

# Forget Me Not Colour Run FAQs

GET READY. GET SET.  
**GET COLOURFUL!**



## Why should I take part in the Forget Me Not Colour Run?

We are very excited to be holding our fourth Forget Me Not Colour Run and this year it's at a **NEW venue!** In previous years, we've had over 1000 people taking part in the event, helping to raise thousands for Forget Me Not Children's Hospice.

The Colour Run is a great opportunity for us all to get running, get messy, have fun and raise money all at the same time.

Here at Forget Me Not, it will cost us £4.5million this year to care and support for our children and families and keep reaching more of the families that need our help. Most of this money comes from people like you – our local communities, businesses and supporters. Taking part in the Forget Me Not Colour Run is one way you can do your bit.

## How long is the course and where does it go?

We're bringing the Colour Run to the community, making it much more accessible this year. The new course is at Orchard FM Sports Park at Salendine Nook, Huddersfield, HD3 3XF, just off Junction 23 of the M62. The course is approximately 3.5km – the exact length and route will depend on the ground and weather conditions on the day. It's a mixture of sports pitches, grass fields and woodland tracks.

## Do I have to run the whole course?

No, absolutely not. We want as many people as possible to take part and that is at whatever speed and pace you are comfortable with whether that be running, jogging, walking or even dancing! We just want people to enjoy the day and have fun doing it.

## Is the run timed?

No, it isn't a race so there is no timing and there will be no race numbers this year – let's just keep it fun! There won't be a winner and you won't be provided with a race time at the end, although you will get a medal for completing the course!



## Do I need to get sponsored?

Your registration fee covers the cost of putting on the event. To raise money for Forget Me Not, we'd love it if you could get people to sponsor you to do your run. If everyone taking part in the Colour Run raised just £20 each that would total £24,000! Enough to fund an overnight stay in our hospice for a child for every week of the year. Which means every week an exhausted mum and dad get a chance to relax and recuperate, safe in the knowledge that their child is in very good hands.

All the money raised for Forget Me Not helps to pay for the care and support of children with life shortening conditions and their families in West Yorkshire and North Manchester.

**Remember, the registration fee only covers the cost of putting on the event so we encourage you to try and raise as much as you can!**

## How do I pay in my sponsor money?

If you've set up an online giving page the donations will be sent to us automatically so you don't need to do anything. This is the easiest way to get money to us and you have the opportunity to set up your page when you register, alternatively you can visit [www.justgiving.co.uk/forgetmenotchildrenshospice](http://www.justgiving.co.uk/forgetmenotchildrenshospice) to set one up.

If you've received cheques please make sure they are made out to 'Forget Me Not Children's Hospice' and either drop them off at the hospice, one of our shops or send by post to: Forget Me Not Children's Hospice, Russell House, Fell Greave Road, Huddersfield, HD2 1NH.

If you've been given cash you are welcome to drop it off in any of our shops or at the hospice reception where you will be given a receipt. Alternatively you may pay the cash into your own bank and either send us a cheque or transfer donations directly to us via online banking (Lloyds Bank, Sort Code 309376, Account Number 03597848 – please put your reference as ColourRun19-yourname).

Please remember to return any paper sponsorship forms to us so that we can claim any applicable Gift Aid – it makes a massive difference! Gift Aid on your online donations is claimed automatically.

## Where can I park my car?

There is limited car parking on site, either in the main car park or in a large, flat grass field alongside the event (weather depending). We encourage our colour runners to car share where possible.

The address is: Orchard FM Sports Park (YMCA), Laund Hill, Salendine Nook, New Hey Road, Huddersfield, HD3 3XF.

Please respect the local residents by only parking in the designated areas as you may block access without realising. Please follow all directions from signs and volunteer marshals. A one way system will be in operation for all access to the car park and event for the day.



## Is the course suitable for wheelchairs and pushchairs?

The course is a mixture of terrains, mainly grass with some stone tracks and a short uneven woodland area. We have picked the route to make it as easy as possible for people to get round but we would advise that you use off-road wheels where possible and be aware that some of it will be easier to push on than others.

Also, please bear in mind that the coloured powder will cover the wheelchair and/or pushchair and we cannot take any responsibility for the cleaning of these.

If you would like to have a look at the route before making up your mind please contact the events team on 01484 411040 or email [events@forgetmenotchild.co.uk](mailto:events@forgetmenotchild.co.uk) and we will do what we can to help.

## Can my child take part?

Yes! Absolutely! The Colour Run is safe for all ages and we welcome families to take part. It's free for children under 3 to take part, and £9.00 for children between the ages of 3 and 16.

However, we do ask parents and guardians to consider their child before they take part as all children are different. Firstly the distance, will they manage to walk the 3.5km distance and if not are you prepared to carry them? Also the colour stations, although perfectly harmless, they will be noisy, messy environments with powder clouds that may overwhelm some younger children. All children must be registered by an adult to take part.

## Can my child run on their own?

Children under the age of 12 must be accompanied throughout the run by an adult who is registered to take part.

