



Color Run Tips & FAQs

So you're thinking about hosting a color run for the first time? We've got some great tips for you on where to begin! In order to ensure that your event is a success, we have gathered important FAQs from our color powder experts, Chameleon Colors. Then we enlisted the help of Rainbow Run organizer & PE teacher, Krista Winn, for suggestions on how to cost effectively put your plan into action!

TIPS FROM EXPERIENCE

Information Provided by Krista Winn

Physical Education Teacher, Krista Winn, shares with us her advice on hosting your first “Rainbow Run”.

Tip #1 Start Small

My first suggestion is that you start out small and simple. The first year that I attempted this I just organized it for my two schools that I teach at. It was done as part of an ING Run for Something Better Grant. We had approximately 200 runners. The second year it was open to all 5 elementary schools in our school district and we had over 400 participants. We have since then teamed up with our local marathon association and have opened it to the entire community.

Tip #2 Choosing a Name

Decide on an event name. This fundraiser is based on the Color Run events that have become popular across the nation. However, “Color Run” is a trademarked event. The first thing you will need to do is create a catchy name for your version. We chose to call ours a Rainbow Run since our school running clubs are called Rainbow Runners (they get different colored lanyards as they reach different milestones).

Tip #3 Picking Location/Date

Our event is held at a local park. It is helpful to work closely with the city parks and recreation department to get permission, etc. If you are not using your school as the location, it is helpful and kind to post flyers warning community members that there will be paint flying! Keep weather in mind when choosing a date. Though it may be fun to run in the rain and the powder may look pretty in the snow...the powder can get awfully messy if it gets wet!

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Tip #4 Recruiting Volunteers

It is important that you have plenty of volunteers to help before, after, and during the event. Be sure to tell them ahead of time that they need to be prepared to get messy and colorful!

- **Set-up crew** - Recruit helpers to get the course set up ahead of time. Powder will need to be delivered to the paint stations, cones set up to mark the course, etc.
- **Registration volunteers** - Have plenty of volunteers at the check-in table at the event. There is nothing worse than long lines. Teachers and staff members are perfect for this because they know most of the families and can keep the check-in moving smoothly.
- **Paint sprayers** - You will need at least 3 volunteers per color station. Two volunteers will spray the powder at the runners and one volunteer will re-fill the spray bottles.
- **Course marshals** - It is helpful to place volunteers around the course, especially if there are any tricky turns in the pathway, etc. These volunteers can direct traffic and monitor behavior, safety, etc.
- **Photographers** - Don't forget to have someone taking photos!

Tip #5 Registration

Create a registration form that includes all of the important information like location, times, date, what will be provided, and what participants can expect. Be sure to include reminders to bring personal towels, sunglasses, etc. We send home the registration forms one month prior to the event inviting community members to participate. Choose one or two local businesses that are willing to hand out/collect registration forms. We highly suggest that participants pre-register. This helps us to know how much paint to have. Those who pre-register get their own personal powder packet at the event.

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Tip #6 Day of Event

- **Set up course** - Arrive early enough to give yourself plenty of time to get ready. Your event may start at a certain time, but there are always participants that will arrive an hour early and cause distractions!
- **Course distance** - Our event is a family-oriented event so it is about 2 miles (purple at the start line, blue green yellow orange at half mile intervals, and red at the finish). Depending on how much paint powder you have, older students can run the course twice.
- **Colored Arrows, Cones or Tape** - These help the runners to stay on course if they follow the object that match the color they have just been sprayed with. So, after getting sprayed with purple powder at the start line, the runners follow the purple arrows to get to the next color station.
- **Check-in** - Make sure that your check-in tables are away from the start line. Nothing like having a traffic jam to get started! Print out specific directions for your volunteers to follow so that they don't need to track you down with every question they may have.
- **Start line** - We stagger our starts by schools. This could also be done by age, etc. A staggered start helps to prevent traffic jams at the color stations! Our event is not a timed event, so no one needs to worry about being first! Be sure to take "before" photos at the start line and then "after" photos at the finish line! We display a large drawing of the course near the start line so that participants can take a look at it while they are waiting to get started.
- **Color stations** - Provide the volunteers with written directions on how to spray the powder, where to aim, and how to refill the bottles, etc. Volunteers should hold a full spray bottle in each hand and empty one bottle at a time. It is important that the sprayers aim for below the chest. The powder is non-toxic, but a mouth full still isn't pleasant!

COLOR POWDER FAQs

Information Provided by



What about clean up?

The color on your grass will disappear the first time the sprinklers run. Any color on sidewalks/pavement can be washed away with a hose (a few minutes with a power washer never hurts).

Will the color wash off skin/out of hair?

Yes! The easiest way to get it off is while it's still dry (shake, wiggle, jump up and down, vacuum, etc). After that, soap and water, with a little rinse and repeat action will do the trick.

What if it gets in our eyes?

Encourage participants to wear sunglasses (not only will everyone look way more cool) but it will greatly reduce the chances of colors in eyes. However, never fear, the color is non-toxic. A simple rinse with water will take care of you.

Can we eat the colors?

Not recommended. It is corn starch, but will taste about like colored dirt. We recommend wearing it, not ingesting it.

Can we inhale it?

It's a lot like breathing in dust and dirt, extensive exposure is not recommended.

Are the colors safe?

Our vibrant colors are made up of Corn starch and FD&C and/or D&C colors. Color safety information: Approved for use in foods, cosmetics and/or drugs. These products are not considered hazardous, 29 CFR 1910-1200.

SUPPLY CHECK LIST



Check-in Table:

- Canopy
- Table
- Chairs
- Pens/Pencils
- Envelope for Money
- Participant Flyers
- Individual Paint Packets

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Paint Stations:

- Bucket of Paint Powder
- Squirt Bottles of Paint

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Course Markings:

- Color Arrow Signs
- Tape
- Cones

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Start/Finish Line:

- String of Flags
- Cones
- Tape
- Garbage Bags

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Other:

- Camera
- Cell Phone

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