

MARLBOROUGH COLOUR FUN RUN

FRIDAY 8TH November 2019

WHAT IS A COLOUR RUN?

It is a fun run where powdered colour is puffed out along the course to create fantastic rainbows of colour all over the runners. You can walk or run along the marked-out course within the school grounds.

ARE THE COLOURS SAFE?

The colour contains corn starch and food dye - whilst it is safe it is best not to eat or get in your eyes. The colour is recommended to be sprayed below the shoulders.

WILL IT WASH OUT OF MY CLOTHES AND HAIR?

As the Colour powder contains food dye - it may stain very light/blonde hair. If you are not keen in having coloured hair for a few days/week one trick is to rub coconut oil in your hair before the race then rinse out with cold water - this is said to help the colour not stick to blonde hair. If you are really concerned about having coloured hair – maybe think about wearing a shower cap or Scarfe to cover your hair

HOW LONG IS THE COURSE?

A circuit of approx .650 meters will be marked out around the school grounds of Marlborough. It is expected that runners will complete 2 laps with the possibility of more (colour dependant)

WHAT DO I WEAR?

White t-shirt to show up all the wonderful colours. Also wear a pair of old shorts or pants that you don't mind getting colourful. You will need to consider some type of eye protection - whether you wish to wear sunglasses or goggles.

Note:- Volunteers will be advised to not aim for the face area.

Currently K mart has children white t-shirts for as little as \$3.00

Those not wanting to be splashed with colour but still want to participate should wear a black t-shirt. Our lovely helpers will then know to avoid you with the colour.

WHAT ELSE DO I NEED TO BRING ON THE DAY?

It is suggested that you bring a water bottle, change of clothes and a towel, especially if you will be going to OSCH after school on this day, it also helps to keep Mum and Dad's car clean.

I WANT TO KEEP MY T- SHIRT COLOURFUL - WHAT SHOULD I DO?

After the run, spray your t-shirt with vinegar then have an adult iron it. This will help to retain the colour when it goes through a wash. Another option is to soak the t-shirt in a mixture of vinegar salt and water - this helps to prevent the colour from running.

WHAT HAPPENS IF IT RAINS?

A colour fun run is great whether it is raining or sunny – the rain will help to soak in all the colours - so unless there are thunderstorms and hail - the run will go ahead 😊

CAN PARENTS HELP OR JOIN IN THE COLOUR FUN RUN?

Absolutely - the more the merrier, these types of events cannot be run without the help of parents and volunteers.

Parents should also wear a white t-shirt and please contact Kirstin Murrhly (0466 639 970) if you would like to help on the day.

HAVE FUN 😊