Children over 12 can run on their own, but must be accompanied to the event by a responsible adult who is on site at all times.

## What should I wear?

Your Colour Run T-Shirt! This is included in your registration fee (and collected with your Race Pack from your chosen Forget Me Not shop) and is white to maximise the effect of the coloured powder.

If it is bad weather then dress appropriately but remember that everything you have on will get covered in coloured powder so make sure that you wear something you don't mind getting messy.

## What should I put on my feet?

Wear comfortable trainers with good grip for running/walking in, but please remember that these will get covered in colour too, so wear something you're happy to get messed up.



## What if it rains?

We might see some rain! But that won't stop us! Please bring umbrellas, ponchos, wellies and anything else you think you might need to enjoy a festival in the rain.

A wet day will make the run messier and it could be slippery underfoot so come prepared. If it is wet, it will make the colours from the paint stick more firmly to your hair and clothing so might take a bit more washing to come clean.

In the unlikely event of extreme weather which causes a dangerous situation, the event will be rescheduled; we will use the contact details given during registration to make contact with everyone with as much notice as possible.

## Will the coloured powder come off?

Although the coloured powder will come off we recommend wearing something that you don't mind getting messy, including your shoes. The best way to get rid of the powder is to brush off the excess while it is dry and in powder form. If it is raining, the colour will stick more firmly and may take a few more washes to come clean. The rest will wash off in the shower or bath when you get home. Please be aware that you may have to wash your hair a couple of times to remove all of the colour, particularly if you have fair hair.

With your clothes, it should wash out with no problems if you follow the washing instructions and as with anything dirty, the sooner you wash it the better. If you would like to preserve the colour in your t-shirt as a souvenir, our top tip is to spray it with vinegar, iron it and wash on cool!

## What if it gets in my eyes or mouth?

The coloured powder is non-toxic and non-hazardous so will not cause injury to you if it gets in your eyes or you accidentally swallow it.

Most Colour Run participants choose to wear sunglasses or a visor which will help to keep the powder out of their eyes. You can buy your own neon sunglasses online when you register or on the day.

There will be first aid support throughout the event and water available at each colour station if you need to wash your eyes.

## How will the coloured powder be thrown?

Around the course you will come across our colour stations with smiling faces just waiting for you to approach. Don't be fooled, these smiley folk are there with one job, to cover you in paint! It is aimed at the body not the face, although it will cause clouds of powder and you will end up with it on your face and in your hair. People will also be throwing their own coloured powder which is available to buy. We have no control over this although we do ask people to only throw it at their own friends and family. You can buy your own coloured powder to throw, either when you register or on the day.



## Will the coloured powder harm the environment?

It is completely non-hazardous and biodegradable. We will clean up as much as we can after the event but the powder disappears into the ground surprisingly quickly and will disappear completely after it rains.

## Will the coloured powder harm my car?

We recommend bringing an old towel/sheet or cover for your seats to prevent any of the colour powder transferring to your car upholstery on the way home. Depending on which way the wind is blowing on the day, your car might get a dusting of coloured powder over the top of it, this will come off with a simple car wash.

## When will I get my Colour Run Race Pack?

You will receive online confirmation when you register, and a follow up email from us with further information about the day and a sponsorship pack.

All Race Packs must be collected from your chosen Forget Me Not shop ahead of the event. When you register, you will be given a choice of Forget Me Not shops and you will then be emailed when your Race Pack is ready to be collected.

Included in your Race Pack will be your T-Shirt and any merchandise you have purchased.

If you are unable to collect your Race Pack from a shop, please email [events@forgetmenotchild.co.uk](mailto:events@forgetmenotchild.co.uk) and we can arrange for you to collect your pack on the day from the Forget Me Not merchandise stall.

## Can I bring my dog?

Sorry, no pets are allowed on site because our new location includes sports pitches. Although be sure to take lots of photos to show them when you get back!

## Can I bring a picnic?

Due to the change of location this year, you won't be able to bring your own food and drink onto the site. But don't worry, there'll be plenty of tasty food and drink available to buy on the day from food vans and the onsite café/bar. Bottled water will be available for the Colour Run course at the half way point and the end should you require it.

We also ask that you take any litter home with you.

## Can I get a refund on my place?

Sorry, there are no refunds once you have registered. However, if you are unable to attend you are welcome to give your ticket to friends or family to run in your place. You can reallocate your ticket via the Eventbrite booking system or send us an email to [events@forgetmenotchild.co.uk](mailto:events@forgetmenotchild.co.uk) with the full details of the person who will be running instead of you.



## Can my friends and family watch me run?

Yes, absolutely! Although they will not be allowed around the course and will only be able to see you at the start and finish.

## Can I volunteer?

Yes - we need you, your friends, colleagues or family! Contact [events@forgetmenotchild.co.uk](mailto:events@forgetmenotchild.co.uk) for details of the roles we have available on the day.

## Anything else?

If you have any other questions that we haven't thought of, please ask.

**You can email [events@forgetmenotchild.co.uk](mailto:events@forgetmenotchild.co.uk) or give us a call on 01484 411040.**

