

Lancaster Bubble Rush Frequently Asked Questions

Please take a look at the following FAQ's, hopefully they will answer any questions you may have but if not then please contact the Fundraising Team 01524 382538

Q. What is the Lancaster Bubble Rush?

Bubble Rush is a fun run- but it is not a race; the event is not timed so there is no competition and no pressure to do anything other than have fun! Around the course there are four bubble stations, each has a large foam cannon pumping out coloured bubbles. Our participants – we call them bubblers – can walk, run, jog, dance or toddle through the foam.

Q. How do I sign up?

Visit www.sjhospice.org.uk/bubblerrush where you can register and set up your fundraising page too! If you don't have online access please call the office during normal working hours and we shall try to help. 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 19th May 2019.

Adult 18 yrs. and over £20.00, Child aged 3-17 £10 and family price of £45 (2 adults & 2 children or 1 adult & 3 children.)

From 20th May the full price will apply.

£25 per adult, £15 per child & £55 per family.

Q. What does the entry fee cover?

You will receive a white Bubble Rush t-shirt to wear through the bubbles – we guarantee it won't be white at the end! Every Bubbler finishing the course gets a Bubble Rush medal too! Your registration fee only covers the basic cost of running the event, we therefore ask every Bubbler to try and raise some sponsor money.

Q. When do registrations close?

Early bird price registrations close at midnight on 19th May 2019. Full price registrations close at midday on 11th July 2019. St John's Hospice reserves the right to close registrations early if the event is at full capacity.

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 t-shirts and medals in enough time to receive delivery. We would not want to run out of anything and for you to be disappointed!!

Q. What is your refund policy?

All entry fees are non-refundable. Please check the event terms & conditions for further information. There will be no refunds due to acts of God, we do have a plan to keep the bubble fun in the event of rain, but be aware that because of the foam component of the bubble rush if there are heavy rain/winds forecast there is a chance that the event will need to be rescheduled.

Q. Can anyone sign up on the day?

At this early stage it is hard to say. We will only be able to take extra participants if we have enough t-shirts and medals, this will be announced on our Facebook page nearer the time if we are able to do this.

Q. Where and when is the Bubble Rush?

It is in Ryelands Park, Lancaster on Sunday 14th July 2019 and sets off at 12 noon. It is a 2.5k lap that can be done twice for double bubbles making it 5k.

Q. Are teams allowed?

Absolutely! There is no upper limit, so bring the whole class, group or office! If you do want to sign up a group of more than 10 you can get in touch with the fundraising team on 01525 382538 or email fundraising@sjhospice.org.uk and we can help you with this.

Q: Who can take part in this event?

This event is open to anyone and everyone from the age of 3 and up; unfortunately due to our insurance anyone younger than this cannot take part. However please be aware of the height of the bubbles and the distance to cover as the younger ones may struggle. Anyone under 16 must be accompanied by a responsible paying adult.

Q. Can children take part?

Kids love Bubble Rush! Children aged 3 and over are very welcome as long as they can manage the distance and finish either one lap or both laps. Children under 16 must be accompanied around the course by a paying parent, guardian or responsible adult. We recommend holding hands of the younger children when walking through the foam. Smaller children can be carried. We cannot allow pushchairs.

Q. Is it suitable for wheelchair and pushchair users?

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We cannot allow pushchairs on the course; however wheelchair users need to be aware that the course is on uneven grassy terrain, which may be difficult to navigate over. We also need to highlight the risks involved in a seated person moving through a deep thick layer of foam, this could cause breathing difficulties. Please call the fundraising office to discuss before you sign up on 01524 382538.

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

2 laps is 5k = 3.1 miles.

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

The 5k route is 2.5k twice round Ryelands Park, there is no problem if you only want to do one lap of 2.5k, and you will still get through all 4 bubble stations and receive your medal at the end!

Q: Can I bring my dog?

Sadly no! The Bubble Rush team loves dogs but only as spectators, they must be kept on a lead at all times and of course please poop a scoop after your dog too! For the safety of all bubblers we cannot allow any animals on the course and for hygiene reasons they must not go in the foam. This includes dogs being carried. Our course marshals and bubble team members will ask anyone with a dog to stay out of the foam.

