

**THE
COLOR
RUN™**



**HERE
Comes
-THE-
FUN**



 **medihelp**
medical scheme
fun • fit • healthy

**RUNNERS
HANDBOOK**

JOBURG - 16 SEPT - ROOSEVELT HIGH SCHOOL



RACE PACK PICK UP

All runners need to come to Race Pack Pick Up and collect their event kit in advance. Getting your gear early means you can arrive ready to run on Sunday rather than queue and stress on the big day!

Your Carnival Tour runners kit includes:

- The all new 2018 Carnival Tour Runners T-Shirt
- Your very own bag of color powder to go clownin' around with at our festival zone
- Our 2018 headband ready to save you from SHS (sweaty head syndrome)
- Temporary happy tattoo x 2
- Race number (your entry ticket on the day)



WHEN

Friday 14 (10am - 6pm) & Saturday 15 September (9am - 5pm)
Sunday 16 September (8am - 9:30am)

Try to avoid peak times and big queues. These are often the first few hours on day 1 of Race Pack Pick Up as well as lunch time and after work hours.



WHERE

Roosevelt High School, Thibault St, Roosevelt Park, Johannesburg, 2195



PICKING UP YOUR PACK

It's game time, come on down and get your goodies! **Pick up your Runner's Pack, shop at The Color Run Store for all your carnival accessories** and meet some of your new best friends.

Please remember to bring a printed or digital copy of your confirmation email with the QR code / ticket and a copy of your ID or the ID of the person who made the booking (just in case there is an issue).

Manual Entry / Sportsmans Warehouse customers need to bring their receipt if they haven't received their tickets by the day of Race Pack Pick Up.

In addition to the advertised items in your race packs we also have some other goodies to give away courtesy of our sponsors – these items are not guaranteed so come early for the best chance to get all the swag!

T-Shirts are supplied in a specific size spread. Sizes are distributed on a first come first served basis.



PICKING UP FOR A FRIEND?

Easy! You can also pick up kits for your friends and teammates provided you have a copy of their confirmation email as well.

CARNIVAL TOUR
THE COLOR RUN

2018

**BEFORE
YOUR RUN**



JOBURG

16 SEPT - 10AM

#'S FOR THE DAY!

#MORECLOWNING
#THECOLORRUNSA
#HAPPIEST5K





Grab your smiles, your wigs, your red noses, your friends, your tekkies and we'll see you at the start line for 5kms of pure happiness and fun - It's the Carnival Tour 2018



WHEN

The start chute will open at **9:45am**, the **start gun goes off at 10am**.

Be sure to arrive in time to enjoy all the pre-start entertainment and stand a chance to win some great prizes not to mention all the free swag from stage.



WHERE

The Color Run Festival Zone,
Roosevelt High School, Thibault St, Roosevelt Park, Johannesburg, 2195



WHAT

Each batch starts 3 minutes apart and you'll head off in each batch with approximately 500 new friends! It could take up to an hour to get everyone started so make sure you bring plenty of water and wear sunscreen & hats. You can also relax in the Festival Zone, visit our food vendors and grab a coffee while the lines get shorter.

It takes 1-2 hours to run or walk the route and then into the festival zone where you will enjoy music from **DJs, local acts, best-dressed competitions, food and drinks**, heaps of goodie give aways and you guessed it, **more colour!**



COLOR ZONES

- You will pass through four Color Zones on the course: Red, Pink, Yellow and Blue as well as bubbles along the route. Our coloured powder is made from organic corn starch and natural food dyes.
- We suggest wearing bandanas, glasses or goggles if you are worried about getting colour in your eyes or mouth. **Hint: buy a Color Run buff at the store. Perfect to cover up the bits you need covered.**
- If you suffer from asthma please remember to bring your asthma puffer with you. Our coloured corn starch powder is not harmful in any way, however as with any dust particles it can cause temporary discomfort.



PARKING

You can park locally or at one of the specially designated parking spots on the day. We'll be sending out a parking guide in the next few days as well as posting links on Facebook, the Jozi page of our website and Twitter. Please remember to park legally and safely.

Please contact us on hello@thecolorrun.co.za if you require disabled parking or have other special needs in this regard.



FINISH FESTIVAL FUN



JOBURG
16 SEPT - 10AM

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- Hold on to your powder until you get to the Finish Festival for massive Color Blasts.
- Additional colour can be purchased from the merchandise store before and after the run.
- Food and drinks vendors will be open from 8am.
- Bringing mini runners? Please check all registration info.



RUN FAST, SLO-MO!

