



## Frequently Asked Questions

### What is a Colour Dash?

St Barnabas Hospice Colour Dash is Lincolnshire's five-kilometre un-timed run where you will be showered from head to toe in a vibrant colour at each kilometre.

The Colour Dash is all about having fun with friends and family! This year its extra special because we are celebrating 40 years of St Barnabas Hospice

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

- Start wearing white (t-shirt not provided)
- Finish covered in a rainbow of colour
- Raise lots of money for St Barnabas Hospice

### When and where is the Colour Dash taking place?

Saturday 14<sup>th</sup> May 2022

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

From 11am (staggered start times every five minutes)

Registration opens at 9.30am and closes at 10.30am. *Please note: If you arrive after 10.30am you will not be able to take part.*

The warm-up will commence for all participants at 10.45am.

We are not accepting sign ups on the day.

### 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 smooth start to your run.

You will receive an allocated wave and your runner number two weeks before.

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

If you plan to run as a family or group, please sign up together to ensure you are in the same wave.

Two weeks before the event, we will post out your runner number and let you know the time of your wave. All waves will be set off between 11am and 11.30am.

### How much does it cost?

Adults (16+)

Early Bird £15 Standard £20

Children (5 – 15yrs)

Early Bird £5 Standard £10

### Can my child take part?

Colour Dash is safe for everyone and we welcome families to take part. However, we are asking that children are age 5+. Mass participation events such as the Colour Dash can be overwhelming to some children and adults. We ask that parents and guardians consider the noisy, colourful environment and paint powder clouds when registering. The Fundraising team is available to talk to anyone who is unsure on suitability.

Children under 16 cannot register without a paying adult. A maximum of 6 children can be registered per adult for this event. On the day, anyone aged under 16 must be accompanied by a paying adult at all times.

**Are pushchairs allowed?**

No pushchairs are allowed on the 5k route, but you are more than welcome to leave them with family or friends who are spectating.

**Are wheelchairs allowed?**

Participants with disabilities 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 the route unsuitable. We recommend wheelchair users use an all-terrain wheelchair. If you require assistance from another person, this person must also enter as an individual. Only guide dogs are accepted – no other pets or animals are permitted at the event.

**What should I wear?**

We recommend you wear a white t-shirt (not provided) and comfy, sports clothes and shoes you don't mind getting messy. Trainers are recommended. The powdered paint does wash off, but certain materials are a little more susceptible to staining than others.

Wearing fancy dress is completely optional. Fun, brightly coloured merchandise will be on sale at the event.

**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.

**Will the powder come off?**

Excess powder should brush off you and your clothes while it is dry and in powder form. Any remaining powder will off your body in the shower.

**How should I protect my car?**

We advise you bring a spare change of clothes and a towel/sheet to protect your car seats. Disposable ponchos will be available to purchase before or after the event if you wish to use these. As a Hospice we are working towards being more sustainable at events and avoiding unnecessary waste.

**What does my registration fee include?**

Each participant will receive email updates with fundraising hints and tips, as well as exclusive access to our Colour Dash Facebook group.

Two weeks prior to the event, runner numbers will be posted out to everyone. Please remember to complete your emergency contact details and medical information on the reverse.

On the day of the event, you will receive a pair of neon sunglasses, a bottle of water and a medal to take home. Participants are encouraged to bring their own water bottles and there are facilities to refill half way around the route

Once we have received all monies, participants will be issued with a thank you certificate.

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

Paint pouches will be available to buy at the event alongside brightly coloured merchandise.

**Can I bring a picnic?**

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

**What if it rains?**

A little rain won't stop us, it just gets messier so be prepared!

**Can I bring my dog?**

Sorry no dogs are allowed on the course other than guide dogs.

**Where can I park my car?**

Free car parking is available at the event. Please enter the Showground via gate 1 which is near the speed camera on the A15. Car parking stewards will direct you on the day.

**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!

**Can I volunteer?**

Want to get involved, but don't want to run the route? Why not become a Paint Pirate? You will be based on one of our paint stations around the 5k route where you can 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 also looking for volunteers to help make the day run smoothly. To register your interest, visit [www.stbarnabashospice.co.uk/colourdash/volunteer](http://www.stbarnabashospice.co.uk/colourdash/volunteer)

**Do I need to raise sponsorship?**

Once you have paid your registration fee, we ask that you raise a minimum sponsorship of £40. The event registration fee only covers the cost of putting on the event and all funds raised will go directly into patient care.

**£43.74** would allow us to care for a patient in their own home for three hours.

**£68.72** pays for a doctor to spend time working out a personalised pain relief medication plan for a patient.

**£102.40** could buy four mouth care kits so we can add moisture to patients' mouths and immediately relieve discomfort.

**How do I pay/raise my sponsor money?**

**Facebook** has fast become one of the easiest ways to encourage family and friends to support you and your fundraising efforts – with every penny donated to your Facebook Fundraiser coming to St Barnabas. It's simple and quick to set up and can be shared across your social media accounts. [Click here](#) to set up your Colour Dash Fundraiser.

If you prefer to use **JustGiving** this is another simple and hassle-free way to collect your sponsorship money. It eliminates the need to chase up of pledged sponsorship after the event and is easy to share via social media. Click [here](#) and set up your Colour Dash fundraising page by pressing the orange 'start fundraising' button.

If you would like to donate your £40 directly, you can do so via our website. Please visit [www.stbarnabashospice.co.uk/donate](http://www.stbarnabashospice.co.uk/donate)

Click [here](#) for an online sponsorship form

If you need any help with your fundraising, the team are always on hand to help. Email [fundraising@stbarnabashospice.co.uk](mailto:fundraising@stbarnabashospice.co.uk) or call 01522 540 300.

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

If you cannot attend the Colour Dash you must contact the Fundraising team as soon as possible.

You may be able to transfer your place up until Friday 29<sup>th</sup> April 2022. Please note, we must have the runner's full contact details to ensure they are insured for the event. We will not be able to facilitate any changes after 29<sup>th</sup> April 2022.