FAQs for Colour Dashes

What should I wear?
All runners should wear a white t-shirt (adults will have a t-shirt supplied by EACH; children need to wear their own). Other comfortable clothes and shoes are recommended – dress up if you’d like to! Although the paint is water-soluble and should come out of your clothing, we advise wearing clothes you don’t mind getting messy! We recommend that you change your clothes as soon as possible after the dash, and that you don’t wash them with anything else.

How do I drive home without getting paint powder on the seats?
We would recommend covering your car seats with old towels. Some dashes might sell car seat covers for £1 at the EACH merchandise stall and at the exit but this is not guaranteed.

How will I know which way to run?
We’ll have signs and a route map at registration, not to mention marshals at various points to direct you. At a couple of tight spots there’ll be runners going in opposite directions, please keep to one side as directed.

Can I bring my dog?
Dogs can take part – at the owner’s own risk. Please keep dogs on a lead throughout and tidy up after them (bins are provided around the route).

How much paint do I get? Can I buy extra paint?
There are four to six paint stations along the way of each dash. Our merchandise stand will sell glasses if you wish to use them and our paint pirates will be careful how they shower you with paint, especially small children. After you cross the finish line, go to the EACH merchandise stand where you will be given a small pot of paint powder in exchange for your wristband or running number and then to the paint party area. Additional paint can be purchased from the merchandise stand if required (£1 per sachet).

What’s in the paint?
The Colour Dash powdered paint is non-toxic, 100% safe and biodegradable. If you have a skin allergy or respiratory condition, you should be fully covered, and you should use a mask. However, do check with your GP before taking part. If you have a respiratory condition please do not take part in the colour party where powdered paint is thrown into the air in a giant cloud. As with any substance, it is advisable to keep it out of eyes and not to breathe it in.

Are there toilets?
There will be portable or fixed toilets at every colour dash

What about water, coffee etc?
Bottled water will be available at water stations at various points en route – but we advise you to bring some of your own as well. There will also be food and refreshments on sale, as well as other stalls and entertainment.

What about personal belongings?
We recommend that you bring an old towel, spare clothes or bin bags to put your messy running clothes in. Please do not leave anything valuable on show in your car. There will not be allocated areas to leave your personal belongings, so please only bring essential items or arrange to leave them with a family member or friend. EACH cannot be held responsible for any loss or damage to vehicles, public transport or personal belongings.
**Will there be photos of the day?**
EACH and our media partners will have photographers on site on the day taking photos. We would love to see your photos from the day - share them with us on our Facebook Colour Dash page or via Twitter. If you bring your own camera or smartphone be sure you cover them well to protect them from the paint.

**Where can I see my friend/family run?**
Take a look at the route map. There are some great places to watch and cheer on your family and friends. A good spot to watch on the second leg will be on the 'home stretch’ towards the finish line. We would love to have that part of the route lined with supporters to welcome runners home.

**No smoking**
Please note this a no-smoking event throughout.

**Lost child?**
Please notify a member of EACH staff as soon as possible. If. A good meeting point for friends is at EACH registration desks.

**Where can I get help for illness or injury?**
If help is needed for illness or injury, please go to (or send someone to) the nearest marshal who will arrange for First Aid to attend.

**What if it rains on the day?**
That won’t stop us! Be prepared!