

Forget Me Not Colour Run 2024 FAQs



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

Because our Colour Run brings people together – families, friends and workmates, old and young, fit and less fit, those who are there to compete, those who are there to stroll and those who just want to get as colourful as possible!

And because you're part of something bigger. You've joined forces with hundreds of others, all there to raise money for and support an amazing cause. And in doing so, help the very families who are also running, walking and getting colourful alongside you.

Together, our colour runners raised a fantastic £32,256 in 2023, every penny of which went towards supporting local children and families. This year, can you help us raise even more?

What is the plan for the day?

We get things going at 11am with music from the main stage and you'll be able to register and pick up your t-shirt from then until 1.25pm.

You'll be able to buy additional colourful accessories, like tutus and the all-important neon sunglasses at our merchandise stall and you'll also be able to decorate your t-shirt if you wish.

At 1pm we'll get warmed up so we're ready to get colourful.

Then the 5km run sets off at 1.30pm and the 3km run at 1.40pm.

At 2.15pm, once everyone has finished, it's time to celebrate with our colour party!

You can continue to enjoy everything the event has to offer – including food, refreshments and music - until we bring things to a close at 3pm.

How do I get my Colour Run t-shirt?

You can collect your t-shirt on the day of the event from our registration desks.

T-shirt size is subject to availability. T-shirts are ordered in a range of sizes from children's up to an adults XL, if you require a larger t-shirt please contact events@forgetmenotchild.co.uk and we will do our best to accommodate.



How long is the course and where does it go?

Our course is approximately 3km and loops around Greenhead Park.

We also have a 5km run option. So if you want to push yourself a little bit further, you can choose to take that route on the day. You don't have to let us know which course you're doing and the ticket price is exactly the same!

Do I have to run the whole course?

Not if you don't want to. We want as many people as possible to take part and that is at whatever speed and pace you are comfortable with, whether that's running, jogging, walking or even dancing! We just want people to enjoy the day.

Is the run timed?

No, it isn't a race so there is no timing and no race numbers. 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.

Do I need to get sponsored?

Forget Me Not provides vital care to children with life-shortening conditions, their families and bereaved families across West Yorkshire. But as a charity, we can only do that with your support.

The ticket price for our Colour Run covers the cost of putting on the event which means every penny you raise in sponsorship goes directly to helping us be here for the families who need us the most.

That's why we'd love you to raise as much as you can!

If everyone taking part in the Colour Run raised just £25 each that would total £25,000! And that could fund the support we provide to siblings who are facing or living with the loss of their brother or sister - for an entire year.

How do I pay in my sponsor money?

Online: 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. Visit [this link](#) to set up your page.

Cheques: 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.

Cash: If you've been given cash you're welcome to drop it off in any of our shops or at the hospice reception where you will be given a receipt. Or you can 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 30-93-76, account number 03597848 – please put your reference as ColourRun2024-yourname).



Where can I park my car?

There is no on-site parking within the park itself, however there is ample street parking in the surrounding areas. The address is: Greenhead Park, Huddersfield HD1 4DT.

Please car share where possible and respect the local residents when parking your car.

Is the course suitable for wheelchairs and pushchairs?

The course is a mixture of terrains, mainly paths. 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 if possible. If you'd like to have a look at the route beforehand please contact us on 01484 411040 or events@forgetmenotchild.co.uk and we will do what we can to help.

Also, please bear in mind that the coloured powder will cover the wheelchair or pushchair. It should come off easily with a wipe but we cannot take any responsibility for cleaning.

Can my child take part?

Yes! The Colour Run is safe for all ages and we welcome families to take part. It's free for children under 3 and £12 for children between 3 and 16. All children must be registered by an adult to take part.

Please bear in mind that the colour stations – where the harmless coloured powder is thrown at participants – can be noisy, messy environments which may overwhelm some younger children.

Can my child run on their own?

Children under the age of 12 must be accompanied on 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 is white to maximise the effect of the coloured powder.

Other than that it's up to you 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 remember these will get covered in colour too, so wear something you're happy to get messy.



What if it rains?

We won't let a bit of rain stop us! However, 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.

Excess powder is easy to brush off when it's dry. If it is raining, the colour will stick more firmly. The rest will wash off in the shower or bath when you get home. With your clothes, it should wash out with no problems if you follow the washing instructions. 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. However, we strongly advise wearing sunglasses or goggles while on the run to avoid the powder getting in your eyes. 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 there will be a series of colour stations manned by smiling volunteers. But don't be fooled, they have just one job - to cover you in coloured powder! They will aim at the body not the face, although there will be clouds of powder that will end up your face and in your hair. You can also buy coloured powder when you register on the day which we ask that you only throw at your own friends and family.

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 damage my car?

We recommend bringing an old towel/sheet or cover for your seats to prevent any of the coloured powder transferring to your car upholstery on the way home.

Can I bring my dog?

Greenhead Park is dog friendly and your four-legged friend is welcome to come along as long as they are kept under control at all times and cleaned up after. However, we don't think dogs would enjoy the coloured powder as much as we do, so we suggest that dogs come as spectators only.

Can I bring a picnic?

Yes! There are plenty of open grassy spaces in the park to enjoy a picnic before or after the run. And there'll be plenty of tasty food and drink available to buy on the day from the onsite cafés and stalls at our event. Please take any litter home with you or use the bins provided.

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 with the full details of the person who will be running instead of you.

Can my friends and family watch me run?

Yes, the more the merrier!

Do you need volunteers?

Yes, the more people who can spare some time to help us on the day, the better! If you have friends, family members or work colleagues who'd like to get involved, they can find out more by emailing events@forgetmenotchild.co.uk

Anything else?

If you have any other questions that we haven't thought of, please ask. You can email events@forgetmenotchild.co.uk or give us a call on 01484 411040.

For more information on the venue, please visit www.friendsofgreenheadpark.org.uk

For more information about Forget Me Not Children's Hospice, please visit www.forgetmenotchild.co.uk