

East Grinstead Junior Colour Run FAQ's

What is the Family Run?

The 1K Family Run allows parents to accompany a younger child on the run if assistance or motivation is required. We do not encourage parents to run if the child is willing to run on their own, unless the child is under five, in which case they must be accompanied. Adult only entry will not be allowed. Any adult wanting to run with a child must pay the entry fee.

What is in the powder?

Coloured cornflour. Colour run powder is non-toxic, 100% safe and also biodegradable – it is technically edible, although not very tasty and not recommended! If you have a skin allergy or respiratory condition, we would recommend that you do not take part and/or that you consult your doctor for advice.

How is the powder administered during the run?

The powder will be thrown at the designated paint stations by race marshals, by spectators (powder can be bought on the day) and by other runners. The powder should be aimed onto the body of the runners rather than the face to reduce the amount of powder getting into the mouth, nose and eyes. You will inevitably get some coloured powder on your head/face, but runners who are not so keen to be in the direct firing-line of the throwers are recommended to stay towards the middle of the running lane to receive the least amount of powder, and the inside or outside lanes for maximum exposure! Tip for children is to wear swimming goggles!

What do I need to do on the day?

Please come to the registration desk which will be open from 10:00am and close at 11:45am. The 1K race will start at 11:00am and the 2K will start at 12:00pm.

What should I wear and will it get ruined?

Come along wearing running gear you don't mind getting messy, or perhaps wear something more unusual like a tutu or fancy dress? So long as it's white or a light colour, you'll be able to see the multi-colours in all their splendour! Well-fitting trainers are recommended but please don't wear your expensive ones as they will end up every colour of the rainbow. The coloured pigment should wash out of most fabrics but please wear clothes that you don't mind getting stained. After testing the powder, we know that white is never quite white again. The paint is water soluble so you can wash the clothes as normal, but avoid washing with nice clothes. As with anything dirty, the sooner you wash it the better.

How do we get clean again after the run?

If the weather is dry, then any excess powder should just brush off your clothes, skin and hair. You won't be 100% clean but you will be able to remove most of the coloured powder before you head home. If you are not changing your clothes, we recommend that you leave a towel in your car to cover your seat or spare clothes to put on top of your running gear to ensure you get as little powder as possible on your seat. East Grinstead Junior Colour Run or Halsford Park School cannot be held responsible for any damage or powder getting on participants vehicles, public transport or private property.



Are cameras and phones safe to have at the Colour Run?

East Grinstead Colour Run will have photographers taking photos on the day. If you want to get shots right in the midst of the action we recommend covering cameras/phones with plastic wrap or a plastic bag or ideally bringing a disposable camera.

Can spectators come along to the Colour Run?

Yes spectators are very welcome – and it will be a sight to behold. We do advise spectators to keep a good distance from the powder throwing stations as we cannot accept responsibility for them accidentally being showered in coloured powder.

Can I bring my dog?

Unfortunately, dogs are not allowed on the school grounds.

Does the powder harm the environment?

The powder is 100% natural and water soluble and will not cause any damage to the environment.

Who are East Grinstead Junior Colour Run?

The East Grinstead Junior Colour Run is being held as a charity event by the Friends of Halsford Park School. We will be holding our AGM at 11.30am, between the 1K and 2K runs. Anyone is welcome to attend.

Can I run with my child?

Yes, you can run in the 1K race but will need to pay the entry fee.

How do I book?

Booking is open until 13 September, and can be done online at <https://tinyurl.com/HPRun19>. Early Bird tickets are £8 per participant, and are available until 13 August. After that date, tickets are £10. At the time of booking, payment can be made by PayPal, credit or debit card. An email confirmation will be sent to everyone making a booking, and participants automatically entered onto a registration list for the event. No tickets will be issued. If you would prefer not to book online and/or would like to pay by cheque or cash, please email colour.runeg@gmail.com for an application pack.

Parking on the Day

You will not have access to the school car park so we suggest parking on Manor Road, Heathcote Drive or Linden Avenue and walking the short distance down the driveway to the field.



How can I raise money?

Set up your own Virgin Money Giving page for the event, by following this link and clicking 'Start Fundraising': <https://tinyurl.com/FundraiseHP19>, or request a sponsor form from colour.runeg@gmail.com

Who can I contact if I have any other questions?

Email one of the organisers on colour.runeg@gmail.com