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 Reception on Slyne Road, Lancaster from 2nd July 2019 between the hours of 9am & 8pm every day.

Q: What time should I arrive?

Get there in plenty of time so that you can soak up the colourful atmosphere! There will be merchandise stalls so you can put the finishing touches to your outfit plus catering and other amusements and music by **Heart Radio**. The first Bubble Rush wave will set off at 12pm but please allow enough time to park. Don't forget to wear your Bubble Rush t-shirt, you will only be able to take part if you have this. Runners will be set off in groups of approximately 250 to try and alleviate bottlenecks at the bubble stations.

Q: Where do I park?

There won't be any allocated parking in Ryelands Park specifically for the event but there are lots nearby in Lancaster City Centre. Please try to either use public transport or share transport where possible and be mindful of local residents.

Q: What clothing & shoes should I wear?

Please wear the white Bubble Rush t-shirt we provide you with. You will only be allowed to take part if you are wearing this. The colour in the bubbles may stain but should wash out, however we cannot guarantee this and advise wearing old clothes and footwear in case of staining. We do advise wearing sunglasses or goggles to protect your eyes, especially if you're bringing the kids – the bubbles may be deeper than they are tall!

Q: What else should I bring?

If you wish to buy accessories, then you may want to bring some cash on the day. We will be selling colourful accessories to participants and spectators. The more colour the better. We will also have some food stalls and other activities available. It may also be worth having a small backpack (waterproof) that you can take with you to carry any changes of clothes, shoes, old towel so you can dry off after the event.

Q: How do we all set off?

Runners will be set off in groups of approximately 250 to try and alleviate bottlenecks at the bubble stations. Please arrive in plenty of time for a 12 noon start.

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

Everyone is different, and it can take anywhere between 20 minutes to just over an hour 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 be providing a few portaloos in Ryelands Park for this event.

Q. How safe are the bubbles?

The foam mixture that we use is completely safe. The dye in the foam gives vibrant colours, however it is a food dye and is water soluble so it's environmentally friendly too. In fact the creamy foam has the same viscosity as water and does not contain any soap at all. It is safe for people with nut allergies and gluten intolerance. Slight stinging in your eyes may occur, however the pH balance is very low. Just be careful when wiping your eyes with your hands if they have frothy suds all over them. We suggest you pack an old towel to take around with you to remove excess foam after you've finished the bubbles, and having some extra towels in the car for the journey home – or even better a

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change of clothes. We have tested the foam mixture on all manner of humans without any issues. The mixture that we use is drier than most foam; therefore you won't be soaked and won't be slipping around in the foam.

Q. How deep is the foam?

The bubble stations can be filled to a depth of 4 feet, so we recommend that you carry small children, hold hands of older children and that they wear eye protection – swimming goggles are fine!

Q. Bubble Commandos will be shooting foam at us with cannons, is that dangerous?

Our staff are fully trained and will not aim the foam directly at your face. They are there to make sure there are plenty of colourful bubbles and help you have a great time, safely.

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 on site.

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 Lancaster City Council have been informed that this event is taking place.

Q: How do I clean myself after the event?

Wear your colours like a badge of honour! However the bubbles can make you soggy and you may want to change into a dry top. Maybe bring along a towel to dry yourself off and protect your car seats with either bin bags or towels to stop transference.

Q: Do I have to fundraise?

Your registration fee only covers the cost of running the event. Please do consider asking for some sponsors or giving a donation, you really will be making a difference to local people in your area. We are suggesting that individuals aim to raise a minimum of £30 and family groups aim to raise a minimum of £50.

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 Lancaster Bubble Rush 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: 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, 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 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 September 2019.

Q. Can my friends watch?

Yes there is plenty of opportunity to watch the event within Ryelands Park, especially at the bubble stations. (Only paid participants will be allowed in the bubbles) There will be stalls and music as well to entertain any spectators.

Q. Are cameras and phones safe?

It's a good idea to take some precautions to protect your devices. The foam is water based so if you stay in the foam too long your devices may get wet. Also your hand will be wet so be careful not to let your smartphone drop into the foam.

Q. Will there be any photographs taken?

Yes we will have photographers there on the day, please be aware that these may be used by St John's on their website and social media pages and to promote any future events.