

Dove House Hospice Colour Run 2017: Event Guidelines

1. What is the Colour Run?

Our Colour Run is the brightest fun run around. As you run/jog/walk/skip/dance round the 3k course you'll pass through several colour stations where you'll be showered with a cloud of paint. You will start off in your pristine white T-shirt and by the end of the event you'll look as though you've walked through a rainbow!

2. What is the powder made from?

The coloured powder is a natural product - natural corn starch dyed with food and cosmetic grade colourings. It's manufactured specifically for throwing at people and is non-toxic, non-hazardous and biodegradable.

3. Can I fundraise for other charities?

The event is being organised directly by Dove House Hospice who have spent a significant amount of time, expenses and resources organising it. With the race course being limited to 2000 people the charity need to maximise on the funds they make for the time put in so would respectfully request that any fundraising done is in aid of Dove House Hospice.

4. How do I set up my fundraising page?

Follow this link and set up your own page: my.dovehouse.org.uk/event/colourrun2017. Then follow the tips on how to promote your page and raise as much money as possible.

5. Where can I park?

If you are arriving by car please use YO25 9DW in your Sat Nav, this takes you to the Driffield RUFC entrance, you can then follow the parking signs through to the car park. There's loads of free parking on-site.

6. Can I get there on public transport?

There are several East Yorkshire buses that stop right outside the Showground including the 121 (from Hull, Beverley and Bridlington) and the 45/46 (from Market Weighton, Pocklington and York). Driffield Railway Station is a 15 minute walk from the Showground.

7. What time will the event start?

The pre-party with children's rides, music and food will start at 10.00am. The actual 3k Colour Run will start at approximately 12.00pm after a quick warm up and safety brief.

8. What do I get when I register?

Your individual number and a bag of powder paint can be collected on the day. VIP runners can also pick up your official T-shirt and a pair of sunglasses. When you arrive at the event, head to the check in desks. Colour Run medals will be awarded as you cross the finish line.

9. Do I need to register my child as well?

Colour running is safe for all ages and we welcome families to take part. One child under 5 years old can run with each participating adult free of charge however they won't receive any event merchandise or medal. We also ask parents and guardians to consider their child before taking part as the colour stations, although perfectly harmless, will be noisy, messy environments with clouds of paint that may overwhelm some younger children. The names of all children must be on the registration form and the adult completing the form must sign that they take responsibility for the child abiding by the rules of the run.

10. Can my child run on their own?

Children under the age of 12 cannot run without an adult. Children between 12 and 16 must be supervised on-site but can take on the run unaccompanied.

11. Are pets allowed?

We're going to have to be firm on this one and say no. We welcome dogs at some of our other events, but unfortunately, animals and powder paint do not mix. Add in a few hundred participants, loud music and the heat of the day and your pooch may be wishing he was somewhere else! Please leave your dog at home, where he'll be safe.

12. Are spectators welcome?

Yes! Spectators are more than welcome to come along and help cheer on runners. Spectators should also expect to get covered in paint so make sure they are wearing older clothes that they don't mind getting messy!

13. What is the After Party?

It won't take much to get you buzzing at our Colour Run! KCFM will be on-site with their roadshow supplying all the beats and a running commentary! Once you've finished the 3k colour course, you'll be able to relax, grab some food, play some games and enjoy the fantastic atmosphere!

14. Is my place refundable or transferable?

Your ticket purchase is non-refundable; however if you are no longer able to take part we are happy for someone to come along in your place – just let us know. Depending on when you do this, it may not be possible to change T-shirt order sizes.

15. Do I need to run the whole event?

No, you do not need to run at all. We encourage people to join us to complete the course in whatever way they can, whether that be running, jogging, walking or even dancing. We just want people to enjoy the route and have fun doing it. If you can't run the whole 3k we do ask that you join the correct Wave at our start line (more details below).

16. Is the event timed?

The race isn't timed. You will not be given a chip to wear nor will you be provided with a race time at the end. There won't be a prize for the fastest person, it's just about having fun and getting messy.

