

Participant Information Sheet



COLOR RUN COURSE

The route is approximately 0.30 miles long per lap. Participants may run, walk or jog. The course is located at Ivywood Classical Academy and is being held during the school day. Supervision will be present along the route. Your student will be outside for 40 minutes and will return back into the classroom after completion of the run.

COLOR BURST STATIONS & PACKETS

There will be 5 stations each with a different color of powder. At each station, various colors will be thrown on them as they walk/run through from neck down. Students wishing to minimize the colors landing on them can move further away from where the colors are being dispensed. Students are free to customize their experience and skip any stations they like, while remaining on the course.

SAFETY

Colors are made with high quality cornstarch and food dyes. Although all the materials are food grade we do not recommend inhaling large quantities of color powder so we are supplying a mask or bandana to cover the mouth and nose and our volunteers are instructed to throw color powder at participants from the neck down. Run will be held in a ventilated outdoor space.

CLEAN UP

As we do not have changing facilities in the school we ask that you double layer your child with two pairs of athletic shorts the day of the run. That way after the run they can remove the top layer and will be ready to head back into the classroom. We will have fragrance free baby wipes, water and paper towels at our clean up station. If you will be receiving a Footsteps for the Future T Shirt we ask that a shirt be worn underneath so that the shirt can be removed also and bagged to bring home. If not receiving the shirt, two shirts worn on the day are recommended with the top shirt being white in color to be able to catch the powder on the run. Old shoes that you don't mind getting dirty can be worn also.

Does Color Powder Stain Clothing?

The color powder washes out of most clothing. However, it can stain some materials. 100% cotton clothing is recommended and typical machine washing with stain remover, removes the stains. We recommend removing excess powder from clothing before washing and/or applying water. If participants would like to preserve the color in their T-shirt, simply spray it with vinegar and iron it.

Does Color Powder Stain Skin or Hair?

Just as with clothing we recommend shaking off all excess powder before exposing to water. Normal soap and water should remove color powder from skin and hair.

Will there be water available?

Water will be available at the start-finish line.

POST RUN CELEBRATION

Each student will receive a post run snack and drink.