Thank you for registering to take part in our **Lowestoft Colour Dash 2018**! The route will begin at Normanston Park at 11am and will take a 2 mile route around the Park. Along the route there will be colour stations manned by our Paint Pirates who will be ready with our vibrant powder paint to decorate you like a human rainbow!

When you finish, we hope you will be feeling pink, blue, green, yellow and purple! But if you aren’t feeling colourful enough, we will be giving you your own pot of paint for you to join our big paint party where we will ask you to all throw your paint up in the air so it cascades back on us all!

**Getting there:**
The Colour Dash will start and finish at the Normanston Park, Lowestoft. Please walk or cycle as there is restricted parking.

**On the day:**
**DON’T FORGET YOUR RUNNING NUMBER!**
**What time does the event start?**
The Colour Dash will begin at 11am, but please leave plenty of time to collect your t-shirt before the warm up begins – you can arrive from 10am giving you plenty of time to get prepped up soak up the atmosphere and enjoy a fun warm up.

**Where do you collect your T shirt?**
T-shirts are handed out at the event when you arrive. Please bring your registration pack with you as this is your ticket for the event. If you need your t-shirt before the day feel free to pop into our office at Manor Farm Barns, Framingham Pigot, NR14 7PZ.
Safety Notice
Due to the nature of the route, we ask you to stay alert along the route and aware of any hazards you may come across. There are areas of the path that are uneven and slope down – we have marked any areas we have identified as a risk but due to the nature of the course slip and trip hazards may be caused at any time and we therefore ask you to take responsibility for yourself and any young people and children you have taking part with you.

Colour Zones
This is the fun bit – at each kilometre of the course you will be showered with a different coloured powder paint by our Paint Pirates. All colours are 100% natural, safe and food grade quality. To keep it out of your eyes our Paint Pirates will aim to throw the paint below your shoulders, we recommend you wear glasses (colours sunglasses are available at the merchandise stand) or goggles for your eyes and use a bandana or dust mask over your mouths.

It is important you do not stop at the colour stations as this will create a bottle neck and cause a safety hazard to the runners behind you.

The Merchandise Stand
At the Colour Dash Merchandise Stand you will be able to purchase the following accessories to add even more colour to your running outfit:
- Rainbow tutus - £5
- Coloured sunglasses - £2
- Whistle - £1
- Extra coloured paint! - £1

Not only will you look great, you will also be contributing extra funds to EACH and our nook appeal!

Paint Party Fun!
Just before you start the race we will invite everyone to gather in the start area with their free pot of paint, then the countdown begins to throw it all up in the air, creating one big multi-coloured rainbow of colour.