

Frequently Asked Questions for Garstang Colour Dash

Q. How do I sign up?

Visit www.sjhospice.org.uk/colouredash where you can register and set up your fundraising page too! We do have some manual forms which we can post out if you can't access a computer. Please bear in mind that we will be keeping in touch **via email** to reduce costs.

Q. How much is it?

We are doing a promotional 'Early Bird' price up until 1st April 2019.
Adult over 18 yrs £20.00, Child aged 5-17 £10 and family price of £45 (2 adults & 2 children or 1 adult & 3 children.)
From 2nd April the full price will apply.
£25 per adult, £15 per child & £55 per family.

Q. When do registrations close?

Early bird price registrations close at Noon on 1st April 2019. Full price registrations close at Noon on 7th May 2019.

Q. What if I miss the deadline for registration?

Unfortunately due to the nature of the event we have to close registrations a few days before the event to allow us to accurately order the powder paint, runner numbers and medals in enough time to receive delivery. We would not want to run out of paint and for you to be disappointed!!

Q. Where is the Garstang Colour Dash?

It sets off from Cerestanc Square in front of Booths in Garstang. The route crosses over Park Hill Road through to the High Street, towards the car park and then follows the river Wyre northwards to Wyre Lane, crossing over the river and then follows the public footpath back round by Greenhalgh Castle and returns to the start. There are 4 colour stations spread out along the route.

Q: What time should I arrive?

The event will begin at 12pm, arrivals from 11.00am. Please allow enough time to park. Don't forget to bring along your runner number and attach it to the front of your tshirt, you will only be able to take part if you have this.

Q: Where do I park?

There won't be any allocated parking specifically for the event but there are lots of Pay & Display car parks within Garstang Town centre. Please try to either use public transport or share transport where possible.

Q: When can I collect my T-Shirt and accessories?

Your T-shirt packs will be ready for collection from the St John's Hospice Furniture shop on Garstang High Street, PR3 1LL (tel 01995 604155) from Tues 7th May 2019, normal opening hours are 9.30 -4.30 Monday to Saturday. *If you*

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sign up after 6th May you will have to collect on the day unless you want to collect from the hospice reception. We will post a reminder on our facebook page nearer the time.

Q: How far is the run/walk in miles?

5k = 3.1 miles

Q: What if my child can't walk/run 5k?

The route is through countryside and fields with uneven terrain. It is not an easy 5k so be aware that some of our Hospice Heroes may struggle and may need some hand holding or even carrying!! If you wish to turn around before the half way point please do but also be aware that the route is circular and to experience the full Garstang Colour Dash (all 4 colour stations) you will need to complete the full 5k.

Q: Do I need to bring any loose change with me on the day?

If you wish to buy accessories, this will require you to bring some cash on the day. We will be selling packets of the colour powder to participants and spectators. The more colour the better.

Q: How long will it take me to complete it?

Everyone is different, and it can take anywhere between 30 minutes to 2 hours depending on your fitness levels and the make-up of your group. Some people will choose to walk, some will choose to run. Whatever you choose it is important to remember that this is not a race! It's about coming together with like-minded people and having fun.

Q: Will there be toilets?

We will not be providing toilets for this event. The nearest public toilets to our start and finish point will be the public toilets outside Booths.

Q: What happens if I'm too tired or I hurt myself?

If you require assistance let a nearby marshal know, he/she will assist you. We will have first aid assistance.

Q: How do we all set off?

It will be a mass start. Please bear in mind that we are crossing Park Hill Road almost immediately and continuing up the High Street where there will be pedestrians around. We are asking our participants to keep to the left-hand side of the pathway. Road closures will be in place.

Q: Will I be safe?

We have marshals spaced out along the route. They all have mobile phones. Any issues should be reported directly to one of our official marshals. The police and

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Wyre Borough Council have been informed that this event is taking place and a road closure will be taking place.

Q: What clothing & shoes should I wear?

