

# **COLOUR RUN FAQ**

## **I'm not fit – can I do the event?**

Of course, whether you run, walk, jog or skip – you are welcome on the run. It is not a race, it is not timed. It is a fun event where you will raise money for great charities. No dogs allowed i'm afraid.

## **What do I wear?**

Showing off your colour will work with just about ANYTHING you wear. We will provide you with a white t-shirt to show off ALL the colours... but don't let that discourage you from going crazy with the sauciest accent colours imaginable. You are your very own canvas - so be adventurous! Create costumes with your friends to wow even yourselves! (Wear the brightest colours - but remember if you wear bright blue the blue from the event won't show on those articles of clothing.)

## **What do I get when I sign up for the event?**

You get a KM Colour Run event shirt, extra colour packet and glasses to protect your eyes, if you wish to wear them. Of course everyone that completes the 5k will also get a medal.

## **Are kids allowed to run?**

Of course. Kids 4 and under run free with an adult - no need to Register

## **What happens when i arrive on the day?**

Please come to the registration marquee with your sponsor monies and/or just giving sheet. You will then be given your t-shirt, glasses and colour powder.

## **Will it hurt?**

No! It is like a sugar fight with powder made from non-toxic coloured cornstarch. All 100% safe.

## **Should I wear my expensive clothes?**

The Dye we use is completely safe and will wash out of your clothes--but we don't do your laundry so results may vary depending on detergent, temperature, etc. For this reason we recommend you wear stuff that you don't mind getting a little colourful.

## **Can I bring friends or family to support me?**

Of course and they can purchase additional powder to throw at you on the day, or perhaps become a Colour Bandit where all the colour is included and they get to go in the colour zone (in the hub of the action) this is available for £10 and payable on the day.

## **Can I register the day of the Event?**

You can, however you will need to bring your own white t-shirt.

## **Will the dye wash out of my hair?**

The dye is made of coloured cornstarch and is designed to be 100% washable. If you have light-coloured hair, or if it's expected to be rainy or a particularly humid day of the event, we suggest adding some leave-in conditioner to your hair before the run.

## **What time does the race start?**

The race will begin at 10.30am.

