

# GOLOUR RUN



**FUN DAY  
SUNDAY 10<sup>TH</sup>  
SEPTEMBER  
2017  
12PM, COOPER  
PARK, ELGIN**



## Entry pack

**Participants asked to be registered for 12pm at the registration tent  
All together warm up meet at music area 1pm for a great, fun warm up.  
Run starts at 1.30pm**

**Please make sure you have a white top and your sunglasses at the ready, without  
your sunglasses we cannot allow you to enter.**

**Could we also ask you to have all your sponsor money to be handed in to the  
registration tent on the day of event.**

**Music and entertainment will be on in the park during the afternoon with food and  
drink stall for after the run.**

**Participants are asked to try and raise £25 minimum for the  
Elgin Youth Development Group.**

# CLEANING UP

The Colour Run truly is the Happiest 5k on the Planet. The Fun, the excitement, THE COLOUR! You want the memories of The Colour Run to stay with you forever, but if you are concerned about making sure the colour doesn't stick around longer than you'd like, here are some helpful tips.

## **Before The Colour Run**

If you have the light coloured or highlighted hair, you may want to oil your hair before the race. This will help the colour 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 colour . . . especially highlighted or coloured hair. The pink and blue specifically have been known to stain blondes for a few days. Plan accordingly.

If you need to insure colour 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 colour 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 at The Colour Run.

Though the colour will eventually wash out of just everything, you may not want to bring your expensive stroller or running shoes etc.

## **After the colour Run**

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 colour might end up in your house.

Dust off as much dry powder as you can before you apply any water. Take advantage of our 'colour blower station' at the Post race festival for some help. Most of the colour will evaporate like magical fairy dust.

## **Cleaning your hair:**

Dust any loose powder out of your hair and brush your hair vigorously. Rinse out the oil/conditioner you wisely applied before the race with COLD water. Now was your hair as you normally would. It is not uncommon for hints of some of the colour, pink and purple particularly, to stick around for a few washes. Wear it like a badge of honour. Or wear a hat.

If your hair is still clinging on the colour, we've heard that a mixture of baking soda and blue Dawn dish soap can work wonders!

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

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 . . . you beautiful Colour Runner.



Title	Full name	Home Address (Only need if you are Gift Adding your donation) please do not use your work address, use house number and postcode as a minimum	Postcode	Total	<i>giftaid it</i> Please tick	Paid Please tick	Date Paid
<b>Total Amount Raised</b>							