



NEWMARKET  
**festival**  
FUNDING FOR THE FUTURE

# Colour Fun

## WALK OR RUN

Sunday 8<sup>th</sup> July 2018

### Newmarket 5K Colour Fun

George Lambton Playing Fields

Adult age 12+  
£10

Under 5's  
free

Child age 5 - 11  
£5

Family of 5  
£30 (2 Adults up to 3 Children)

Book now at  
[thenewmarketfestival.co.uk](http://thenewmarketfestival.co.uk)

Raising funds for local good causes

Supported by



# Schedule

**First Start**  
11am

**Registration**  
from 10am

**Briefing**  
10:40am

**Warm Up**  
10:45am

**Second Start**  
12pm

**Registration**  
from 11am

**Briefing**  
11:40am

**Warm Up**  
11:45am

# Pre Planning

- / All participants (adults & children) must wear the Colour Fun white t-shirt supplied
- / Collect pre ordered t-shirts at registration
- / Wear comfy trainers – ones you don't mind getting messy

- / Only participants, colour pirates and officials may enter the Colour Zones
- / It is a non-smoking event throughout
- / Powder paint should **NEVER** be thrown at people's faces
- / There are no on site-storage facilities
- / If it rains – it just gets messier!

#COLOURFUN



# On the day

## What to wear?

All participants must wear a Newmarket Festival Colour Fun white t-shirt – so that you can really take on the full effect like you've just walked through a rainbow. Adults and Children will be supplied with a white t-shirt in the size pre-ordered. Please note there are NO changing rooms or storage facilities available on site. Make sure you wear comfortable trainers and other clothes that you don't mind getting messy! If you want you can dress up but make sure it's not too heavy or too large a costume but your Colour Fun t-shirt must be worn. Brightly coloured sunglasses, tutu's, whistles etc will be available to pre-purchase and there may be limited stock on the day.

## Do I Have To Run?

No, you can walk, run, skip or even dance your way along the 5k route; it's completely up to you.

## What About My Personal Belongings?

There are no storage areas on site to leave personal belongings, so please only bring essential items or arrange to leave them with family or friend. The organisers cannot be held responsible for any loss or damage to vehicles, transport, clothing or personal belongings.

## Registration

Registration opens from 10am. Please go straight to registration to sign in, collect your t-shirt.

## Spectators

Please encourage your family and friends to come along and watch and take pictures and videos. The more the merrier. An adult (18+) must accompany minors. Please share your photos on social media using the hashtag #ColourFun

## Refreshments/Stalls

There will be water available on the George Lambton playing fields. There is also food and entertainment stalls and toilets on site. Brightly coloured sunglasses, tutu's and whistles may be available to purchase on the day.



# 5k colour fun

## The Paint

The paint is coloured corn flour. It is non-toxic and completely bio-degradable. The powder does wash off but some materials are harder to clean than others so only wear things that you are happy to get messy including your running shoes.

If you have a skin allergy or respiratory condition, make sure you are fully covered, and you should use a mask. If in doubt, please do check with your GP before taking part. As with any substance, it is advisable to keep it out of eyes and not to breathe it in.

## Who Throws The Paint?

Our Colour Pirates who are committee members and volunteers.

## Will The Paint Stain?

Our supplier endeavours to make the colours as stain free as possible, however, in some case staining can occur so please bear this in mind when choosing what else to wear that morning. As with all things that get dirty, the sooner you get them washed the better! Wash your coloured clothes separately and often a stain removal tablet or a fabric whitener helps too. With a bit of soap and water the colour will wash from hair and skin - don't worry.

## Will The Paint Stain My Car Seat?

The paint can transfer from you to your seats so before you get in the car please do brush the paint off you to avoid any excess being transferred onto furniture. Clear rain ponchos are available to purchase. It may be a good idea to bring extra towels as well, just in case.

## Health And Safety

There will be First Aiders on site. Please be mindful of any children or adults taking part in wheelchairs or pushchairs, the event is not suitable for electronic wheelchairs due to possible damage from the paint. Follow marshal instructions, for your own safety. Remember don't throw paint in peoples faces as it can get in their eyes and mouth.

