

Frequently Asked Questions for Kendal Colour Dash

If you can't find the answer to your query below, please call the Kendal Fundraising Team on 01539 733228.

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 31st March.
Adult over 18 yrs £20, Child aged 5-17 £10 and family price of £45 (2 adults & 2 children or 1 adult & 3 children.)
From 1st 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 midnight on 31st March 2019. Full price registrations close at midnight on 13th 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: When can I collect my T-Shirt and accessories?

If you have registered before Tuesday 7th May and chosen to collect your T-shirt and accessories, they can be collected at St John's Hospice Kendal Furniture shop at 68 Highgate, Kendal, from **Thursday 9th May until Tuesday 14th May between 9.30am and 4.30pm**. We will be open until 7pm on two of those evenings: Friday 17th and Tuesday 21st. Please note that the shop is closed on Sundays and you will not be able to collect on this day.

Please note that colour dash bags for registrations submitted after this date will be transported from the hospice to the shop as soon as possible. Your understanding and cooperation is greatly appreciated.

We will not be handing out t-shirts on the day of the event, so please make sure that you have collected yours beforehand. Please be aware that any paint purchased online cannot be posted and must also be collected before the event. Paint can also be purchased on the day.

Q: What time should I arrive?

The event will begin at 11am, please arrive from 10am onwards. Please allow

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enough time to park. Entertainment will be provided from 10am.

Q: Where do I park?

There won't be any allocated parking specifically for the event but there is a pay car park (£1 for 4 hours) at K Village, Lound Road, Kendal.

Q: How far is the walk in miles?

5km = 3.1 miles

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

We understand that not everyone taking part in the event will manage the 5k, especially our little Hospice Heroes! If you wish to turn around before the half way point please do. Please be aware that to experience the full Colour Dash (all 5 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 or refreshments (at Kirkbie Kendal School only), this will require you to bring some cash on the day. We will be selling packets of the colour powder and a variety of dayglow accessories to participants and spectators. The more colour the better!

Q: How long will it take me to walk?

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?

There will be toilets at the start and finish point at Kirkbie Kendal School.

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.

Q: How do we all set off?

It will be a mass start. Please bear in mind that the route of the Colour Dash is not a 'closed route'. Please be courteous to other walkers and users of the route.

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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South Lakeland District Council have been informed that this event is taking place.

Q: What clothing & shoes should I wear?

Please wear the white t-shirt we provide you with and your Colour Dash number. Our colour station volunteers will only throw powder at people wearing the numbers. Appropriate clothing must be worn. Please be aware that the powder should wash off, however we cannot guarantee this and advise wearing old clothes and comfortable trainers 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 secure to store it. We ask that you return all of your sponsorship, or personal donation, money by Monday 28th July to be considered for the prize draw. Sponsorship above £25 will be entered into a draw to win a voucher for Kendal Wall or a beautiful custom hand-made chocolate house!

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 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.

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?

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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, 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.

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 18 must be accompanied by a responsible adult.

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?

Please contact the Kendal Office on 01539 733228 to discuss.

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

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