

COLOUR RUN FAQs

When / Where is it?

Friday 25th September (from 1:00 – 2:45pm)
Hamer Park (between Second Ave & Woodsome Ave)

My child will be away on the day, can we still fundraise?

Yes please! Use the online form or return your money before the event.

THE EVENT

Is The Colour Run Timed?

The Colour Run is not a timed event. Participants tend to take their time out there as it's all about fun. Students can run, walk, skip, crawl or cartwheel if there is a clear pathway to do so. The course will consist of 3 tracks. A track purely for Kindy, a track for year PP – 2 and a track for year 3 – 6.

When will it start?

We aim to start the event at 1.30pm. It will take about an hour to get through the fun with an official drinks break about half way through.

Can we collect our child/ren from the event?

No. All students will be making their way back to their class rooms post event, for collection from school as per usual.

What happens if it is raining on the day?

The Colour Run is a rain, rainbow and shine event. We'll only consider postponing or cancelling the event when safety is at stake.

Is water supplied?

We encourage all Colour Runners to bring a bottle of water with them to keep hydrated.

Who is welcome to attend this event?

We'll be looking for 2 x volunteers per class to help with official duties. Other parents / guardians are welcome to come cheer. Unfortunately, we only have enough colour powder supply for our school students.

How will the event run?

There will be 3 running circuits: 1 x kindy / 1 x PP-2 / 1 x 3 - 6

Students will run or walk around the track stopping for drinks breaks as required, and chatting with friends and getting colour'ed as they go past each station.

What about Kindy, they don't attend on that Friday?

All kindy's are cordially invited to this event and we hope they are fundraising and can come along too. If it is not on their rostered school day then they will need to be supervised fully by their parent or caregiver. Details on where / when to meet will be provided to those students closer to the date.

What do the students need to wear?

All the students will need to supply a plain white t-shirt (these can be purchased cheaply from Kmart), suitable shoes and bottoms, that may get dirty, so dress your child appropriately. We do not take any responsibility for costs associated with the removal of colour.

Do all students need to run?

The Colour Run is an all school event, in that all students are to attend.

THE COLOUR

How is the colour administered?

You will see colour stations along the course with their goal being to dispense colour powder. All colour powder will be aimed between shoulder & hip level.

COLOUR RUN FAQs

What is the colour made from? Does it stain?

The coloured powder we are using is made from 99% corn-starch and natural food grade dyes. We've been told it doesn't, but it's best to wear your old sneakers. We do not take any responsibility for costs associated with the removal of colour.

Will the colour stain my hair?

The coloured powder does generally wash out of hair, however if you are concerned, rubbing coconut oil through hair prior to the event will help prevent colour attaching to the hair follicle. Oiling your hair before the run will help the colour wash out. If you're having trouble washing it after the event, bi-carb soda and anti-dandruff shampoo will help get the stubborn colour out! We do not take any responsibility for costs associated with the removal of colour.

Will the Colour ruin clothes or running shoes?

The colour does wash out after the event. As with anything dirty, the sooner you wash it the better. We suggest wearing items that you wouldn't mind getting colourful. We do not take any responsibility for costs associated with the removal of colour.

How do I preserve those precious colours in my shirt?!

If you would like to preserve the colour in your running shirt, spray it with vinegar, let it dry and then iron it. But if you wash it.... the colour eventually will come out.

Do the "Colour Zones" affect runner vision? Or breathing?

The colour powder used at The Colour Run event is certified non-toxic and free of any heavy material. Our bright colours are cornstarch and Food grade dyes. As with any substance, you want to keep it out of your eyes and our colour throwers make sure to aim low as kids pass by. Some Colour Runners opt to wear glasses or goggles for their eyes and use a bandana or dust mask for their mouths.

Do you have "cleaning stations"?

Students should BYO a towel to school, or have their parent or guardian bring one at collection for a good dusting off after the event. With a good dusting, you aren't 100% clean, but you should be good for the drive home. It is actually pretty fun to see people still coloured up walking, riding and driving home from school.

How does the colour affect the inside of cars?

Most people bring some towels for the insides of their cars, just in case. It's like driving home from the swimming pool in your swimsuit. We do not take any responsibility for costs associated with the removal of colour.

OTHER STUFF YOU MIGHT WANT TO KNOW?

Why are we doing this event?

The Mount Lawley PS P&C have arranged this event to raise funds for our school.

What's in it for the kids?

Apart from sending the right message that running and playing outside is fun, kids get to know they are helping do something great for their own school and generations of kids to come after them.

I collected money from friends, family and neighbours, what do I do with it?

Please return the form and money to school by Friday 18th September. Convert your coins into notes if you can, makes counting easier for us, then bring those hard-earned dollars, sealed in an envelope, with students name clearly written and how much money is inside to the front office and place in the locked box.