



SATURDAY  
SEPTEMBER

8

GCSU DINING HALL

CHECK-IN 8:15 AM  
RUN STARTS 9 AM

COST: \$15

REGISTER ONLINE

# Splash of COLOUR RUN



GRENFELL  
CAMPUS



## Frequently Asked Questions

### What is the Splash of Colour Run?

The Splash of Colour Run is Grenfell's colour run. Colour runs have been gaining popularity around the world and are a super fun way to get out with friends, get covered in coloured paint powder and get some exercise!

### Coloured Paint Powder? Is it safe?

The coloured paint powder we will use is 100% safe to people and the environment and is used around the world at similar sporting and cultural events. It is basically corn starch with food safe colouring. To make sure, it has been tested by health and safety teams from Grenfell and the City of Corner Brook.

### I am not a runner...can I still participate?

Absolutely! The best part of the Splash of Colour run is that it is all about fun! This event won't be timed, so participants are encouraged to run, jog, walk, dance, cartwheel or crawl through the route.

### What do I wear?

Each participant will be given a Splash of Colour Run t-shirt. Just remember to only wear clothes you are comfortable with getting covered in colour!

### Can I bring my kids?

For the Splash of Colour Run, there is no age restriction, however children under the age of 10 must have an adult run the race with them. We highly recommend that children wear sunglasses to protect their eyes.

### Can I bring my pets?

No pets are allowed at the Splash of Colour Run.

### **What is the route?**

The route is approximately 3 km. We will start at the back of Grenfell Campus and make our way through campus, down University Drive, up Cpl. Pinksen Memorial Drive (to specified turnaround), then back through campus to University Drive (x 3 laps).

### **How do I get covered in colour?**

At spots along the route we are calling colour zones, a team of enthusiastic volunteers, our painters, will be ready to spray you – don't worry they will not aim at your face!

### **Will the colour zones affect my breathing or my vision?**

The colour powder is 100% safe, but as with any substance you want to keep it out of your eyes as much as possible. Our 'painters' make sure to aim low as you pass by. You can opt to wear sunglasses if you have really sensitive eyes. Some participants also choose to wear a dust mask or bandana.

### **Is my camera or phone safe?**

We recommend you cover your phones or cameras with plastic wrap or using a waterproof case (even though the colour is dry, a waterproof case works well to keep the powder out)

### **Is the colour permanent?**

The colour will eventually wash out of almost everything. If you're nervous about wearing something to the run, the best advice is to leave it at home.

### **Where do I get my t-shirt?**

A check-in booth will be set up in the Dining Hall in the Arts and Science building at 8:15 a.m. on run day.

### **Will there be First Aid available?**

First Aid responders will be available along the route. While the Splash of Colour Run is a fun event, your safety is our biggest priority.

### **Where do I park?**

Parking will be available at the Rec Plex.

### **Tips for easy clean-up**

- Before you leave the run site, give yourself a good shake and get as much of the loose powder off as possible.

#### *Hair*

- If your hair is light, or highlighted, you can put some oil in your hair before the race. Coconut or olive oil work best, but a leave-in conditioner works well too.
- After the race, dust off any loose powder and brush your hair. Rinse out the oil with cold water and then wash as you normally would.
- Tie your hair into a ponytail, or wear a bandana, if you are really concerned about the colour.

#### *Clothes*

- Each participant will be given a white Splash of Colour Run t-shirt. White picks up the colours really well!

- Don't wear anything that you don't want to see coloured. While the colour will come out eventually of almost everything, the Splash of Colour run isn't the place to wear your brand new white Yeezys!
- If you want to keep the colour in your shirt spray it with vinegar and then iron it. It will keep the colour for much longer!

#### Car

- If you drive to the Splash of Colour Run, we recommend you cover your seat with a towel BEFORE the event.