Please wear the white t-shirt we provide you with and your Garstang Colour Dash runner number. Our colour station volunteers will only throw powder at people wearing these numbers. As the route is through countryside and fields with uneven terrain it please make sure that you have sturdy footwear, it can get quite muddy and soggy underfoot. Please be aware that the powder should wash off, however we cannot guarantee this and advise wearing old clothes and footwear in case of staining. We do advise wearing sunglasses to protect your eyes.

Q: How do I clean myself after the event?

Wear your colours like a badge of honour! However you will be covered in different coloured paints by the end of it! The loose powder should brush off your clothing fairly easily and the rest should wash out. It is a good idea to protect your car seats with either bin bags or towels to stop transference. The colour can stick more in lighter hair so blondes beware! It will come out though!

Q: Can I come in fancy dress?

You can come in fancy dress but the idea behind the Colour Dash is that everyone dresses in white and ends up covered in colour from top to bottom at the end. By dressing in white you will add to the effect!

Q: Can I hand in sponsor money on the day?

Please do not bring any sponsorship monies with you on the day of the event. We will not have anywhere secured to store it. We ask that you return all of your sponsorship, or personal donation, money by Monday 8th July 2019.

Q: What will the sponsor money be used for?

Every single penny will go towards the running costs of the Hospice. The money we raise at this year's Garstang Colour Dash will go towards continuing to provide care to patients with cancer and other life limiting illnesses and to support their families at a time when they need it the most. Each day we have to raise over £8000.00 to run the hospice.

Q: Is there a minimum amount I have to collect?

No, but please do your best to raise as much as you can, you really will be making a difference. We are suggesting that individuals aim to raise a minimum of £30 and family groups aim to raise a minimum of £50.

Q: How does the Hospice know who is eligible to pay Gift Aid?

When your friends, family and colleagues sponsor you to take part, if they pay tax in the UK in anyway (this is not only on their salary but on their savings,

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pension or investments), we can claim Gift Aid on their individual donation. The Gift Aid column appears on the right-hand-side of the sponsor form so please encourage your sponsors to tick this if they pay tax in the UK. They must also give their full name, HOME address (we cannot claim Gift Aid when a work address is given), postcode and amount. We can then claim an extra 25p for every pound they donate so it is worth taking the time to do this.

Q: Can I bring my dog?

Sadly no! Whilst the powder has been approved as safe for its intended use by the FDA, it hasn't been cleared for use on our four legged friends. Plus as this is essentially a run they may become a tripping hazard for the other runners.

Q: What clothes should I wear if it's raining?

Unfortunately we cannot predict the weather so keep your eyes on the forecast and dress appropriately. Walking/running in the rain means you are going to be wet no matter what you wear but don't let that put you off.

Q: Who can take part in this event?

This event is open to anyone and everyone from the **age of 5 and up**. Anyone **under 16 must** be accompanied by a responsible adult. However please be aware of the terrain and distance as the younger ones may struggle.

Q: Will you be providing water for us?

We will provide each participant with a bottle of water at the start. However, if it is a hot day you may wish to bring your own additional water.

Q. How safe is the powder?

The premium powder used is natural corn starch and is non-toxic & biodegradable (washes away with ease leaving no harm to the environment) It is both cosmetic and food grade tested and has been specifically manufactured for this use. It avoids allergy reactions and can be ingested without problems. If you require any further details please contact Karen in the fundraising team on 01524 382538.

Q. Is it suitable for wheelchair and pushchair users?

Unfortunately due to the routing which goes over a narrow footbridge over the river, through fields and up some narrow steep steps we have to say that it is not suitable.

Q. Can my friends watch?

Yes there is plenty of opportunity to watch the event at several places along the course, especially at the colour stations. There will be packets of powder paint being sold at the start/finish area so your friends/family can join in and pelt you with extra powder. We just ask that the powder is only thrown in the designated

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spaces as we have to ensure that the areas are cleaned up after the event for other users at a cost to the hospice.