



## Pre-event Information

Saturday 11 May 2019

Lincolnshire Showground, Grange de Lings, Lincoln, LN2 2NA

## Welcome to the Inflatable Colour Dash 2019

A huge welcome to the 5th annual St Barnabas Inflatable Colour Dash.

The obstacles were such a huge hit last year and we are pleased they will be making an even bigger return for this year's event. We also have several fixed obstacles, courtesy of Lincolnshire Showground for you to challenge yourself on.

We have three rules at this event:

- Get as colourful as possible
- Smile for the photographers
- Have as much fun as you can!

We would like to thank you for supporting your local hospice and for taking part in this sponsored fun run. On behalf of the team and our volunteers, we hope you enjoy the event and we look forward to seeing you on the start line.

**Melissa and Louise**  
Events Fundraisers



## Key Timings

9.30am – Car park and registration opens

9.30am – Event Village opens

10.45am – Registration closes

10.50am – Warm ups start – main event area

11.00am – Pink wave start

11.05am – Yellow wave start

11.10am – Orange wave start

11.15am – Purple wave start

11:20am – Green wave start

11.25am – Blue wave start

11.30am – Red wave start

1pm – Paint party – main event area

2pm – Event close

## Before the event

- Plan your route – Lincoln Cycle Grand Prix takes place on the same day as the Inflatable Colour Dash and may impact on your journey to the Showground. There may also be delays leaving the Showground.
- Prepare your kit – We do not provide t-shirts for this event and encourage you to wear a white t-shirt (it looks best with the paint). If you are planning on wearing fancy dress for this event, please contact us if you think it may be a concern. We ask that you wear sensible footwear (no sandals or flip flops).
- Make sure you're following St Barnabas Hospice on social media. In the event of any detail changes, we are most likely to post updates on social media in the first instance.
- Car parking is free, and we advise car sharing where possible to ease with congestion on the roads. We do not put on a bus service for this event. The Showground is serviced by bus 103 Lincoln – Scunthorpe, for timetables click here [\[http://www.travelineeastmidlands.co.uk/em/XSLT\\_TTB\\_REQUEST?language=en&command=direct&net=em&line=13103&sup=B&project=y08&outputFormat=0&itdLPxx\\_displayHeader=false\]](http://www.travelineeastmidlands.co.uk/em/XSLT_TTB_REQUEST?language=en&command=direct&net=em&line=13103&sup=B&project=y08&outputFormat=0&itdLPxx_displayHeader=false)

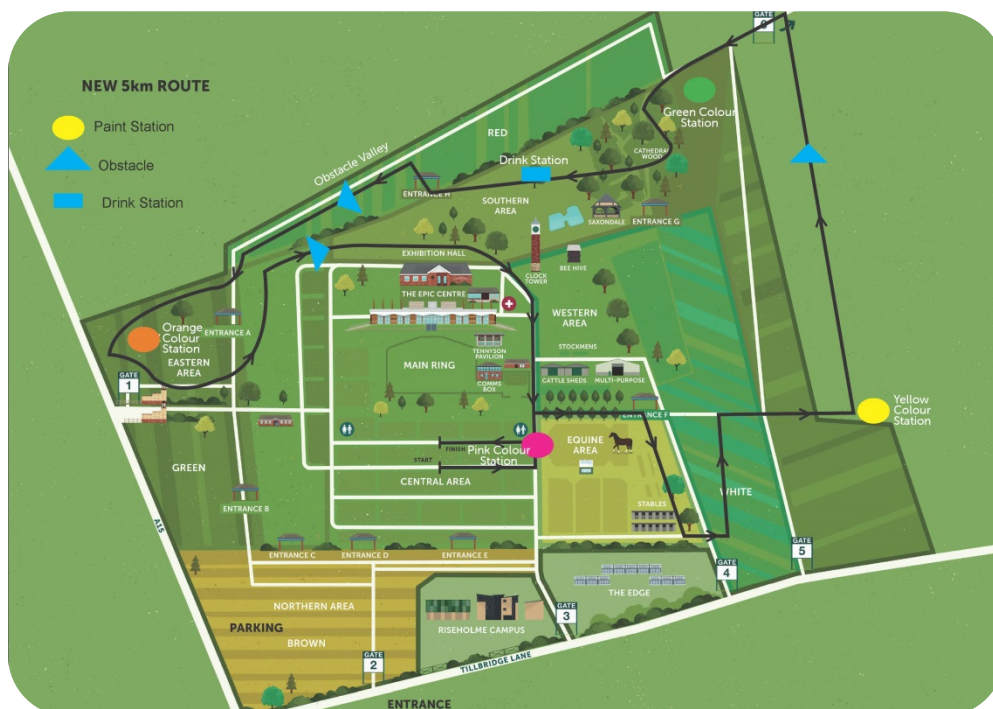
## Registration 9.30 – 10.45am

We have tried to streamline the event registration process for on the day and make wave allocation easier:

