



YOUR PACK

StBarnabasHospice.co.uk

 @StBarnabasLinc  StBarnabasLinc

Registered Charity No: 1053814

Before you arrive

Please wear a white t-shirt and be ready to get messy and take on the challenge of the inflatables.

Ensure your contact details are filled in on your sponsorship form and you have totalled your sponsorship.

Check your welcome letter to check your wave start time

If you have any questions or queries on the day, please go to the information tent and they will be able to help you. **Please note** there is no baggage area.

Please ensure that you have completed the emergency contact details on the reverse of your runner number before safely and clearly pinning the number to the front or back of your t-shirt. Please note that failure to wear your runner number will result in you being unable to participate.

Travel

We recommend if you are **travelling from the south of the city you travel along B1398 Burton Road/Middle Street, Burton turn right onto the A1500 Till Bridge Lane and enter gate 3, LN1 2ZR**. The A15 will be congested with traffic, so we strongly recommend this route if travelling from the south of the city.

If you are **travelling from the north of the city you travel along the A15 then turn left on to Tillbridge Lane and enter via gate 2, LN1 2ZR**.

No access is permitted through the main entrance (gate 1). This is for emergency access only. The postcodes above will take you to the entrance gates.

Please note that there is likely to be a high number of cyclists in the area due to a cycling event being held. Please drive with due care and attention to the cyclists and local residents.

Waves

Wave	Registration	Warm up	Start time
Wave 1	10am	10.30am	11am
Wave 2	10.15am	10.45am	11.15am
Wave 3	10.30am	11am	11.30am
Wave 4	10.45am	11.15am	11.45am
Wave 5	11.00am	11.30am	12noon
Wave 6	11.15am	11.45am	12.15pm
Wave 7	11.30am	12noon	12.30pm

Registration

Make your way to the registration tent.

To sign in you will need to hand in the yellow copy of your sponsorship form. You can sign in as a group or family.

Please note your registration time.

Once you have signed in you will be given your free sunglasses and water.

Let the Dash begin

The dash will set off in waves every 15 minutes from 11am. (Check your wave start time). Runners will set off first, followed by joggers and walkers. There will be feather flags to guide you where to start. There will be stewards present along the route. If you experience any problems along the route, please find a steward in a high visibility yellow vest. The obstacles are child friendly and optional.

Finish Festival

The Finish Festival will be bigger and better than ever before with everyone coming together to celebrate completing the St Barnabas first Inflatable Colour Dash! Runners and spectators can buy pouches of powdered paint from the colour village to use in the finish festival.

Colour Event Village

The Colour Village will be bursting with food and drink outlets, stalls, children's entertainment, a giant inflatable slide, obstacle course, games and photographers – you can take your photos home with you on the day. There will be plenty of opportunity to buy bright colourful merchandise and Glitter Lips by Beauty Boulevard will be on hand to add glitter to your hair, make up and even beards, so you can sparkle in your colourful selfies!

Entertainment

DJ Flipstones will be on hand to create the perfect party atmosphere to keep you entertained on the day.

Warm up

Total Fitness will be ensuring that you are all warmed up ready to take on the Inflatable Colour Dash.

You've finished!

You are amazing!
Congratulations on completing Lincolnshire's first Inflatable Colour Dash! Collect your well-deserved goody bag which includes your finish medal, and paint pouch.



Frequently Asked Questions

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?

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

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.

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.

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.

Will the coloured 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.

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

You will be given free sunglasses when you sign in on the day. The coloured powder will not cause injury to you if it gets in your eyes or if you swallow it. First aiders will be present during the event.

What does the registration fee include?

The registration fee covers the cost of the event **PLUS** your **FREE** fundraising pack.

One the day, you will receive a pair of neon sunglasses, a bottle of water, your very own paint pack, a 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 for £2 each.

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.

Do I have to run the 5k course?

We encourage people to join us to complete the course in whatever way they can, whether that be running, jogging, or walking. We just want people to enjoy the Inflatable Colour Dash and have as much fun as they can.

Will the coloured paint harm my car?

You will be given a free poncho in your goodie bag, please put this on before you drive home to prevent any of the colour powder transferring to your car upholstery on the way home.

Raising sponsorship

We ask every adult that takes part raises a minimum sponsorship of £20. There is no minimum sponsorship for under 16's.

Can my friends and family come and watch?

Absolutely – we encourage friends and family to come and watch and it's free to spectate.

Where I can I park my car?

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

What if it rains?

A little rain won't stop us, we just get messier!

Can I bring a picnic?

There will be food available to buy on the day. You can bring a picnic onto the site but please take your litter home with you.

Can I run in fancy dress?

Yes – absolutely but this is completely optional. Fun neon merchandise will be on sale at the event too

How do I pay my sponsor money?

