

5K COLOR RUN/WALK INFORMATION SHEET

We have a few rules and suggestions to make sure everyone enjoys their Color Run experience and to be respectful to their fellow racers and to the Ranch.

1. If you are running or walking with a stroller, line up at the back of the pack.
2. If you are running or walking with small children, please watch them carefully and direct them along the course. Also, line up just ahead of those with strollers.
3. Please follow directions provided by race officials and volunteers during the run.
4. And, most of all, be courteous to and aware of the other participants.
5. No throwing paint on volunteers, observers, medical personnel or Fire Department personnel without their permission.

OTHER THINGS YOU NEED TO KNOW:

This is not a competitive race. The Color Run is all about having fun with other singles and your family. That's why we offer an opportunity to walk or run. We will not be timing the run; however, you are welcome to time yourself.

Children, walkers and joggers are welcome. We want children to be a part of this event. We do recommend that your children are properly protected with sunglasses, and for toddlers and infants, maybe even something to cover their mouth. The powdered paint is non-toxic and made mainly from cornstarch, but it could irritate the smaller ones or those with respiratory ailments more than us.

There is no age limit for younger or older runners; however, due to time restraints, the Color Run will last only one hour. We have created shorter routes so that most people will go through the finish line within 15 minutes.

We advise you to wear a white shirt. The colors will stand out better against a white background. Keep in mind that it will get color on it that may not all wash out.

The tossing of the color does not hurt in any way. The paint is a very fine cornstarch powder that will simply be scooped out of a large bucket and tossed. We don't use paint guns or anything that could bruise.

If you would like to preserve the color in your running shirt, liberally spray it with vinegar, let it dry, and then iron it before you wash it. Wash it on cold the first few times. Because the paint is designed to wash out of things and clean up easily, we cannot guarantee that the color will stay.

If you want to avoid getting color in your car, we recommend bringing some towels to place on your car seat. It's similar to being at the beach or playing sand volleyball.

If you want to take photos while running through the color, we recommend covering cameras/phones with clear plastic.

CLEANING TIPS

BEFORE THE RUN:

- 1 Putting coconut or olive oil in your hair before the run will make it easier to wash out later. A good leave-in conditioner will also work. This is more important for runners with light or highlighted hair.
- 2 You could also wear a thick scarf or bandana to cover your hair, or you could use a bandana to cover your mouth.
- 3 Wear some form of eyewear, either sunglasses or goggles
- 4 Though most of the color will wash out of just about everything, we recommend not wearing expensive shoes or clothing. Just choose items you won't mind if they stay colored.

AFTER THE RUN:

1. Take a few minutes after the run to clean up so the color doesn't make its way back to the Ranch and other areas.
2. Most of the powder will dissipate quickly into the air.
3. Dust off as much dry powder as you can before you apply any water.
4. Take advantage of the antique fire truck and water fight. .
5. To clean your hair, dust any loose powder out of your hair. Rinse out

any oil you applied with cold water. Then wash your hair like you would normally.

6. The color probably will never come all the way out of your white clothes but that is often the goal.
7. For clothing you do want to get the color to be removed from: remove all excess powder before applying water (do this outside). Then wash these items separately. OxiClean or a similar product will help as well. There are no guarantees it will come off.