



## COVENTRY COLOUR BLAST DASH 2018

### RACE DAY INFORMATION

**LOCATION:** War Memorial Park, Coventry, CV3 6PT

**DATE:** Sunday 20<sup>th</sup> May 2018

**TIME:** 2.5k Registration from 9:00am onwards, mass warm up at 9:50, race at 10:00 am.

5k registration from 10:00 onwards, mass warm up at 10:50, race at 11:00am

**ALL RUNNERS MUST REGISTER TO TAKE PART IN THIS EVENT AND WEAR A COLOUR BLAST DASH T-SHIRT AND RUNNER NUMBER.**

#### Colour Dash 2.5k – start time 10:00am

- Your ticket includes entry to the race, a Colour Blast T-Shirt, and your race number
- Please collect these on the day from the Registration tent on site from 9am onwards
- We will be holding a mass warm up at 9:50am to get you ready, warmed up and in the mood for some fun!
- **Please note** that this event is for anyone aged over 4 years old and that all children under 16 years must be accompanied by an adult, who is also registered to take part. One adult can be responsible for up to 5 under 16s but must have them within sight.

#### Colour Blasters 5k – start time 11:00am

- Your ticket includes entry to the race, a Colour Blast T-Shirt, your race number and a packet of coloured powder paint (which you will be given at the finish line).
- On the day of the race, please collect your T-shirt and race number from 10am onwards from the Registration Tent. You can collect your free packet of powder paint at the end of the race
- We will be holding a mass warm up for this event at 10:50am to get you ready, warmed up and in the mood for some fun!
- **Please note** that this event is for anyone aged over 10 years old. All under 16s must be accompanied by an adult, who is also registered to take part. One adult can be responsible for up to 5 under 16s but must have them within sight at all times

## COLOUR BLAST DASH SCHEDULE

<b>09:00 am</b>	Registration opens for 2.5k
<b>09:50 am</b>	2.5k Group Warm Up with Pure Gym
<b>10:00 am</b>	<b>Colour Dash 2.5k race start</b>
	5k registration opens
<b>10:40 / 10:45 am</b>	<b>2.5k finale mass paint release</b>
<b>10:50 am</b>	5k Group Warm up with Pure Gym
<b>11:00 am</b>	<b>Colour Blast 5k race start</b>
<b>11:45 / 12:00</b>	<b>5k finale mass paint release</b>
<b>12.15 / 12:30</b>	Race finish – thank you and close

## WHAT YOU NEED TO KNOW

### REGISTRATION –

- All runners **MUST** register and collect their T-shirt and Race number from the Registration tent in the event village on the day. You will need to have your confirmation email or tickets with you to pick up your pack
- There will be a small number of on-day-places available for cash only entries, on a first-come-first-served basis. These will be priced at £25 and £15
- All runners must put an emergency contact name and phone number on the back of their race number and should add an ICE contact to their mobile phone
- Please arrive in plenty of time to avoid queues as the race will start promptly

### **PAINT WARNING:**

**We strongly recommend that all runners wear glasses, goggles or visors for your own safety**

**If you have any respiratory problems please wear a bandana or face mask across your nose and mouth**

**The 'paint' that we use is coloured corn starch powder that is safe for the environment, people and animals however it could stain clothing and shoes. We cannot guarantee that all marks will remove from your clothing and footwear. Please ensure that you bring towels, bin bags and changes of clothing for your journey home**

## **COLOUR BLAST COLOUR STATIONS AND PAINT**

- There are three Colour Blast stations throughout the 2.5k and six on the 5k course. The Colour Blast Regiment volunteers will spray you with different colours as you pass through the colour stations. Each station has a different colour
- Paint should only be thrown within the colour station or at the start/finish line within the paint release ceremony
- Please be kind to each other - have fun but be sure to aim low
- The paint is kind to the environment, people and animals but be warned that it probably may be uncomfortable if thrown above shoulder height. We recommend wearing sunglasses, goggles, vizors or safety glasses to protect your eyes
- If you suffer from respiratory issues, we also advise that you wear a bandana or facemask on your face
- Our paint is manufactured within the UK and widely used within primary schools throughout the country. Is made up of potato starch, safe for the environment, people and animals. The paint conforms to UK safety rulings EN71 and EU regulations 1907/2006

## **OUR EVENT VILLAGE**

- In our Event Village you will find the Registration Tent, Main Stage, and First Aid Tent plus other useful stalls including:
  - Our popular Fancy Dress / Merchandise stall where you can buy all of your colourful accessories for the day. All proceeds go to the Laura Centre.
  - Paint packet stall selling paint packets for £2. All proceeds go to the Laura Centre.
  - Medal stall - Last year, we gave out medals for the first time ever. Unfortunately, this year we do not have a medal sponsor so we will be selling race medals for just £1 (to cover the charities costs). If you wish to purchase one please remember to bring £1 per medal
  - Food, drinks and refreshments
  - Bouncy castles, inflatable fun and more from our friends at Bouncy Kings.

## **THE FINISH LINE PAINT RELEASE**

- All runners and spectators are welcome to attend and join in this group celebration as we count you down to release your packet of paint
- Packets of paint are given out to all Colour Blaster 5k runners on completion of the 5k course
- Further Packets of paint can be purchased online before the event day or at the Colour Blast Paint Stall for a price of £2. Proceeds from these sales go to The Laura Centre charity

**PARKING & TRAVEL** – Please think carefully about your travel arrangements and use public transport wherever possible. There is a public pay and display car park at War Memorial Park. Please ensure that you park responsibly and consider local residents near to the park.

**PUBLIC TRANSPORT** – We suggest using public transport to travel to help with congestion.

- National Rail Enquiries 08457 484950
- Traveline (public transport information) 0871 200 2233
- AA Routefinder

**WEATHER** - We will do everything in our power to run the event as scheduled but the safety of our participants and other park users is our key concern. If the weather conditions are severe we may delay the start times or postpone the race altogether. Please see Facebook, Twitter or email for updates.

**HYDRATION STATION** – There will be bottles of water for each participant at the end of the race further drinks can be purchased from the onsite catering

**FOOD/DRINKS** – There will be a small amount of food and drink available to purchase including hot and cold drinks, snacks, treats and ice-cream. Donations of proceeds will also go to The Laura Centre.

**LOST CHILDREN** - If you should become parted from your child or you find a small person who has lost their grown up please inform a safety steward, or a volunteer wearing a yellow Colour Blast Dash t-shirt. Please also report to the registration tent which will be manned with DBS checked officials manning our lost children point

**CLEANING STATION** -There will be a brush off tent for you to remove your Colour Dust ahead of your ride home. Whilst most of the powders will brush off we do strongly recommend a change of clothes or bring old towels or bin bags for your journey home. We cannot be responsible for the interior of cars becoming rainbow contaminated.

**COLLECTION** – We will also have collection buckets for any loose change or donations on the day with all monies going to The Laura Centre charity.

## **SAFETY RULES**

1. If you are responsible for children on the day please ensure you escort them through the course and keep them within sight at all times
2. If you are concerned with any part of the experience then please feel free to wear sunglasses, facemask or bandana
3. Please follow the direction of the officials, marshals or event staff at all times
4. Please be kind to other participants and other park users. This is a public place so please be aware and **keep left** on footpaths
5. If you see anyone in distress please find an official or the St Johns ambulance team who will be stationed on site
6. If you have any concerns at all, please alert a Volunteer wearing a yellow Colour Blast Dash t-shirt