**WYMONDHAM RFC COLOUR RUN**

**FAQS**

* **How do I buy tickets?**

Entry is £5 per person. Tickets can be be purchased online via the club’s website Events page. <https://www.tickettailor.com/events/wymondhamrugby/1134275>

When you buy the ticket you will be emailed an e-ticket with a QR code.

You MUST bring this with you (either in electronic or paper form) to Register on the day.

* **Who can participate?**

Entry is open to all members and their friends and family.

Children need to be of school age (ie 4 as at 1/9/2023).

* **Do children have to be accompanied?**

There is no requirement for children to be accompanied during the run but this is encouraged for younger ones at their Parent/Carer’s discretion.

Parents/carers of children under the age of 14 MUST remain on site throughout the event.

* **What is the timing of the event?**

The event will start immediately after training which will finish a little earlier than normal at 11:15. There will be a group Warm Up at 11:45 and the event will then start at 12 noon. We anticipate the event will finish by 3pm but the site will remain open until 5pm.

* **Registration**

Prior to starting everyone will need to register at our Check-In desk where you will need to sign to confirm you have read the Disclaimer and will be issued a wrist band. No wrist band, no run!

The Disclaimer will be emailed to all members prior to the event and will be available to read at the Registration Desk as well.

We encourage Parents and Carers to register during mini/youth training to avoid congestion immediately before the event starts.

* **How long is the run?**

The course around the perimeter of the pitches is 1.25km. We encourage participants to challenge themselves to complete 4 circuits thus a 5k run. However this is not prescriptive and runners should take into account their own age and ability when deciding how many loops to complete.

* **What happens on the Colour Run?**

Participants follow the marked out route. At various intervals they will run through a “Colour Station” where different coloured powders are thrown in the air around them landing on their clothing, skin and hair. Optionally runners can also divert through a water sprinkler to add to the fun!

* **Is the Colour Powder Safe?**

The powder is made from vegetable corn starch and food-grade colouring.

There is a low risk of eye and skin irritation. We strongly encourage the wearing of glasses – fun coloured sunglasses will be available for purchase on the day. There is also a low risk of breathing issues if inhaled in quantities. See attached Data Safety Sheets.

We will have eye and skin cleaning facilities on site in case they are needed.

* **Does the colour wash out?**

Skin and hair can easily be washed clean with normal detergents and shampoos.

The colour powder can stain clothing so we suggest you wear something you don’t mind being colour stained.

In fact we suggest you wear a white T-Shirt and embrace the event by keeping the colour as much as possible afterwards, as a souvenir of the event. You can put it in a plastic bag, take it home and then lay flat and spray with white vinegar. Once dry, iron it to set the colours in!

* **Will there be any Merchandise?**

We will be selling coloured sunglasses and white wristbands and headbands at the event at modest prices.

We are NOT selling T Shirts so please provide your own (preferably white).

* **Will there be any photographs taken at the event?**

Yes. We have an official photographer who will take lots of shots on the day which should result in some amazing colourful images. By participating you agree for you and your children to be in these images. Photos can be downloaded after the event.

* **Will there be any food to buy on site?**

There will be a BBQ on site and an Ice Cream Van.

* **Where will the money go from this event**

This is being run by volunteers for the Wymondham Rugby Community Trust.

All profits will go directly into the playing side of the rugby club with particular emphasis on the mini and youth sections, especially those who are more involved in volunteering for the event.