



THE COLOR RUN

POLOKWANE
17 AUG

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BEFORE
YOUR RUN

#'S FOR THE DAY!

#THECOLORRUNSA

#HAPPIEST5K



RACE PACK PICK UP

All runners need to come to Race Pack Pick Up and collect their event kit in advance. Getting your gear early means you can arrive ready to run on Saturday rather than queue and stress on the big day!

Your awesome runners kit includes:

- The Runners T-Shirt
- Festival Zone Powder
- Your own headband ready to save you from SHS (sweaty head syndrome)
- Temporary happy tattoo
- Race number (your entry ticket on the day)



WHEN

Thursday 15 August (10am - 6pm)

Friday 16 August (10am - 7pm)

Saturday 17 August (8am - 9:30am)

Try to avoid peak times and big queues. These are often the first few hours on day 1 of Race Pack Pick Up as well as lunch time and after work hours.



WHERE

Mitchell House, Tweefontein, Polokwane, 0699.



PICKING UP YOUR PACK

It's game time, come on down and get your goodies! **Pick up your Runner's Pack**, **shop at The Color Run Store for all your run accessories** and meet some of your new best friends.

Please remember to bring a printed or digital copy of your confirmation email with the QR code / ticket and a copy of your ID or the ID of the person who made the booking (just in case there is an issue).

Manual Entry / Sportsmans Warehouse customers need to bring their receipt if they haven't received their tickets by the day of Race Pack Pick Up.

In addition to the advertised items in your race packs we also have some other goodies to give away courtesy of our sponsors – these items are not guaranteed so come early for the best chance to get all the swag!

T-Shirts are supplied in a specific size spread. Sizes are distributed on a first come first served basis.



PICKING UP FOR A FRIEND?

Easy! You can also pick up kits for your friends and teammates provided you have a copy of their confirmation email as well.

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WHEN

The start chute will open at **9:45pm**, the **start gun goes off at 10am**.

Be sure to arrive in time to enjoy all the pre-start entertainment and stand a chance to win some great prizes not to mention all the free swag from stage.



WHERE

**The Color Run Festival Zone,
Mitchell House, Tweefontein, Polokwane, 0699.**



WHAT

Each batch starts 3 minutes apart and you'll head off in each batch with approximately 500 new friends! It could take up to an hour to get everyone started so make sure you bring plenty of water and wear sunscreen & hats. You can also relax in the Festival Zone, visit our food vendors and grab a coffee while the lines get shorter.

It takes 1-2 hours to run or walk the route and then into the festival zone where you will enjoy music from **DJs, local acts, best-dressed competitions, food and drinks**, heaps of goodie give aways and you guessed it, **more colour!**



COLOR ZONES

- You will pass through four Color Zones on the course: Red, Blue, Pink and Yellow. Our coloured powder is made from organic corn starch and natural food dyes.
- We suggest wearing bandanas, glasses or goggles if you are worried about getting colour in your eyes or mouth. **Hint: Pick up The Color Run buff at the store. Perfect to cover up the bits you need covered.**
- If you suffer from asthma please remember to bring your asthma puffer with you. Our coloured corn starch powder is not harmful in any way, however as with any dust particles it can cause temporary discomfort.



PARKING

You can park locally or at one of the specially designated parking spots on the day. We'll be sending out a parking guide in the next few days as well as posting links on Facebook, the Polokwane page of our website and Twitter. Please remember to park legally and safely.

Please contact us on hello@thecolorrun.co.za if you require disabled parking or have other special needs in this regard.

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SAFETY FIRST

We have been warned about an unfortunate new trend by SAPS at mass participation events. Participants carrying backpacks have had their bags slit and their valuables stolen during races and concerts. Please be warned. If you have a back pack, please carry this on your chest, especially when waiting in crowded start chutes or in queues.

The Color Run is an Alcohol free / non-smoking event.

Runners please keep to the left; walkers and participants with strollers, etc. keep to the right.

There is a First Aid station located within the Finish Festival.

No glass bottles, containers etc. allowed at the venue (parking lots, pavements, streets, course, etc.)

Weather: Check the weather for the day of the run and prepare accordingly with sunblock, suitable clothing and food / water.

Water: There is a drink zone at (approximately) the half way point on the course. Please make sure you have any additional refreshments for the length of the course as it is forecast to be very hot.



REMINDERS

Please attach your race number so it is visible on your shirt. This is how you will be identified as a Color Runner.

Teams may run in a group or separately. It is completely up to you!

Come ready to run. There are no lockers or bag drop facilities at the event. Plan to keep any items you bring with you, or leave valuables at home.

We accept: cash and card for all your goodies.



LOST KIDS, PARENTS & PROPERTY

Please report anything or anyone lost to the staff at the The Pink Gazebo located next to the main stage (in the Festival Zone).



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HINTS N' TIPS



RACE DAY TIPS

- **Oil your hair:** this will help the colour wash out (blondes you've been warned). We recommend using leave-in conditioner, coconut oil, Moroccan oil or something similar.
- **Cover up:** if you're not ok with having colour in your hair as a badge of honour for a few days, we encourage you to get creative and wear a hat, wig or shower cap (especially if you're blonde).
- **Cover your seats:** don't forget to bring a couple of bin bags or towels to protect your car seats. Use them when you travel home and save your nice clean car from looking like a unicorn had a party in it.
- **Slip, Slop, Slap:** coat yourself in sunscreen and lip balm with SPF in it. Not only will it protect you from the sun, it will help the colour to slide off when you're done.
- **Shield your eyes:** Sunnies, goggles or similar items will avoid any irritations (you can buy The Color Run sunnies at Race Pack Pick Up or at the merchandise store on race day).
- **Leave your favourites at home:** while the colour will eventually wash out of everything, we suggest leaving your expensive shoes at home (just in case).
- **Cameras:** feel free to bring your own camera/smart phone to capture the memories of the day. We suggest wrapping them in cling wrap or placing in a ziplock bag.



AFTER

- Visit The Color Run **Clean Up Zone** to get excess colour blown off.
- **Dust off:** shake off as much of the dry powder as you can before adding any water.
- **Washing your hair:** anti-dandruff shampoo is best for helping remove any colour patches. If it needs something a little extra, add baking soda to your shampoo to form a paste.
- **Shower:** when you get home, shower as normal and add baking soda to your body wash for stubborn spots.
- **Clothing:** dust off all excess colour, wash items separately in cold water.



POST RUN

Keep an eye on your inbox for the post event survey! We'd love to hear about your colourful experience and we'll sharing all our awesome photos with you on FB & Twitter.

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