The easiest way to get sponsorship is to set up an online giving page through www.justgiving.com/stbarnabas

If you choose to use a sponsor form and collect money yourself you can pay it in by cheque made payable to **St Barnabas Lincolnshire Hospice** and posting it to **St Barnabas Lincolnshire Hospice, Fundraising Office, 12 Cardinal Close, Lincoln, LN2 4SY.**

Or you can pay directly through our website StBarnabasHospice.co.uk/donate please quote your Inflatable Colour Dash number.

Alternatively you can bring your money to the Hospice or one of our shops. Please remember to include your sponsor form so that we can claim any gift aid on your donations.

Your sponsorship form will be held on file securely for 6 months. The reason for this is so we have a record for the amount of sponsorship you have raised and in case you misplace your sponsorship form we will have a record for you. We will also send you a copy to remind you if we haven't received your sponsorship money by the return date

Do you have any further questions?

Please email fundraising@stbarnabashospice.co.uk or call fundraising on **01522 540 300** where a member of the fundraising team will be able to help you.

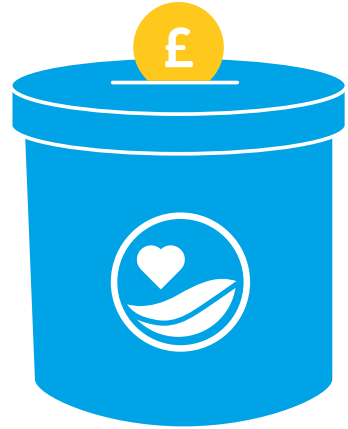


Where your money goes

Last year, our services helped to care for more than 9,000 people in Lincolnshire living with a life-limiting illness and their families and carers.

For every **£1** we raise, **73p** goes towards delivering, and improving, the care and support we offer.

The other **27p** goes towards generating future income.



The money we raise from the Inflatable Colour Dash helps us to care for more patients and families near you, every day of the year.

£20 will help to pay for the care our Hospice at Home team offers our community.

£50 will help to pay for patients to access vital therapy and support.

£100 will help to fund the exceptionally specialist care some of our patients need.



10 Fundraising tips from JustGiving

1 Ready for your close up?

Fundraisers with pictures on their page raise 14% more per photo. A legitimate excuse for a #selfie.



2 Tell your story

People will give more if they know why you care. Add your story to your page.



3 Smash your target

Pages with a target raise 46% more. Be brave and tell the world what you're aiming for.



4 Add a summary

Give your supporters a quick snapshot of what you're doing and why. It could raise an additional 9%.



5 Don't do it alone

There's strength in numbers – people that are part of a team raise 10% more.



6 Find your company

Impress your boss by linking to your company's Profile on JustGiving. It could boost donations by 20%.



7 Update your friends

Been out training or have some news about your fundraising? Post an update to keep your friends interested.



8 Get creative

Give people an extra reason to donate. "If I raise half my target in a week I'll dye my hair blue."



9 Share your page

Once your page is looking perfect, share it on social media. Every share is worth about £5 in donations.



10 It's all over... or is it?

Twenty percent of donations come in after the event. You never know who might still be feeling generous...



JustGiving

Headline sponsor



Serving the Midlands, South West and Wales

Western Power Distribution is the electricity distributor for much of Lincolnshire, from Mablethorpe to Holbeach, as well as the rest of the East Midlands, West Midlands, South West England and South Wales.

Western Power delivers electricity 24 hours a day to over 7.8 million customers over a 55,500 square kilometre service area. We invest heavily into the electricity network – the pylons, substations, cables and wires that deliver electricity to homes and businesses – and are there to put things right when there is a power cut.

As well as our dedication to keeping the lights on, we are committed to supporting the local communities that we serve across our region. We've been supporting St Barnabas Hospice for over five years now and this is our third year of sponsoring the Colour Dash. We were so delighted with the popularity of the event last year and are proud to support it once again and hope that it goes from strength to strength. The amount of money raised last year was phenomenal and down to the efforts of the organisers at St Barnabas and everyone who took part and raised money. We do hope that you all enjoy the event this year and continue to support St Barnabas.

For more information about us, please visit www.westernpower.co.uk

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Thank you to our sponsors for their generous support



Bailgate Independent is Lincoln's favourite free magazine with aspirational content covering art and culture, lifestyle, community and business news.

Now in its 17th year the magazine continues to grow in popularity due to our dedication to our advertisers and readers.

We spot-check the delivery of 10,000 copies to ensure they reach specially selected areas in Lincoln, businesses and villages such as Burton Waters, Nettleham, Welton, Branston, Heighington, Washingborough and Navenby.

Our sister magazines the Visit Lincoln What's On Guides were first published in 2017 and were a huge success with 40,000 copies of the last issue printed and distributed.

Watch out for these essential FREE guides in 2018.

Thank you to our sponsors for their generous support



As leading event suppliers, Running Imp provides organisers with everything needed to stage sporting and charity events. From medals and trophies to signage and race numbers, they've extended their services to include Santa Runs, Colour Runs, Midnight Walks, Mud Runs, and Obstacle races too. Each year, Running Imp are Virgin Money London Marathon's Official

Contractors for the Timing Clocks and this year are proud to also be the marathon's Official Medal Supplier. With a global reputation for service, advice, choice and value, they specialise in the design and production of bespoke medals too, supplying to events throughout Europe and worldwide.



