



FREQUENTLY ASKED QUESTIONS

What is the Bubble Rush?

Bubble Rush is a fun run – but it is not a race. The event is not timed, so there is no competition and no pressure to do anything other than have fun! Around the course there are four Bubble Stations, each has a large foam cannon pumping out coloured bubbles. Our participants – we call them Bubblers – walk, run, jog, dance or swim through the foam.

How long is the course?

The course is usually 5K (or 3.1 miles), but the exact length depends on the event venue.

Is the Bubble Rush timed?

This is not a race and is more about having fun than setting a personal best. Take your time. But if you must, time your run with your own device. There are no prizes for finishing first at this run. Everyone is a winner!

What do we get for our entry fee?

Other than a bubbly jubbly good time and a fun day out, you will receive a T-shirt, a medal and a bottle of water at the finish!

Are teams allowed?

Absolutely!! A team should be a minimum of 4 entrants, but there's no upper limit, so bring the whole office!

Can children join in the fun and enter the Bubble Rush?

Kids (Or Bubble Bambinos as we call them) will love this event. They are allowed to come as long as

they can manage the distance and finish the event. However you must hold their hand or with younger ones carry them as you go through the foam at each Bubble Station. Under 5s can run for FREE.

Can we run with a pushchair or wheelchair?

Unfortunately, at Bubble Rush Grantham the route is on uneven terrain, woodland and muddy areas, therefore we strongly advise people to avoid bringing pushchairs or wheelchairs.

What time does Bubble Rush start?

The first wave will commence at 12pm. Depending on demand there may be a second wave at 1pm you're start time will be confirmed when we send your fundraising pack. Please turn up at least one hour before your start time to register, pick up your T-shirt and enjoy the warm up and entertainment..

How long will it take to finish?

Each event starts with a group warm up to get you in the mood for bubbles, and then you set off in a sea of foam. It can take up to an hour to complete the course, depending on how much fun you're having in the bubbles!

At the end of the course pick up your Bubble Rush medal and have your picture taken.

How deep is the foam?

The bubble stations can be filled to a depth of 4 feet, so we recommend that you hold the hand of children or lift them up where necessary and that they wear eye protection – swimming goggles are perfect!



Things to think about when bringing kids to the Bubble Rush:

We want everyone to have the maximum bubbly fun possible so here are a few things to take into account to make sure your Bubble Bambino has a great time:

- The PH of the foam is very mild, however too much of a good thing can be a little irritating, especially to little eyeballs. It is well worth bringing a pair of swimming goggles or buying a pair of our cool colourful sunglasses or goggles at the merchandise stall on site.
- Bring a towel, wet wipes or face cloth to wipe down your Bubble Bambinos face after running through each Bubble Station. Also it is a good idea to dry their hands, before those soapy suds make it to their eyes.
- We also recommend the little Bubble Bambinos use bandanas or similar wrapped around their mouths to make sure they don't eat too many bubble and end up with bubble trouble in their tummies!
- If it's looking like a sunny day please ensure you bring sunscreen, and sun hats.

Is parking available at Stoke Rochford Hall?

There will be substantial parking at the event on grass. Please car share where possible to reduce the amount of traffic in and out of the park and estate.

What do I wear to the Bubble Rush?

You can wear whatever you like! Regular running shorts and vest, a tutu or even fancy dress outfits. We would probably draw the line at a mankini though. You will be given a white Bubble Rush t-shirt when you register on the day.

The coloured foam may stain your clothing, so bring something you don't mind getting stained. You will also want to wear something that will help protect your eyes while running through the bubble stations. If you're bringing kids with you, consider bringing some little swim goggles for them since the bubbles will probably be taller than they are!

What else should I bring?

Well we would suggest a change of clothes and shoes as well as a towel so you can dry down after the event but it does depend how much time you spend in the foam.

Please note there is no bag drop facility at the event so please ensure you can store this in your car, or bring along a cheer squad who can look after them for you

Can I run with my dog?

We love dogs but I am sorry we cannot allow any animals on the course.

Are the Bubbles harmful or slippery?

There are no long term harmful effects from the foam either during or after the event. If you get some in your eyes, it may sting slightly, consider wearing sunglasses or goggles to prevent this.

The mixture that we use is drier than most foam; therefore you won't be soaked and won't be slipping around in the foam stations.

The dye in the foam gives vibrant colours however it is a food dye and is water soluble as well as environmentally friendly and completely safe.

Bubble Commandos will be shooting foam at us with cannons, isn't that dangerous?

All Bubble Commandos are fully-trained and will not aim the foam directly at your face. They are there to make sure there are plenty of colourful bubbles and help you have a great time, safely.

Are cameras and phones safe?

Just remember that the foam is water based so if you stay in foam too long your devices will get wet. It's a good idea to take some precautions to protect your device, or leave this with your cheer squad. We will have plenty of photographers capturing the day

What happens afterwards?

Well there is a lot going on after you pick up your medal. Hang around and soak up the atmosphere and watch your fellow Bubblers enjoying bath time in the Bubble Stations. There will be a DJ entertaining you with music and food stalls to refuel after your energetic run! Foil blankets will be available to keep warm.

Will I be able to clean up afterwards?

If you run or dance long enough then you be dry in no time. There are very limited changing facilities on site, but we recommend having a towel and change of clothes on hand before you journey home!

What will all this foam do to my car?

Probably best to bring a towel or change in clothing but if you'd you get any of the foam on the interior, it should clean up without a problem. To be safe, bring towels with you to sit on for the journey home. Just be aware that the foam can stain material so if you're coming in the Bentley you might want to think ahead!

What is your refund policy?

Entry fees are non-refundable or transferable. Should St Barnabas have cause to cancel the event, participants will be notified and a refund of registration fee offered – or you will be offered a place in an alternative St Barnabas event.

We do have a plan to keep the bubble fun going in the event of rain but should the event need to be re-scheduled due to heavy wind/rain your registration fee will be transferred to the new date. You can request a refund of your registration fee if the new date is not convenient for you.

Is there something we forgot to tell you about?

Send us your questions and we will be back to you with an answer ASAP

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