

## **COLOR RUN**

**Date:** 4/23/22

**Time:** 8:00 am - 4:00 pm

**Location:** Onteora HS

**Cost:** \$10/person (includes t-shirt) payment can be made via cash or check. Please make checks payable to Onteora Students Against Destructive Decisions. All payments can be mailed to ATTN: Students Against Destructive Decisions Advisor, 4166 State Route 28, Boiceville, NY 12412 or can be made on the day of the race!

**Registration dates:** 3/14/22-4/14/22, confirmation email will be sent out. To register please go to the SADD TAB on the Onteora High School's website and fill out the google form!

### **RACE DAY INFORMATION:**

Participants will run through a rainbow of colors throughout the course that has been set up around the high school campus.

#### **Q1. What time is registration? Who can register?**

8:00am-9:00am. All ages can register for the event!

#### **Q2: Where is registration located?**

Registration tables will be set up outside and to the right of the bleachers. When you get to registration please have your confirmation email out for check-in. At check in you will receive your t-shirt.

#### **Q3: What if I register after April 14th?**

You can still participate! You can pay when you get there. There will be a limited number of extra t-shirts available. If we run out of t-shirts just bring your own white shirt!

#### **Q4: Where can participants wait for the race to start?**

All participants should be on the bleachers by 9:30am for pre-race overview

#### **Q5: Where are the start and finish lines?**

The start and finish lines will be on the track. The course will have arrows to point you in the right direction!

#### **Q6: Do I get a race time?**

There are no set race times for each participant. Groups of 20 will be sent off every 15 minutes to allow for people to make their way through the course safely!

#### **Q7: What can I expect at each color station?**

You will be running into an array of colors! Each station will have a different color. All colors are non-toxic. If you happen to get color on your skin it can be removed with soap and water!

**Q8: Is there a chance of the color getting into my eyes?**

There is a possibility that the color powder may get into your eyes. We highly recommend either closing your eyes, or wearing sunglasses. Do not run with your eyes closed!

**Q8: Will there be water stations?**

There will be a few water stations located throughout the course. We ask that you dispose of any cups properly by placing them in the bins as you exit the water station.

**Q10: Will there be refreshments available?**

Of course! We know that running can build up an appetite. There will be water and other foods available for purchase throughout the day.

**Q11: What if I don't want to run but want to participate?**

You absolutely can still be involved! We are always looking for volunteers to help throw the powder. If that is something you would be interested in doing please email [rscherer@onteora.k12.ny.us](mailto:rscherer@onteora.k12.ny.us) for more information.

**Q12: Will there be pictures taken?**

Throughout the course there will be a few photographers to capture the amazing and colorful moments that you will be experiencing. All pictures will be posted on the Onteora SADD TAB on the High School's Website!

## HOW TO PRESERVE THE LOOK OF YOUR COLOR RUN T-SHIRT

### STEP 1: VINEGAR YOUR SHIRT

Vinegar prevents the colors from fading. Many people choose to soak their Tees in white vinegar, but you can use the spray bottle approach.

### STEP 2: IRON THE SHIRT

After the shirt dries, turn the T-shirt inside-out before you start ironing. If you are ironing it in the house, ensure that you open the windows to let the smell outside.

### STEP 3: DRY THE SHIRT

Throwing the vinegar-soaked t-shirt in the dryer promotes further absorption of the colors. You can wrap it in an old, unused towel when you put it in the dryer. Some choose to wash it before drying the shirt, though drying it directly helps prevent further color fading.

### STEP 4: COLD WASH THE SHIRT

Use cold water with some mild detergent when washing your t-shirt. You will see that your shirt will not be as colorful as it was after you finished your color run. Keep in mind that too much detergent might lead to excessive color fading