



## **FAQs and Helpful Hints**

### **FAQs**

#### **Do I need to be an avid runner?**

Heavens No! You can walk, jog, run, crawl, skip or dance the 5K. Just be warned you will be coated head to toe in color when you are finished.

#### **Is the race timed?**

No timing chips, but you will have the “time of your life”! If you do want to know your 5K time set those GPS watches.

#### **Will the color powder damage my phone?**

We recommend that you place electronics and cell phones in ziploc bags.

#### **What about strollers?**

If you must run/walk with a stroller please use a plastic covering, these can be purchased at Toy's R US/Babies R US.

#### **Do I need to cover my eyes?**

We do not recommend you that because how would you know where you are going. Here's where we come in, we will have awesome sunglasses for sale, so pick one or two or three up when you pick up your race packet. (No Kidding they will be sold out if you snooze). If your eyes are particularly sensitive, you might want to wear goggles.

#### **What about my nose and mouth?**

The color dust is safe, but some runners, particularly those with asthma, like to cover their mouths and with noses while running through a color zone. A bandana works well.

#### **Can I refund my registration?**

Bummer, No. Unfortunately it's impossible for us to offer refunds. You can still pick up your packet, or you can transfer your registration to someone else.

We did our best to make sure you have an awesome experience, so go have the most colorful run of your life and take lots of pictures!

**Please be aware that we have color stations and the color will be contained to these areas. Please do not open your color packs near or on the grass of private property. Only the master blasters are allowed to throw the color!**

## **Helpful Hints\***

*\*adapted from [www.thecolorrun.com](http://www.thecolorrun.com)*

### **Before the Race**

If you have light colored or highlighted hair, you may want to oil your hair before the race. This will help keep the color from sticking to your luscious locks. Coconut oil or olive oil work best but a good leave-in conditioner will usually do the trick as well. Every head of hair is different and will react differently to the color....especially highlighted or colored hair.

The pink and blue specifically have been known to stain blondes for a few days. Plan accordingly.

If you need to insure color free hair hours after the event, wear your hair in a ponytail and consider sporting a bandana! You can use it to cover your hair, cover your mouth in the color zones, or even to help wash off at the end of the race! However you choose to use it, a bandana or scarf is pretty useful.

We suggest some form of Color Run eyewear. Some people wear sunglasses or swim goggles. Have some fun with it and try to avoid getting a lot of powder in your eyes.

**Though the color will eventually wash out of just about everything, you may not want to bring your Peg Perego Stroller...Or your \$500 running shoes... Or your white suede pants.**

### **After the Race**

You just ran the craziest 5k of your life! Congratulations. You deserve a nap, but not quite yet. Take a few minutes to clean up or color might end up all over your house!

Dust off as much dry powder as you can before you apply any water. Most of the color will evaporate like magical fairy dust. Cleaning your hair: Dust any loose powder out of your hair and brush through your hair vigorously. Rinse out the oil/conditioner you wisely applied before the race with COLD water. Now wash your hair as you normally would. It is not uncommon for hints of some of the color, pink and purple particularly, to stick around for a few washes. Wear it like a badge of honor. Or wear a hat. If your hair is still clinging on to the color, we've heard that a mixture of baking soda and blue Dawn dish soap can work wonders!

The color is probably not coming all the way out of your white cotton shirt. You should be proud of that!! Remove all excess powder before adding water. Wash your gear separately, with COLD water. Oxiclean, or a similar product, will work wonders on your running equipment.

We LOVE every single one of our runners! Our color, however, seems to love some people more than others. If you have been well-loved, consider yourself one of the lucky few!

Every so often you may look down and see a little trace of pink on your shoe and smile

It'll remind you that we love you.

Eventually, it'll all be gone.

Until next year...