Professional Bespoke Body Coaching
Weight Loss-Body Toning
Spin/Kettlebell-Body Conditioning Classes
www.absolutebodysculpt.co.uk

Do you want to get in shape and improve your overall strength and condition?

Our fully qualified trainers offer a wide range of fitness classes and personal coaching to suit all levels.

At ABS we are passionate about helping you achieve your desired goals. Give your body and mind a healthier future.



Sports Massage Clinic

Injury Rehab
Injury Recovery
Injury Prevention
Sporting Performance
www.d1sportstherapy.co.uk

If you're a person who wants to improve sporting performance, or if you suffer from chronic muscular pain, such as back ache, fibromyalgia, and headaches, D1 Sports Therapy can help.

We offer a wide range of treatments from deep tissue sports massage to myofascial release therapy. Why put up with pain any longer?



Lincolnshire Co-op strive to make life better in the communities that we work in and have done so for over 150 years. This is done in a number of ways including our Community Champions Scheme, Health Walks, volunteering in the community and donating water to races like we have for the St Barnabas events.

Also thanks to



MA Swift & Son



BEAUTY BLVD

Inflatable Colour Dash T&Cs

Once accepted, your place cannot be transferred after the 27th April 2018. If you cannot attend the event, you must inform St Barnabas Lincolnshire Hospice as soon as possible. All participants must be registered for the event. St Barnabas must be aware of any changes you wish to make, and in the event of a cancellation of your booking, we ask that all sponsorship forms are returned to the Hospice.

- At the event you will be asked to provide an **emergency contact name and telephone number**. This should not be someone participating in the event. Please ensure you have this information on your runner number along with any **medical details**.
- The registration fee for any entries received is non-refundable. The **minimum sponsorship is £20** for adults. There are no sponsorship requirements for under 16's.
- We will register a limited number of participants on the day, but please note this will be charged at a higher entry fee of £30, as you are unlikely to obtain sponsorship after the event.

Please make cheques payable to St Barnabas Lincolnshire Hospice. Each cheque should have the name(s) of the runner(s) written on the back. Please do not send cash through the post.

- Disabled entrants are welcome to take part, although due to the nature of the event, we ask you to contact us prior to registering, as some may find this route unsuitable. **We recommend that wheelchair users use an all-terrain wheelchair**. If a disabled participant requires assistance from another person, this person must also enter the event as an individual. We welcome guide dogs, but no other pets or animals are permitted on the course.
- **Participants must be at least 5 years old**. Anyone under the age of 16 years must be accompanied by an adult, who must also be registered for the event.
- The Inflatable Colour Dash is **not a timed race**. You can run, jog or walk the route at your leisure, but you must stick to the route marked by marshals.
- Runners will be **set off in waves** as there are staggered start times. Please check your welcome letter to see which wave you have been allocated. Please make certain you give yourself plenty of time to sign in at the registration tent before your wave start time. Participants who arrive after their registration time may not be permitted to participate.
- All participants take part at their own risk. If you suffer any medical conditions which may affect you during this event, please consult your GP prior to the event. In no event shall St Barnabas Lincolnshire Hospice be liable for any injuries, loss or damages obtained throughout the event. This includes indirect, punitive, special, incidental or consequential losses connected with any aspect of this event.
- The coloured **paint powder is non-toxic**, 100% safe and biodegradable. It is made from natural corn starch.
- The **inflatable obstacles are optional**.
- If participants have a known skin allergy or respiratory condition, we recommend that they seek medical advice before registering to take part in the event.
- All participants will be provided with **free sunglasses** on the day. First aid will be present during the event, and first aiders will carry eye wash.
- You are not permitted to use any of the sponsorship money you raise to pay for your expenses. You must pass sponsorship monies, together with used and unused sponsorship forms, directly to St Barnabas Lincolnshire Hospice by **27th July 2018**. If you do not pass all of the money that you raise to St Barnabas Lincolnshire Hospice, you may be committing a criminal offence.
- By registering either on or offline, you agree to follow the reasonable directions of St Barnabas Lincolnshire Hospice, and abide by the rules and conditions of entry for the Inflatable Colour Dash.
- Please note that **photography and filming for publicity purposes will take place throughout the event**. By taking part in this event you authorise the use of your picture for future St Barnabas Lincolnshire Hospice publications, online and in the media, and to help publicise future events.
- St Barnabas Lincolnshire Hospice reserves the right to cancel this event at any time, if necessary due to unforeseen circumstances.

Like us facebook or follow us on twitter for all the latest
Colour Dash updates

#ICD18 #getmessy

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Find out more at
fundraisng@stbarnabashospice.co.uk
StBarnabasHospice.co.uk

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