We know you're burning around the course like Mo' Farah and sometimes it's hard to get the perfect shot of your awesomeness! Don't worry you can slow it down and capture your happiness second by second. Head to our stand in the Festival Zone and have a chance to take a 15 second super slow motion video that will be uploaded to Facebook straight away. Check www.facebook.com/SelfieBoxSloMo to see just how good you look as soon as you're done.



IT'S A CARNIVAL OUT THERE!

It's time for more clowning and less frowning at this year's The Color Run Carnival Tour! As a proud sponsor of The Color Run, **Medihelp** can't wait to welcome young and old from all across South Africa to the #happiest5k on the planet.



WINNING SMILES

If you share your Color Run photos publicly with #medihelfun, you could win a stylish Medihelp picnic hamper.

Simply share your pic on Facebook, Twitter or Instagram, make sure your post is public so that we can see your entry and use #medihelfun.

Winners will be notified via social media.



PICTURE PERFECT

Share your Color Run pics on Facebook, Instagram or Twitter, tag it with #medihelfun and you can print your pics at the Medihelp photo booth free of charge. Go ahead – make memories!

SCRATCH & WIN

The Medihelp crew will be rocking the festival zone with lots of scratch-and-win opportunities for you to win instant prizes.

If they hand you a card, simply scratch away and be rewarded on the spot with exclusive Medihelp goodies.

Take it one step further by giving us your contact details and you will automatically be in line to win a JBL Flip 4 bluetooth speaker! BOOM!



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WE'RE BAAAAACK!

We know you had loads of fun playing it up with your eye colour at the last Color Run! We're back, BIGGER AND BRIGHTER! Come have fun with us at the race, play it up with your eye colour, and you could win 1 of 10 Instax Cameras!

With a choice of 12 different colours, we'll make sure you get the perfect look to enjoy the rest of the party and use your new Instax Camera to capture every single moment!

Come play it up with Air Optix Color Contact Lenses!



CLEAN UP ZONE

Got colour? Let us make sure that your car isn't looking like a rainbow explosion by the time you get home. We've taken care of cleaning you up a bit after your epic 5K by introducing The Color Run Clean-Up Zone.

At the The Color Run Clean-Up Zone we'll blow off any excess powder leaving you 'touch clean' while making for pretty ridiculous photos at the same time!



SAFETY FIRST

We have been warned about an unfortunate new trend by SAPS at mass participation events. Participants carrying backpacks have had their bags slit and their valuables stolen during races and concerts. Please be warned. If you have a back pack, please carry this on your chest, especially when waiting in crowded start chutes or in queues.

The Color Run is an Alcohol free / non-smoking event.

Runners please keep to the left; walkers and participants with strollers, etc. keep to the right.

There is a First Aid station located within the Finish Festival.

No glass bottles, containers etc. allowed at the venue (parking lots, pavements, streets, course, etc.)

Weather: Check the weather for the day of the run and prepare accordingly with sunblock, suitable clothing and food / water.

Water: There is a drink zone at (approximately) the half way point on the course. Please make sure you have any additional refreshments for the length of the course as it is forecast to be very hot.



2018

DON'T FORGET

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REMINDERS

Please attach your race number so it is visible on your shirt. This is how you will be identified as a Color Runner.

Teams may run in a group or separately. It is completely up to you!

Come ready to run. There are no lockers or bag drop facilities at the event. Plan to keep any items you bring with you, or leave valuables at home.

We accept: cash and card for all your goodies.



LOST KIDS, PARENTS & PROPERTY

Please report anything or anyone lost to the staff at the The Pink Gazebo located next to the main stage (in the Festival Zone).



RACE DAY TIPS

- **Oil your hair:** this will help the colour wash out (blondes you've been warned). We recommend using leave-in conditioner, coconut oil, Moroccan oil or something similar.
- **Cover up:** if you're not ok with having colour in your hair as a badge of honour for a few days, we encourage you to get creative and wear a hat, wig or shower cap (especially if you're blonde).
- **Cover your seats:** don't forget to bring a couple of bin bags or towels to protect your car seats. Use them when you travel home and save your nice clean car from looking like a unicorn had a party in it.
- **Slip, Slop, Slap:** coat yourself in sunscreen and lip balm with SPF in it. Not only will it protect you from the sun, it will help the colour to slide off when you're done.
- **Shield your eyes:** Sunnies, goggles or similar items will avoid any irritations (you can buy The Color Run sunnies at Race Pack Pick Up or at the merchandise store on race day).
- **Leave your favourites at home:** while the colour will eventually wash out of everything, we suggest leaving your expensive shoes at home (just in case).
- **Cameras:** feel free to bring your own camera/smart phone to capture the memories of the day. We suggest wrapping them in cling wrap or placing in a ziplock bag.



