

Frequently Asked Questions for Morecambe Colour Dash

Q. How do I sign up?

Visit [Morecambe Colour Dash 2022 - St John's Hospice \(sjhospice.org.uk\)](https://sjhospice.org.uk) 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 22nd July 2022. Adult over 18 years £18.00, Child aged 4-17 £10 and family price of £45 (2 adults & 2 children or 1 adult & 3 children.) From 23rd July the full price will apply. £22 per adult, £14 per child & £55 per family.

Q. When do registrations close?

Early bird price registrations close at midnight on 22nd July 2022. Full price registrations close at midnight on 12th September 2022.

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 and medals in enough time to receive delivery. We would not want to run out of paint and for you to be disappointed!! However, we will be taking signs up on the day

Q. Where is the Morecambe Colour Dash?

It sets off from Morecambe Leisure Park (the grassed area between the Midland Hotel & the RNLi lifeboat station on Morecambe Promenade. The route follows the promenade in a southerly direction towards Heysham and turns round at Sunny Slopes to head back to the beginning. There are colour stations spread out along the route

Q: What time should I arrive?

The event will begin at 11am, registration will open at 9.45am. Please allow enough time to park and register.

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 and on road parking along the promenade. Please note there may be local charges for parking.

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

Your T-shirts will be ready for collection from the reception at the hospice from 5th September 2022 (reception is open from 9am – 6pm each day) *If you sign up after this date* please leave a couple of days for us to prepare it. We will post a reminder on our Facebook page nearer the time

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

5k = 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 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 at the Festival Market, Clock Tower & West End Gardens.

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 entering onto the main prom and there will be pedestrians around. We are asking our participants to keep to the left-hand side of the prom.

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: What clothing & shoes should I wear?

Please wear the white t-shirt we provide you with. Our colour station volunteers will only throw powder at people wearing white t-shirts. Appropriate clothing

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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 secured to store it. We ask that you return all of your sponsorship, or personal donation, money by Sunday 30th October 2022.

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. Each day we have to raise over £9000.00 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, 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?

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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 4 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 Roz in the fundraising team on 01524 382538.

Q. Is it suitable for wheelchair users?

Please contact Roz in fundraising on 01524 382538 to discuss but the promenade is very suitable as it is mainly an even surface, apart from a few kerbs that need to be negotiated.

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 promenade is cleaned up after the event for other users at a cost to the hospice.