17. What are the event 'Waves'?

We are encouraging everyone to line up according to their "race plan" to help eliminate congestion and keep all the runners moving through the course. We will be releasing participants in 5 waves upon start.

- Wave # 1 = If you have purchased VIP entry
- Wave # 2 = If you "plan to run the whole race" - line up in the front.
- Wave # 3 = If you "plan to run, walk and maybe stop for a few pics"- line up in the middle.
- Wave # 4 = If your "child is dictating today's pace" - line up towards the back.
- Wave # 5 = If you "are pushing a stroller and/or entertaining a baby or toddler" - line up at the back.

18. Is the course wheelchair and pushchair friendly?

The course is on grass. It is accessible for wheelchairs and pushchairs however some of it will be easier to push on than others. Also bear in mind that the coloured powder will cover the wheelchair and/or pushchair and we cannot take any responsibility for the cleaning of these.

19. What should I wear?

We recommend wearing a white top so that as you run you take on the multi coloured powder to its full effect. If you have purchased VIP entry, your T-shirt will be provided. Alternatively, you will be able to purchase Dove House Hospice Colour Run T-shirts on the day. Wear comfortable trainers for running/walking in, but please remember that these will get covered in colour too, so wear something you're happy to get messed up.

Spectators should also expect to get covered in paint so make sure they are wearing older clothes that they don't mind getting messy!

20. Can I dress up?

Yes! We'd love to see you dress up. We would ask you to consider this is a busy run with lots of people expected so don't wear anything too heavy or a large costume.

21. What if it rains?

A little rain won't stop us, it just gets messier so be prepared!

22. Will the powder get in my eyes or will I swallow it?

The coloured powder is non-toxic and non-hazardous so will not cause injury to you if it gets in your eyes or you swallow it. However, we would recommend that Colour Runners wear sunglasses to protect their eyes.

23. Will the paint harm the environment?

No, not in the slightest! It is completely non-hazardous and biodegradable. There will be clean up teams in operation and most of the powder will brush away. The rest will be gone the first time it rains.

24. Will the paint harm my car on the drive home?

We recommend bringing an old towel or cover for your seats to prevent any of the colour powder transferring to your car upholstery on the way home.

25. Can I register on the day?

We're expecting the Colour Run to be very busy, so please don't rely on spaces being available on the day. We cannot guarantee there will be availability or your desired T-shirt size.

26. Can I volunteer?

Yes. Absolutely yes - we need you!! Please e-mail fundraising@dovehouse.org.uk with COLOUR RUN VOLUNTEER in the subject header and we will send you more information.

27. When can I expect to receive my pack?

To cut down on postage costs, we will be e-mailing all fundraising packs (including information and sponsor forms) unless requested otherwise. Paint pouches and runner numbers will be given to you at the check-in desk on Saturday 16th September, VIP runners can also collect their T-shirts and sunglasses when you check-in.

28. Can I bring a picnic?

You can bring your own food and drink onto the site, and there will be food available to buy on the day. Please take your litter home with you or use the on-site bins provided.

29. How do I raise sponsorship?

You can create an online sponsorship page with Everyday Hero, just go to: my.dovehouse.org.uk/event/ColourRun2017. This is the easiest way to get sponsorship and to manage your total. If you choose to print off the sponsor form and collect money yourself you can pay it to Dove House Hospice (see below). We will also be accepting donations on the day at our check-in desks.

30. How do I return my offline sponsorship money?

Returning your money to us couldn't be easier - In person: call into Dove House Hospice, Chamberlain Road to drop off your donation. By phone: Call our fundraising office on 01482 785743 to make a donation by credit or debit card. By post: Please make cheques payable to 'Dove House Hospice' and send them along with your sponsorship forms to: Colour Run, Dove House Hospice, Chamberlain Road, Hull, HU8 8DH. Please do not post cash.

If you have any queries about The Colour Run, please give the fundraising team a call on 01482 785743.