AFTER

- Visit The Color Run **Clean Up Zone** to get excess colour blown off.
- **Dust off:** shake off as much of the dry powder as you can before adding any water.
- **Washing your hair:** anti-dandruff shampoo is best for helping remove any colour patches. If it needs something a little extra, add baking soda to your shampoo to form a paste.
- **Shower:** when you get home, shower as normal and add baking soda to your body wash for stubborn spots.
- **Clothing:** dust off all excess colour, wash items separately in cold water.



POST RUN

Keep an eye on your inbox for the post event survey! We'd love to hear about your colourful experience and we'll be sharing all our awesome photos with you on FB & Twitter.



HINTS N' TIPS



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CARNIVAL TOUR THE COLOR RUN

2018

YOUR ROUTE

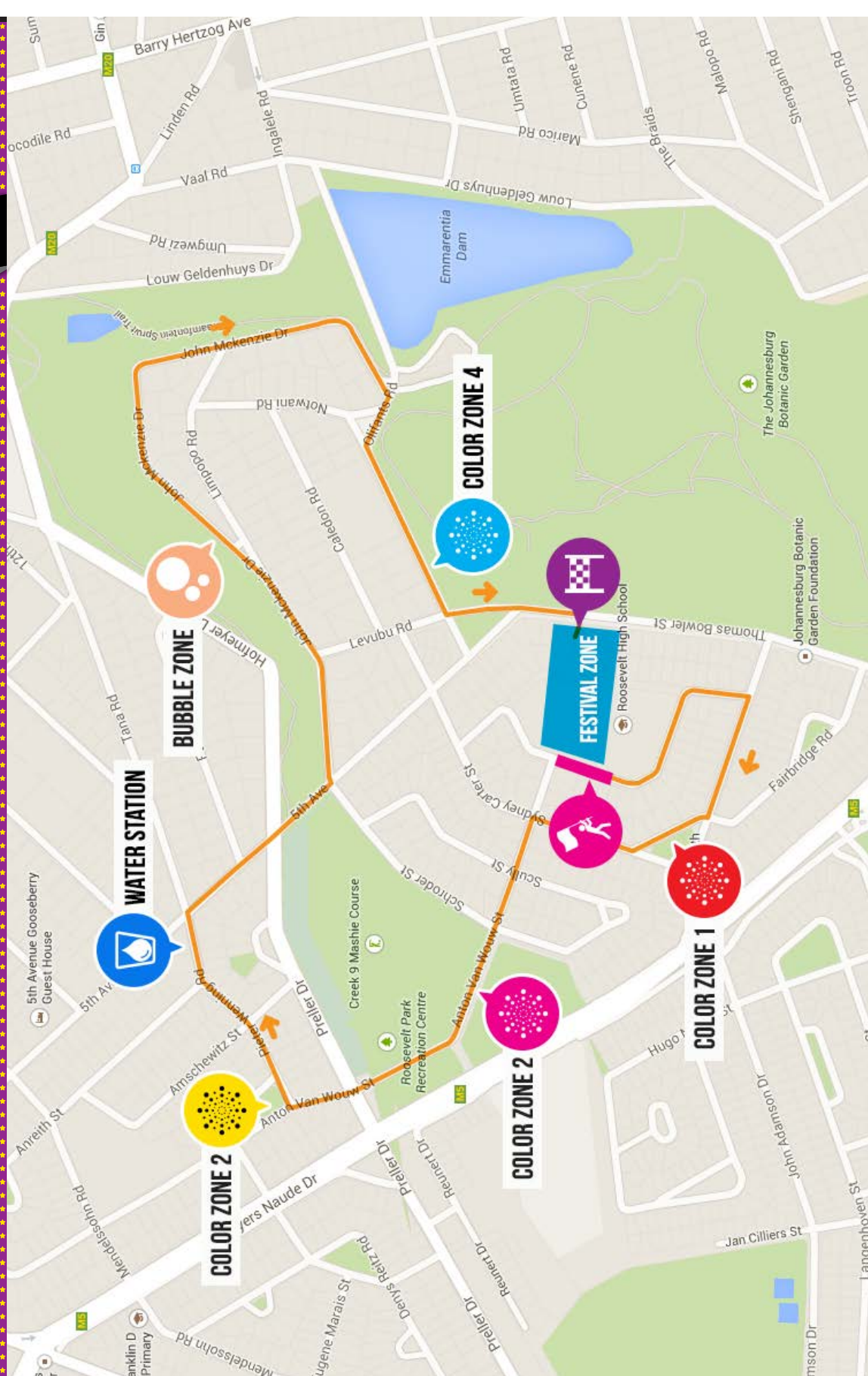


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The Color Run reserves the right to design routes that are within 1km of a total 5km distance should local authorities, the placement of Color Stations and any other factors impact on the final distance.

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