

Frequently Asked Questions

What is the Inflatable Colour Dash?

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 a vibrant colour at each kilometre and take on the challenge of new inflatables.

The Inflatable Colour Dash is all about having fun with friends and family!

With four simple rules, the idea is easy to follow:

- Start wearing white (t-shirt not provided)
- Take on the challenge of our inflatable obstacles (or go round them, we don't mind!)
- Finish covered in a rainbow of colour
- Raise lots of money for St Barnabas Hospice

When & Where

Saturday 11th May 2019

Lincolnshire Showground, Grange-de-lings, Lincoln LN1 2ZR

From 11am (staggered start times)

What are waves and how will I know which wave I'm in?

We will be setting waves off every 5 minutes to ensure a much smoother start to your run.

You will receive an allocated wave and your runner number a few weeks before. Please check which wave you are in as this will determine your Warm-up time and Start time.

My friends and family are in a different wave, can I change wave?

If you plan to run as a group, please sign up together as this makes things much smoother for us!

For large group bookings please contact us on fundraising@stbarnabashospice.co.uk

You will be allocated a wave in correlation with your runner number, please see table below.

Runner Number	Warm-up Time	Get ready!	Race Start Time	Wave Colour
1-400	10.50am	10.55am	11.00am	PINK
401-800	10.55am	11.00am	11.05am	YELLOW
801-1200	11.00am	11.05am	11.10am	PURPLE
1201-1600	11.05am	11.10am	11.15am	ORANGE
1601-2000	11.10am	11.15am	11.20am	GREEN
2001-2400	11.15am	11.20am	11.25am	BLUE
2401-2800	11.20am	11.25am	11.30am	RED

How much does it cost?

Adults (16+)

Early Bird £15 Standard £20

Children (5 – 15yrs)

Early Bird £10 Standard £15

Family (2 adults, 2 children)

Early Bird £40 Standard £55

Who can take part?

To take part, participants must be at least five years old, and anyone aged under 16 must be accompanied by a paying adult. Pushchairs will not be allowed on the course.

** Please note: Children cannot register on our website on their own; they must register at the same time as a full paying adult or family ticket. **

Do I have to complete the obstacles?

The obstacles are not compulsory; please feel free to go around them if you feel they are not for you.

What is the coloured powder made from?

The coloured paint powder is non-toxic, 100% safe and biodegradable. It is made from natural corn starch.

Registration

The easiest way to register is on our website. <https://stbarnabashospice.co.uk/events/inflatable-colour-dash-19/>

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

You can register up to 10 people at once but you will need their 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?

Every participant will be sent a welcome pack which includes a welcome letter, a sponsorship form and handy fundraising hints and tips!

You will receive your runner number approximately three weeks before the event.

On the day you will receive:

• Bag of paint • Neon Sunglasses (various colours) • Water • Medal • Polythene poncho (to keep your car clean on the way home)

Can I buy paint at the event?

Pouches of the colourful powered paint will be available to buy at the event. £2 per pouch (etc).

Is the Dash timed?

The event is an untimed fun-run.

Can I volunteer?

Want to get involved, but don't want to run the route? Why not become a Colour Pirate? Pirates will man the 5k route and shower our Colour Dashers in all the colours of the **rainbow!**

If being splattered in paint doesn't sound like your thing but you would still like to be involved we are looking for volunteers to help make the day run smoothly – get in touch with us for more information on: 01522 540 300

Raising Sponsorship

Minimum sponsorship is £20 for adults, we do not ask children to raise money – we just encourage you to raise as much as possible!

Can friends and family come and watch?

Spectating is free! There is plenty to do in our action-packed Colour Village so please do invite all of your friends and family to watch!

Where can I park my car?

Please enter the event via Gate 2 or 3 on Tilbridge Lane.

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 Monday 29th April 2019. Please note, we must have the Dasher's full contact details to ensure they are insured for the event. We will not be able to facilitate any changes after the 29th April 2019.