cosmetic dyes. It is easy to clean, biodegradable, non-hazardous, non-toxic, fully tested and the safest powder on the market.

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WHAT IF IT GETS IN MY EYES OR I ACCIDENTALLY SWALLOW

SOME? Don't worry – it will do no harm! If it goes in your eyes, a simple rinse with water will take care of it. If you accidentally swallow some it will taste like dirt – not nice but not harmful at all. The best way to avoid this is to wear the sunglasses provided and consider bringing your own bandana/dust mask to cover your mouth.

HOW DO I GET THE POWDER OFF?

The easiest way to get it off is while it is still fresh and dry - shake, wriggle, and jump up and down. Then use a soft brush and after that, soap and water with a little rinse and repeat action. If you are not changing, bring something to sit on in the car/bus/train e.g. a towel, dustbin bag.

WHAT ABOUT THE POWDER ON THE GROUND?

There will be clean up squads after the event who will be assisting the clean up by hosing down the colourful patches of the park. There will hardly be a trace left before we leave. **Please do not throw the colour outside of designated colour stations and keep it to the grass areas as the Hospice will be liable for a clean-up fee.**

CAN I BRING MY CREW?

Absolutely, yes! This is a party so we'd love a crowd of spectators cheering on our Colour Runners. They can also buy additional colour powder bags for throwing at the finish line, and we'd love it if they stuck around to enjoy some food and music. There will be a lot of colour throwing at the finish, so spectators also need to wear something appropriate.

SUPPORT YOUR LOCAL HOSPICE

6 out of 10 of our patients are cared for thanks to our wonderful supporters like you who raise sponsorship. Please set up an online fundraising page and raise as much as you can- Thank you!

We hope that has answered your questions; if not, get in touch! You can call the Fundraising team on 020 8319 9230 or email team@gbch.org.uk