

Colour Blast 5K 2019 FAQ's Frequently Asked Questions

Are there any age requirements to take part?

No there isn't, the event is open to everyone who is fit and able enough to complete the course and under 5's go free, however, your child must be able to cover running, jogging, walking, or being carried for the 5k route.

Under 16's must be accompanied by a participating parent or guardian.

What does my registration fee cover and what will be included in my Colour Blast registration?

Your registration fee will go towards some of the costs of running the event and also the registration pack that you will be sent. We will post you your race number and sponsorship forms. A white colour blast t-shirt, neon sunglasses and paint packet can be collected on the day.

Please note that under 5's will not receive a registration pack, so it is your responsibility to provide them with adequate eye protection and face masks if necessary.

Do I need to be a runner to take part?

Not at all, we are happy for you to run, jog, walk, hop, skip or jump the 5k route.

Can I bring my child in a pram or pushchair?

We wouldn't advise that you bring any children that are young enough to need a pram. Pushchairs are allowed however we can't guarantee an even surface around the whole route and as pushchairs can't be put in the washing machine we can't guarantee that all of the paint powder can be removed.

If you intend to bring a pushchair then you may want to give the fundraising team call on 0300 323 0250 first so we can advise you of the terrain.

Can my friends and family come to support me?

Yes! We encourage you to bring supported to join you on the day. There will be designated areas where spectators can watch the race however they will not be allowed into the Colour blast arena or colour stations.

On the day there will be amusements to keep children entertained and a selection of stalls and food and drink vendors available.

Can I enter with a wheelchair?

The terrain may be unsuitable for some wheelchairs so please call the fundraising team on 0300 323 0250 before you register so we can advise you of the route.

Can I cycle or skate the route?

Bicycles, skates, scooters and any other modes of transport are not to be ridden on the route.

Can I bring my dog?

No furry friends will be allowed to take part in the event, however, spectators may bring them as long as they are kept away from the paint throwing.

Is the paint powder safe?

The paint powder used at the event is a mixture of corn-starch and food colouring. It is certified non-toxic, and free of any heavy metals. Please be advised that in unfortunate cases, the paint powder may be a mild irritant to eyes, people with skin conditions and people with breathing difficulties. We provide neon sunglasses as part of the registration pack, these should be worn to protect eyes. Under 5's will not receive a registration pack, so it is your responsibility to provide them with adequate eye protection and face masks if necessary.

By accepting these terms and conditions, you are agreeing that all participants taking part under your registration have no such conditions, and are taking part entirely at your own risk.

Will the paint powder ruin my clothes?

The paint powder is made of a mixture of a cornstarch and food colouring, and therefore should not permanently stain clothing. We do provide a commemorative t-shirt that you can wear on the day, and recommend that you don't wear your 'best' clothing to participate in the event.

What kind of obstacles will I be running, bouncing and crawling through?

There will be a variety of inflatable obstacles including an inflatable slide and hurdles. Please note that we reserve the right to make changes to the number and range of the obstacles: depending on the terrain, weather and other circumstances.

Can I skip an obstacle?

Of course. Although we highly doubt you will ever want to.

Will the event still take place even if it rains?

The rain may make the Colour Blast 5K a little bit slower in general so you might need to wait a little bit longer to get through the obstacles. The event will only be cancelled due to bad weather if it becomes unsafe, however, if there are strong winds we may have to remove one or more of the obstacles.

Please check our social media pages and website for any updates, or contact our fundraising team on 0300 323 0250

You can read the Terms and Conditions for this event [here](#)