- Replacing bib numbers are our colour coded wristbands which are allocated on the day when you come to register
- Please complete your pledge form (attached to the bottom of your welcome letter) and hand this to our volunteers. If you have lost your pledge form, visit the Information tent before going to registration. You will not be able to collect your wristband without a completed pledge form
- When you arrive at registration waves will be allocated on a first come first serve basis. Once a wave is full, it is full
- Your sunglasses are colour co-ordinated to your wave to help identify which wave you are in. Please, do not ask the volunteers to mix and match sunglasses
- On your wristband you must clearly write your name, emergency contact details and medical details. This acts as your identification in the event of a medical emergency

## The 5K course

- There will be 5 colour stations in total. 1 at the start, 3 out on the course and 1 at the finish area.
- There will also be 1 drink station, located around 2.6k into the course.
- There is a maximum of 450 people per wave. Obstacles may become busy at times. As the course is not timed, you are welcome to take your time and wait for obstacles. However, if you prefer to run past then you are also welcome to do so.
- The route has a mixed terrain, so please be aware of uneven surfaces when out on the course. You can expect to run on path, grass, woodland areas and gravel paths.
- Some obstacles are inflatables and some obstacles are fixed structures. Please take care when using obstacles and only use obstacles if you feel confident in doing so.
- The route is wheelchair user friendly, but we advise using an all-terrain wheelchair
- If you require medical assistance whilst on the course, please get the attention of the nearest marshal to contact the medical team at the event. We have roaming and static medics on route also.



## Event Village

This is where you can relax before and after the event, enjoying some fine tea and coffee; delicious food and even buy some of our event merchandise.

Confirmed attendees include:

- St Barnabas Hospice – Event Merchandise stall – paint will be available to buy for £2
- Beauty Boulevard
- Eskimoo
- Fleur's Kitchen
- Noodle Box
- Barney's Churros
- Sweet Box
- Coffee Bean
- Really Awesome Coffee (gf)
- Lincoln BIG

**\*Please inform stall holders of any dietary requirements or allergies**

Spectators are welcome to enjoy the Event Village while they wait for you to cross the finish line.

## Your fundraising

All of the funds raised from this event really does make a difference!

- £20 will help to pay for the care our Hospice at Home team offers to our community
- £50 will help pay for the physiotherapy a patient needs to retain their independence
- £100 will help to fund the exceptionally specialist care some of our patients need

If you have collected money offline, you can bring this with you on the day in a sealed envelope and pass it to our Information team. Please write your name and participant number (on your welcome letter) clearly on the envelope.

If you wish to hand in your sponsorship monies after the event you can do so by:

- BACs transfer
- Cheque
- Through the website
- Bringing it to our Fundraising office or one of our shops (please let them know it is from Colour Dash)

**All sponsorship monies must be handed in by Friday 12<sup>th</sup> July.**

## Photos

All event photos will be available on our Facebook page a few days after the event. All of our photographers are volunteers and give their time generously. You are more than welcome to share and save photos for your own use.

## Withdrawals

The date for withdrawals and refunds has now passed and we are now unable to transfer or refund any places. If you are unable to attend, please contact [fundraising@stbarnabashospice.co.uk](mailto:fundraising@stbarnabashospice.co.uk) so we are aware.

## Contacting us

The events team will be on site setting up from Friday 9am with limited access to emails. If you have a query, please contact **01522 540 300** or message the St Barnabas Hospice Facebook page.

## Volunteers Assemble!

We are always on the look out for people who wish to get involved with our events. If you have family or friends coming with you who have not entered the event and they wish to be involved. Please, ask them to contact us on [fundraising@stbarnabashospice.co.uk](mailto:fundraising@stbarnabashospice.co.uk)

## Got the fundraising bug?

We have a number of events across the 2019 calendar and we hope to see you at one of other events soon:

<https://stbarnabashospice.co.uk/events/moonlight-walk-lincoln-19/>

<https://stbarnabashospice.co.uk/events/moonlight-walk-stamford-2019/>

<https://stbarnabashospice.co.uk/events/mighty-mudder/>