The Color Run Must-Haves and What No One Else Tells You

WHY THE COLOR RUN IS A GREAT WAY TO GET COMFORTABLE IN WITH RUNNING

The whole family can participate! Color Runs are filled with families—kids included. Keep kids special considerations in mind: loud sounds, color everywhere. Consider what ear (for very small kids) and eye protection works best for your kids.

You don’t need to run. Not everyone runs the entire time (or at all). Use the opportunity to get used to how runs work before you take yourself seriously.

Color bursts at every kilometer! Watching the kilometers tick away doesn’t get more exciting or motivating than this!

THINGS YOU DEFINITELY SHOULD BRING TO THE COLOR RUN

Eye protection. You’ll definitely want some colorful shades to protect your eyes from the sun and color! You don’t need to go overboard here. I picked up some dollar sunglasses (plastic and colorful!). (I actually still throw them on from time to time.)

Breathable white clothes. Operative word here is “breathable”. While most of the color will easily wash out of your clothes, don’t take any risks with your favorite gear. You’ll find out why soon!

Gear for the ride home. Even though you’ll shake off and possibly be blown away by a leaf blower, you’ll have residual color on your skin, clothes, and shoes. Protect your vehicle with old towels or a sheet. You might also want to consider a change of shoes (rinsable sandals would be best) and a plastic bag for your color’d up shoes.
YOU’LL PROBABLY WANT TO BRING

Drinks. These events are in the hot, hot summer. Some runners had Camelbak packs filled with water. Some runners duct taped beers to each hand. How you cool off is up to you, but you’ll probably want to pack something at least for after the race.

Your camera. Michael ran with his GoPro Hero, as did a few other runners. People were getting color powder packed into their expensive camera and camera phones. If you’re going to use a camera not built for extreme messes, consider placing it in a sandwich bag or using a waterproof case. The powder is smaller than sand—it can and will get everywhere—but this is an event you’ll definitely want photos from!

BRING THESE THINGS TO MAKE THE COLOR RUN MORE MEMORABLE

Your goofiest amigos! Who wants to go rainbow crazy with Captain Serious?

An awesome outfit. If you want to make it into the Color Run promo videos, consider a family-friendly fun outfit. Many runners also coordinated outfits. Sure, you’ll all be in white, but get creative! Tutus are popular. Fun hats might work. Check out a costume store and get silly!

Facepaint. Use the paint tips from Warrior Dash War Paint, but decorate more on the lighter side. I’d also add glitter. Because I can. And this event is all about FUN!

WHAT NO ONE ELSE WILL TELL YOU

Color powder will collect where you sweat… You’re running in the summer. Sweat happens. Consider where you sweat most: armpits, behind your knees, and—yes—your butt. Wear breathable clothes to minimize sweat collection. You’ll feel better, too!

…which will then stain your clothes… Bleach is a good friend to white clothes, but the sealed-in-sweat-powder is a Stage 5 Clinger. I’m not saying you can’t get it out; in fact, it’ll probably be fine. I’m saying don’t wear your favorite white outfit.

…and your armpits… Ladies stressed about their hair. I have fine, light brown hair and had no issue easily washing it out in two shampoos, one shower—but, like I said, the sealed-in-sweat-powder is a Stage 5 Clinger where you sweat most. It’s not a big deal. (Really.) But I didn’t see that one coming, ha!

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