

# Inflatable Colour Dash FAQs

## What is the Inflatable Colour Dash?

The St Barnabas Inflatable Colour Dash is Lincolnshire's original Colour Dash with a twist. Our five-kilometre run is an un-timed race, where the participants are showered from head to toe in coloured paint powder at each kilometre. This year participants will also take on the challenge of the new inflatable course.

With only six simple rules, the idea is easy to follow:

1. Start wearing white (t-shirt not provided)
2. Take on the challenge of our new inflatable obstacles (or go around them, we don't mind!)
3. Finish covered in a rainbow of colour
4. Celebrate your achievement at our Finish Festival near the stage
5. Give someone a colourful cuddle and pose for some photos
6. Raise money for St Barnabas Lincolnshire Hospice

## When and where is the Inflatable Colour Dash?

Saturday 12th May 2018, from 11am (staggered start times)  
Lincolnshire Showground, Grange-de-Lings, Lincoln, LN1 2ZR

## When will my race start?

When you sign up for the event you will be allocated a wave. Each wave sets off in fifteen minute intervals. Please check which wave you are in, as this will determine what time you need to be at the venue, your warm up time and your start time. You can find this information in your welcome letter in your fundraising pack.

## What if my friends/family are in a different wave?

Please don't worry, contact the Events team and we will ensure that you are all put together in the same wave.

## How much does it cost?

Adult ticket: £25, Family ticket: £65, Child ticket: £15

## Who can take part?

Anyone age 5+ can take part, but under 16's must be accompanied by a paying adult. No dogs or pushchairs please.

## Do I have to complete the obstacles?

The obstacles are not compulsory, we have just added a new twist to the event. Please feel free to go around them if you feel they are not for you.

## What is the coloured powder made from?

It is natural corn starch that has been dyed with food and cosmetic grade colourings. It is 100% natural, safe and water soluble, so will not cause any damage to the environment.

## What if it gets in my eyes or I swallow it?

You will be given free sunglasses when you sign in on the day, and first aiders will be present. The coloured powder will not cause injury if swallowed or if it gets in the eyes.



### **How do I register?**

The easiest way to register is on our website at [www.stbarnabashospice.co.uk/ICD18](http://www.stbarnabashospice.co.uk/ICD18), or you can contact the Fundraising team for a paper form.

Children cannot register online without a full paying adult. If additional children want to sign up after you have registered please contact the Fundraising team for a registration form.

You can register up to ten people at once, but you will need each individual's full contact details. If you want to register a large group of people, please contact the Fundraising team who can assist with this process.

### **What does the registration fee include?**

The registration fee covers the cost of the event, plus a FREE fundraising pack.

One the day, you will receive a pair of neon sunglasses, a bottle of water, your very own paint pack, polythene poncho (to travel home in) and a commemorative medal.

### **Can I buy paint at the event?**

Pouches of the colourful powered paint will be available to buy at the event at £2 each.

### **Will the colour powder come off?**

Although the coloured powder will come off, we recommend wearing something that you don't mind getting messy, including your shoes. The best way to get rid of the powder is to brush it off whilst it is dry and in powder form. This will remove the excess powder, and the rest will wash off in the shower.

### **Is the Dash timed?**

The fun run isn't timed, and you will not be given a chip to wear. Serious runners are encouraged to position themselves at the front of the group at the start line.

### **How do I become a Paint Pirate?**

If you are able to help shower the participants in coloured paint powder, contact [fundraising@stbarnabashospice.co.uk](mailto:fundraising@stbarnabashospice.co.uk) or sign up online on the Inflatable Colour Dash event.

### **How do I raise sponsorship?**

We are asking every adult that takes part to raise a minimum sponsorship of £20. There is no minimum sponsorship for under 16's.

### **Can friends and family come and watch?**

Absolutely - spectating is free so please bring as many people as you like.

### **Where can I park my car?**

Please enter the event via Gate 2 or 3 on Tilbridge Lane. Car parking is free of charge.

### **Can I cancel or transfer my place?**

If you cannot attend the Inflatable Colour Dash, you must contact the Events team as soon as possible. You may be able to transfer your place up until Friday 27th April 2018, but please note we must have the new runner's full contact details to ensure they are insured for the event. We will not be able to facilitate any changes after the 27th April 2018.

