**FAQs**

**Do I need to be a serious runner to do this?**  
Absolutely NOT. This is a fun, untimed event. It’s about having a fun day with friends and family. You can run, walk, or dance to the finish line.

**Can I run with my dog?**  
We’re sorry. No dogs or animals are allowed on site for their safety and the safety of all. :(

**What should I wear?**  
We suggest white or light colors, if you don’t want to purchase an official t-shirt. The colors will show up best on white. We suggest eyewear also – see below.

**How is the color administered along the course?**  
You will see smiling faces along the course whose main goal is to douse you in colorful powder to ensure that you look like you ran through a beautiful rainbow. At the finish line, more color will be thrown at intervals. Each participant will have a bag of color in their swag bag to use at the finish line or before.

**Will the color ruin clothes or running shoes OR HAIR COLOR?**  
The color does mostly wash out after the event.  As with anything dirty, the sooner you wash it the better. We suggest wearing items that you wouldn’t mind getting colorful.  If you would like to preserve the color in your running shirt, spray it with vinegar and iron it.  If you wash your shirt….the color will eventually come out.

**Does the color affect breathing?**  
The color powder is food grade cornstarch and is 100% natural.  As with any substance, you want to keep it out of your eyes and our “certified” color throwers make sure to aim low as you pass by.  Some participants opt to wear glasses or goggles for their eyes and use a bandana or dust mask for their mouths.

**How does the color affect the inside of cars?**  
Most people bring some towels for the insides of their cars, or a change of clothes just in case.

**Can spectators attend the post-race Finish Line party?**  
Absolutely.  They should realize they probably won’t leave the event clean.

**Are cameras and phones safe to have in the color zones?**  
If you want to get shots right in the midst of the color we recommend covering cameras/phones with plastic wrap.

**What happens if there is bad weather?**  
A little rain won't stop us, and it even makes the color brighter! If there are major weather warnings check the West Manheim Facebook page and/or the Be the Change weebly.

**Before the event:**

“If you have light colored or highlighted hair, you may want to oil your hair before the race. This will help keep the color from sticking to your locks. Coconut oil or olive oil work best but a good leave-in conditioner will usually do the trick as well. Every head of hair is different and will react differently to the color….especially highlighted or colored hair. The pink and blue specifically have been known to stain blondes for a few days. Plan accordingly.

If you need to insure color free hair hours after the event, wear your hair in a ponytail and consider sporting a bandana! You can use it to cover your hair, cover your mouth in the color zones, or even to help wash off at the end of the race! However you choose to use it, a bandana or scarf is pretty useful at the event. We suggest some form of **eyewear**. Some people wear sunglasses or swim goggles. Have some fun with it and try to avoid getting a lot of powder in your eyes. Though the color will eventually wash out of just about everything, you may not want to bring your most expensive gear.” Suggestions from the official Color Run

**After the event:**

“Take a few minutes to clean up or color might end up all over your house!

Dust as much dry powder as you can before you apply any water. Dust any loose powder out of your hair and brush through your hair vigorously. Rinse out the oil/conditioner you wisely applied before the race with COLD water. Now wash your hair as you normally would. 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. If your hair is still clinging on to the color, we’ve heard that a mixture of baking soda and blue Dawn dish soap can work wonders!

The color is probably not coming all the way out of your white cotton shirt. You should be proud of that!! Remove all excess powder before adding water. Wash your color gear separately, with COLD water. Oxiclean, or a similar product, will work wonders on your running equipment.” Suggestions from the official Color Run.