

Color Run for Education Run Information Sheets

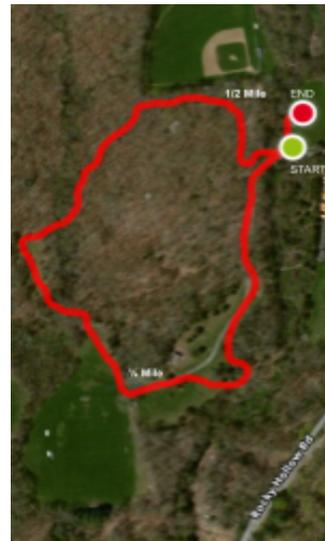
The kids color runs are open to children in grades Pre-K - 8th grade.

- Color Run 1 is approximately a 1.0 mile. This will start at approximately 10:00am .
- Color Run 2 is approximately a 0.6 mile. This will start at approximately at 10:15am
- Both runs will start from the same spot. The finish lines are all the same as well.
- After the last runner crosses the finish line we will celebrate the event with a RAINBOW color throw (approximately 10:45 am).

1.0 Mile Course



0.6 Mile Course



To give you an idea of the distances involved, the 1 mile course is equal to 8 laps around the school track. The 0.6 mile course is just over 4 laps around the track. **Unlike the track, this course is not flat and is run over gravel, dirt/mulched trails, grass and occasionally pavement.** Both courses are entirely within the Lisbon Meadows. There will most likely be some mud and/or puddles (depending on the pre-race rainfall) on parts of the course but there are no water crossings.

Remember this is a color run so wear a white T-shirt from home. Eyewear is strongly recommended.

Parents are welcome to run with younger children and we strongly encourage parents (or an older sibling) to run with those children 5 and under. If you do run with your child please **do not run and carry your child through the course** especially if they are near the head of the pack. This is a run for kids, not for parents carrying kids ;).

It's not fair to the other young kids out there running their hearts out by themselves!

The course will be well marked and there will be trail guides to direct the racers so they don't go off track.

After the last runner crosses the finish line we will celebrate the event with a RAINBOW color throw.

Please remember that It's a fun run, not a race. If you want to walk, walk. If you want to skip or pirouette through the color zones, do it. The entire point here is to have fun!

Color Run Hints

- *Wear a bandana or hat to keep the color powder from getting on your hair.*
- *We suggest some form of eyewear. Some people wear sunglasses, safety or swim goggles.*
- *Wear sunblock and or bug spray- we are running through the woods and in open fields.*
- *Though the color will eventually wash out of just about everything, you may not want to wear your your favorite pair of sneakers.*
- *Parents will want to bring an old towel to cover the seats in your car. Better yet, maybe bring a change of clothes for the ride home.*
- *It is not uncommon for hints of some of the color, pink and purple particularly, to stick around for a few washes. Wear it like a badge of honor. Or wear a hat.*
- *Wash your clothes separately in COLD water.*
- *If you want to keep the color in your shirt, spray it with vinegar and iron it.*
- *Take a before and after picture.*
- *Dress up! Many people like to wear crazy neon shorts, socks or accessories (Tutu, bandana, silly hat). Because remember: this is a fun run. It's not really a race. Don't take yourself too seriously. HAVE FUN!*