

## **West Cary Color Fun Run-\*A few of the most common questions asked by our fearless Color Runners!**

### **Do I need to be some sweet ole' runner to do this?**

Oh my goodness, NO. The Color Run event is all about a color crazy day promoting health and friendship. You can run, walk, crawl, or cartwheel if you wish!

### **What is included with my registration?**

Each registered runner will receive a t-shirt, a dance party and guaranteed fun ;)

### **Can I run with my dog/cat/turtle?**

For the safety of our runners and animal friends, we do not allow animals at the color run.

### **Where/when do I pick up my t-shirt?**

On race day beginning at 9:00 AM registration tables will be in the back of the school by the practice fields. Follow the sound of the music and you will find us.

### **How is the color administered along the course?**

You will see smiling faces along the course whose main goal is to douse you in colorful powder to ensure that you look like you ran through a beautiful rainbow by the time you cross the finish line.

### **Will the color ruin clothes or running shoes?**

The color does mostly wash out after the event. As with anything dirty, the sooner you wash it the better. We suggest wearing items that you wouldn't mind getting colorful.

### **How does the color affect the inside of cars?**

Most people bring some towels for the insides of their cars, or a change of clothes just in case.

## Is The Color Run timed?

This is not a timed event. Just a fun way to spend a morning with other West Cary families and promote a healthy lifestyle.

## What happens if there is bad weather?

A little rain won't stop us! If there are major weather warnings check West Cary's homepage on race day.

## What if I have a super sweet question that isn't answered here?

Direct all questions to [lea.ann.troiano@gmail.com](mailto:lea.ann.troiano@gmail.com)

## What else do I need to bring with me on race day?

**You can bring some money**-we will have lots of fun cool raffles that will be offered like winning an Ipad and an X-Box. Kona ice will also be attending the race. Blankets or lawn chairs if you need to do some relaxing. Don't forget some towels for the car and/or a change of clothes after. The school bathrooms will be accessible on race day. You can also bring sunscreen and extra water if we have a hot day. There will be lots of photo ops so be sure to bring your camera.

## A lot of color runs allow runners to wear crazy socks, outfits hats etc. Is this ok for this race?

**ABSOLUTLEY!** This is the one time at school that crazy is encouraged so get your fun outfits on!

## Will the powder hurt my eyes?

The color throwers will do their best to avoid the eye area plus you get a cool pair of shades when you register. If it does however make its way in your eyes it won't hurt.

## Where will we park?

There will be overflow parking across the street at the church. We will have some volunteers directing you. You just can't park in the fire lanes by the gym and front of the school.

**How long will we be there?**

The fun will come to an end around 12:00.

**Please note that we will have high school student volunteers taking photos and videos of the runners. These photos may be used for future Color Run events for advertising.**