

### **How will the Colour Run work?**

Gates will open at 10:30am. There are four running “waves” and you will select your wave when you buy tickets. You should arrive at school no later than 15 minutes before your wave start time, but feel free to arrive at any time after 10:30 and set up your picnic blankets on the field!

All runners will be given a coloured wristband to indicate their wave, and make their way to the start line at their assigned time. There will be a fun warm up and then runners will be released onto the course! REMEMBER it is not a race and participants should be mindful of other runners.

There will be colour stations at various points around the course. When the runners pass, volunteers will throw colour powder at their clothes! The course route is approximately 1km around the school grounds and into the field next door.

### **What does my ticket price include?**

Adult tickets and non-running children (2+) are £2 and only include entry to the site (you may accompany your child on their run).

Entry into the Colour Run costs £6 and includes entry, funky sunglasses to protect your eyes, and a medal for all finishers!

Funds raised from entry tickets are expected to just about cover the cost of putting on the event.

### **What time should we arrive?**

The gates will open from 10:30am. You should arrive no later than 15 minutes before your wave time.

### **Can I run in any wave? Can I run in a different wave?**

You will book your selected wave time when you buy your tickets, and you must run in only that wave. There are a limited number of tickets available per wave. If you wish to change the time of your wave, please contact us ([pta@bowdoncs.org](mailto:pta@bowdoncs.org)) as soon as possible, we will do our best subject to capacity.

### **What is the “Maxi” Wave? Can anyone choose this wave?**

The Maxi Wave is our 12pm wave, and consists of TWO laps of the course. We are recommending this wave for Year 5 and Year 6 children only. We hope that this will keep a good amount of the ‘bigger kids’ together in one wave and give a little more space/time to the younger children in other waves. If you opt to book children younger than Y5 onto this wave, you do so at your own risk and on the understanding that they will be running with lots of bigger kids.

Y5 & Y6 children can still run in any other wave if they wish.

### **Do I need to run with my child?**

If your child is under 5, they must be accompanied around the course by an adult (accompanying adults should bring their own sunglasses!). Bear in mind that part of the course does exit the school grounds, we will have volunteer marshalls placed around the course but for children 5+ you can decide whether to accompany them. However ALL children attending the event must be supervised by an adult, you cannot drop & leave. If you don’t want to run, feel free to watch and cheer from the side!

**Do I need to buy a ticket if I'm not running?**

Yes, everyone entering the site will need a ticket. You can choose whether to purchase an entry into the Colour Run.

**Why do I need to pay for entry as well as collecting sponsorship?**

We have tried our hardest to keep the ticket entry prices as low as possible. The money from your entry tickets will only cover the costs of putting on the event, so we would love you to raise some sponsorship towards the PTA charity in addition, although this is not compulsory.

**Can I enter to run on the day?**

No, all entries must be in advance to give the us time to buy enough colour powder, medals and sunglasses.

**If we're not running, can we still attend to cheer on our classmates and friends?**

Of course! There should be a lovely atmosphere on the day with music playing and refreshments available. You can even purchase some powder paint to throw at your classmates!

**Will the course be marshalled?**

Yes, we will have parent volunteers attending to cheer children on and keep an eye on the runners. If you are able to volunteer to marshall for one wave, please select the option on the ticket purchasing site. We need over 50 volunteers to run the event, but most only need to spare 20 minutes, please help if you can!

**Will there be food and refreshments available?**

Yes there will be a variety of food & drink to purchase on the day, but feel free to bring your own picnic and snacks if you prefer!

**Will there be any other stalls?**

As well as refreshments there will also be a few games stalls run by our Year 6 children, and we will be selling extra powder paint if you want to splatter your friends! Please bring cash/coins for these stalls.

**What if the event has to be cancelled?**

The event will go ahead come rain or shine! However in the very unlikely event that we have to cancel due to dangerous conditions, we will let all ticket holders know by email and through class WhatsApp groups.

**How can I fundraise?**

Fundraising is optional, but encouraged! Your ticket entry price will only cover the cost of putting on the event.

To set up your own JustGiving page:

- [Click here](#) and click "Join Team" under the main photo.
- Login/register and then follow the prompts.
- On the "Personalise your page" section, you can change the page title to include your child's name.
- Everything else you can leave as default unless you wish to change it.
- You will then be able to share your child's page with your friends and family!

If you'd prefer to simply share the main PTA Colour Run fundraising page, the link to give out is <https://www.justgiving.com/team/bcsptacolourrun24>.

All the money raised by your sponsorship will go towards the PTA charity which fundraises for lots of lovely extras for our children! We have been asked to help fund some new IT equipment for KS2, new dictionaries, playground improvements and visiting theatre productions.

## **THE COLOUR POWDER**

### **What is the colour powder made from? Is it safe?**

We have sourced our colour powder from a reputable, UK based company. The colour powder is non-toxic; it is created in a factory in England using vegetable starch and natural dyes.

### **What should I wear?**

Although the colour powder isn't toxic, it may irritate the eyes, so we are asking all runners to wear sunglasses during the run (a funky pair of sunglasses is included in all Colour Run entry tickets). We also suggest wearing a white-t-shirt to make the most of the beautiful colours created by the powder – you can purchase a plain white t-shirt on our ticket site. It's going to be a colour filled event so please do feel free to wear your craziest, most colourful accessories to go with your white t-shirt!

### **Will the colour powder stain my clothes?**

The colour powder can stain other clothing so please only wear clothes you don't mind having colour thrown at.

### **Can I wash the colour powder out of my hair?**

A good wash, shampoo and condition should remove the colour although you may need to repeat this if you get a lot of colour in your hair. If you are worried about your hair being stained wear a hat or scarf or apply conditioner or oil to your hair before the event.

### **Questions?**

If you have questions that aren't answered here, please email us at [pta@bowdoncs.org](mailto:pta@bowdoncs.org).