

KIWANIS FOUNDATION PRESENTS...

COLOR SPLASH

- 1. Have fun! Run, Skip, Jump, Leap, or Flail your body through the color zones! Anything goes when you're having fun!**
- 2. Bring your craziest friends with you!!!! You'll have more fun!!!**
- 3. Get there early to allow enough time to pick up packets and to sign in.**
- 4. 6 years old and under are free! Parents will need to fill out a release form and receive a band at registration.**
- 5. Color will get EVERYWHERE and I mean EVERYWHERE!! Even your underwear and armpits will be rainbow-ed by the time you finish!**
- 6. The more color you have on you the more fun you have!**
- 7. Save your color packet for the post Festival. Trust me; you won't regret it.**
- 8. Strollers are welcome. Please take care to cover them as necessary and protect your infants from inhalation.**
- 9. If you sweat, a lot your colors will mixed together And turn a different color...like brown. Green and orange don't look pretty together so you might want to avoid that mixture too.**
- 10. Of course you're going to want pictures! Take a before and after photo. You'll want to post these pictures all over your Facebook and send them to your family and friends! Keep in mind you want to protect your camera by keeping it in a plastic baggie so the powder doesn't get into the cracks and crevices. If you can find a disposable camera I would recommend that route.**
- 11. If you take a picture in the cloud of color, the picture will come out hazy. If you're in a cloud, be sure to leave your flash on so you can capture the people you're trying to photograph.**
- 12. Close your mouth when you're running through the color zones. Although the color is food grade material it still tastes gross in your mouth! With all of the excitement you probably WILL open your mouth and get color all over your tongue which brings me to my next point.**
- 13. If you don't want too much color on you, run in the middle.**
- 14. Use the free water you get to rinse out your mouth. Drink water to prevent dehydration.**
- 15. Sunglasses or safety glasses will not prevent powder from getting into your eyes. Wear Goggles if you wear contacts but it's best to wear your eyeglasses instead of contacts.**

16. Wear sunscreen! You will not want to scrub color off a sunburn so protect yourself.
17. Be respectful. Ask strangers nicely if you can throw color at them and allow them to throw color at you so everyone can receive their desired rainbow spectrum.
18. Not all the color will wash away during your first shower. You will still blow color out of your nose, your nails will be discolored, and some splotches will stain your face! It may take a couple more showers to wear off. Please review helpful hints to remove Color powder. Please don't plan anything where you have to be professional looking the next day!!!
19. Use the clean up station to remove excess color so you don't track color into your vehicle.
20. Protect your car with towels or plastic bags and you'll be fine. You can vacuum or dust away any loose color. If you are still concerned about your vehicle becoming colored, I recommend you bring a change of clothes and an extra plastic bag for your Color Splash clothes.
21. If you'd like to preserve the color on your shirt spray it with vinegar and iron it before washing. I suggest you save this step for once you get home so you don't smell offensive at color Splash.
22. Good running shoes are always important. Most color gets on your clothes and not on your shoes so it's okay to wear your regular running shoes.
23. Be outrageous and ridiculous!! You can wear a multi colored socks, crazy colored shorts, a tutu, or anything else you wouldn't normally wear because during Color Splash that IS the dress code! **It's best to wear white so the colors pop out!
24. It's not a good idea to bring your dogs, cats, or any other animal because we wouldn't want the color powder irritating their eyes or lungs. Please leave your animals at home.
25. If young children will be participating, protect their eyes and their lungs by using Goggles, safety glasses, a handkerchief, or a dust mask.
26. If you have any respiratory problems you want to cover your mouth with a dust mask so you do not breathe in the color powder. Please take the necessary precautions to protect yourself from an emergency.
27. Bikes, skateboards, and skates are not allowed for the safety of our runners.
28. Two things to keep on your person at all times is your wrist band and your running number bib. You may fold the bib and put it in your pocket. Please treat these items like an id.



100%

of the proceeds will go to fund Redlands senior scholarship recipients!
They deserve our support!

