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Information Pack

BLIND DAVE COLOUR RUN

5K Fun Run • Saturday 22 July 2017

at Sandwell Valley Country Park



Londonmidland
Simply Better Journeys

 Sandwell
Metropolitan Borough Council



ICONIC
EVENT MANAGEMENT

What's it all about?

The Colour FUN Run is a five kilometre, un-timed race in which thousands of participants are doused from head to toe in different colours along the route.

Thanks to supporters like you, we are able to provide sporting and educational opportunities to the most disadvantaged members of our local community and we are asking you to join us for this fun day.

Whether this is your first steps in running, an Olympian, a junior or very experienced; we welcome you all, you can walk, crawl, skip or run and wear silly costumes while following the scenic and safe 5K route.

A great day out for the entire family, as they can come along for a picnic and to cheer you on along the way.





Let's get to the Nitty Gritty...

Date: Saturday 22nd July, 2017
Venue: Sandwell Valley Country Park
Salter's Lane, West Bromwich B71 4BG

Get Ready!
On your marks . . .
Get set . . . GO!
Race Starts at 1pm

Please ensure you sign in on the day, registration opens at 11am and closes at 12.30pm prompt, ready for your warm up at 12.30pm.

Shape Festival 11:00am
Event Finishes at 5:00pm

WARNING!

**This event contributes towards
improving health, mind & body**

Your Registration Pack includes...

- ***T-shirt***
- ***Your runner's number***
- ***Your personal colour packet***
- ***Finisher's medal***
- ***Plenty of colourful fun on the day***

You can collect your pack on the day when registering or have it delivered to your home from £2.50



Can children take part?

Yes! The Blind Dave Colour Fun Run is open to children 6 years and older. Those taking part under the age of 16 will need to be accompanied by a participating adult.

Can I walk the route?

Of course! You can run, walk, jog, skip all to your own pace from start to finish. However, it is a good idea for everyone to be aware of the people around you. With people travelling at different speeds, it's important to leave room for any runners to overtake.

How long is the course?

The course is approximately 5k (3.1 miles) long.

Is the race timed?

No, the 5k course is un-timed, so you can concentrate on having fun and getting covered in paint!

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Can family and friends come to spectate?

Of course, we welcome all friends and family they can also join in the fun and purchase packets of colour to throw from the sidelines deliberately targeting anyone they know who runs past them.

Can I bring a picnic?

Yes, please bring a picnic, snacks and drink refreshments.

Do I need to raise sponsorship?

You are encouraged to raise as much sponsorship as possible to help support The Albion Foundation. If you make a plan and start early, fundraising doesn't have to be a drag.

You can sign up and personalise your own Just Giving page - Complete the sponsorship form which you can download at <http://www.wba.co.uk/colourrun>.

You can run without sponsors, however we would greatly appreciate your support and assistance in raising funds for this worthy charity, thus allowing us to continue the great work that we do.

What do I get when I sign up?

Not only are you joining the most fun-filled running experience of your life, you will also receive an official Albion Colour Fun Run T-shirt, your runners participant t-shirt number, your personal colour pack and at the Finish Line a Finisher's Medal.

What do I need to take with me on the event day?

You will need your printed confirmation email (or just download or take a photo of it on your phone). Bring comfortable clothing, running shoes or sturdy walking shoes suitable for a mixture of terrain - And don't forget your smile! :)

Are there changing rooms / somewhere to leave a bag?

There won't be any changing rooms or left luggage available on site, so please leave all your personal belongings with friends or family. We are unable to accept responsibility for items left unattended.

How do I organise large bookings or corporate teams?

Simply email or call the Albion Foundation Events Team

- Linda on 0755 130 8068 / lamillar1@icloud.com

Am I allowed to use alcohol at the event?

The Albion Foundation Colour Run is an alcohol free event – we promise that you will have a lot of fun also without drinking! ;)

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How do I clean up after I've finished the 5k course?

Unfortunately, we are not able to get cleaning stations at the event. In fine weather it is quite easy to shake the colour off the clothes, but in damp weather we recommend you to bring change of clothes or some towels or large plastic bags with you to prevent your car or public transport from getting coloured.

Our powder is made from natural corn starch with colour dyes that are food and cosmetic grade tested to the highest Food and Drug Administration (FDA) standard and manufactured specifically for throwing at people.

The colour powder might still cause an allergic reaction to those who have asthma, allergies or are sensitive to dust. Therefore appropriate protective gear, such as goggles, sunglasses, bandanas and face masks should be worn to protect the eyes and face from exposure to the coloured powder during the event.

Will the colour stain my hair?

The coloured powder does wash out of your hair; however we do recommend you take precautions if you're worried! The colour does tend to stick to lighter hair... Blondes you are warned! 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 more stubborn colour out!

You can also cover your hair with a bandana or beanie or space helmet during the event if you wish. After you have finished the event just blow all the excess colour off dry before entering shower. After first shower some of the colour still might show a little but don't worry: after couple of washes you should be clean as brand new!

It's advised to wash all your clothes first separately in cold water.

Can I participate if I have some health concerns?

Running is a physically active sport, you should always seek advice from your GP before taking up a strenuous physical pursuit such as this. Although our mission is to make the race as safe as possible for every participant, there is always the possibility of unforeseeable incidents (such as falling or bumping into another person).

Please be aware in certain sections of the course, there is open water and children under 16 must be accompanied at all times. In parts of the course the ground can be uneven and in turn, hazardous. Therefore, we strongly recommend no use of pushchairs or wheelchairs to participate in the fun run. Please wear sensible running or walking shoes suitable for a mixture of terrain that be can uneven and hazardous.

CONDITIONS

Participants should be in a reasonable state of health. The Charity cannot be held responsible for any personal accident or injury or loss of persona effects.

OPEN WATER

Please be aware in certain sections of the course, there is open water and children under 16 must be accompanied at all times. – please see Sandwell Valley Country Club Map and Risk Assessment enclosed.

I am unable to attend the event, can I get my money back?

The entry fee to The Albion Foundation 5k Colour Run is non-refundable. You can transfer your fee to another runner by contacting the organisers on lamillar1@icloud.com

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What happens if it rains?

We'll be plastering you in colour come rain or shine, so there are no excuses!

Is there parking available?

There is paid car parking available at Sandwell Valley Country Park. Please bring loose change with you to pay for your car parking. Given the limited parking, we suggest that if possible you walk, cycle or use public transport to reach the event.

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Sandwell Valley Country Park • 5K Colour Run Course Map





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We look forward to seeing you on the day!

For any enquiries contact Linda:

The Albion Foundation Events Team

0755 130 8068

lamillar@icloud.com