

## Frequently Asked Questions for Morecambe Colour Dash

If you can't find the answer to your query below, please call the Fundraising Team on 01524 382538 and we will be happy to help.

### **Q. How do I sign up?**

Please visit our website - <https://www.sjhospice.org.uk/shop/events/morecambe-colour-dash-2023/>

If you need a paper entry form or to sign up over the phone please contact the fundraising team.

Please bear in mind that we will be keeping in touch via email so please make sure you keep an eye out for emails from us in your inbox and junk mail.

### **Q. How much is it to enter?**

We are offering a promotional 'Early Bird' price up until midday July 24<sup>th</sup> 2023:

Adult (over 18) - £18

Child (aged 4-17) - £10

Family ticket - £45

(2 adults & 2 children or 1 adult & 3 children.)

From July 25<sup>th</sup> 2023 the full price will apply:

Adult (over 18) - £22

Child (aged 4-17) - £14

Family ticket - £55

(2 adults & 2 children or 1 adult & 3 children.)

### **Q. When do registrations close?**

Registrations closes at midday on Friday 22<sup>nd</sup> of September 2023.

### **Q. What if I miss the deadline for registration?**

It is better to sign up in advance to guarantee a place and your t-shirt size but don't worry we do allow on the day sign ups! Please note that on the day prices are as follows:

Adult over 18 years - £23

Child aged 4-17 - £15

Family ticket - £56

(2 adults & 2 children or 1 adult & 3 children)

### **Q. Where is the Morecambe Colour Dash?**

It sets off from the grassy area between The Midland Hotel and the RNLI Lifeboat Station. The route is then 2.5km down the promenade towards West End, turn around at Sunny Slopes and back down the promenade for another 2.5km to the finish line where you started.

### **Q: What time should I arrive?**

The event will begin at 10am, on the day sign-ups will open at 9.45am. The warm up will commence at 10.55am, which we recommend you to participate in and you will set off at 11am. Please allow enough time to park and register if you haven't already. We recommend to arrive an hour before the run starts to arrive as it is a great opportunity to take photos, soak up the atmosphere and buy extra paint packs and accessories.

### **Q: Where do I park?**

There won't be any allocated parking specifically for the event but there is lots of parking within the area. Please refrain from parking in the Midland Hotel Car Park.

### **Q: When can I collect my T-Shirt?**

T-shirts are available to collect from the St John's Hospice Reception Slyne Road Lancaster LA2 6ST from Monday 11<sup>th</sup> of September onwards. If you book onto the event after this date please allow a couple of working days before collection. Any bags that aren't collected will be taken to the Morecambe Colour Dash for you to collect on the day.

**Q: How far is the run/walk in miles?**

5k = 3.1 miles

**Q: What if my child can't walk/run 5k?**

We understand that not everyone taking part in the event will manage the 5k, especially our little Hospice Heroes! If you wish to turn around before the half way point please do. Please be aware that to experience the full Colour Dash you will need to complete the full 5k. Don't forget though that it isn't a race, take your time if you need it.

**Q: Do I need to bring any loose change with me on the day?**

If you wish to buy accessories or paint packets, this will require you to bring some cash / card on the day.

**Q: How long will it take me to complete it?**

Everyone is different, and it can take anywhere between 30 minutes to 2 hours depending on your fitness levels. It is important to remember that this is not a race! It's about coming together with like-minded people and having fun.

**Q: Will there be toilets?**

We will not be providing toilets for this event.

**Q: What happens if I'm too tired or I hurt myself?**

If you require assistance let a nearby marshal know, he/she will assist you. We will have a first aid company onsite to help throughout the event.

**Q: How do we all set off?**

Everyone will start the run together; our proud sponsors will be setting off the colour cannons to commence the run. Please bear in mind that the route of the Colour Dash is not a 'closed route'. Please be courteous to other walkers and users of the route.

### **Q: What clothing & shoes should I wear?**

Please wear the white t-shirt we provide; your t-shirt is your ticket! Our colour station Volunteers and sponsors will only throw powder at people wearing white t-shirts. Appropriate clothing and footwear must be worn. Please be aware that the powder should wash off, however we cannot guarantee this and advise wearing old clothes and comfortable trainers in case of staining. We do advise wearing sunglasses to protect your eyes, which will be for sale at the start area. Please make sure you check the weather forecast on the day and come prepared for rain or sunshine!

### **Q: How do I clean myself after the event?**

Wear your colours like a badge of honour! However, you will be covered in different coloured paints by the end of it! The loose powder should brush off your clothing fairly easily and the rest should wash out. It is a good idea to protect your car seats with either bin bags or towels to stop transference.

### **Q: Can I come in fancy dress?**

You can come in fancy dress but the idea behind the Colour Dash is that everyone dresses in their white t-shirts and ends up covered in colour from top to bottom at the end. By dressing in white you will add to the effect!

### **Q. How do I fundraise for the Colour Dash?**

Setting up a JustGiving page is a fantastic, easy way to fundraise for your run. Here is the link to get one set up: <https://www.justgiving.com/campaign/morecambecolourdash2023>

If you would prefer a paper sponsor form you can download one here:

<https://www.sjhospice.org.uk/wp-content/uploads/2023/07/MCD23-Sponsor-Form.pdf>

We ask that you return all of your sponsorship, or personal donations by 13/10/23.

### **Q: What will the sponsor money be used for?**

Every single penny will go towards the running costs of the Hospice. The money we raise at this year's Colour Dash will go towards continuing to provide care to patients with cancer and other life limiting illnesses and to support their families at a time when they need it the

most. Each day we have to raise over £10,000 to run the hospice.

**Q: Is there a minimum amount I have to collect?**

No, but please do your best to raise as much as you can, you really will be making a difference. We are suggesting that individuals aim to raise a minimum of £30 and family groups aim to raise a minimum of £50.

**Q: How does the Hospice know who is eligible to pay Gift Aid?**

When your friends, family and colleagues sponsor you to take part, if they pay tax in the UK in any way (this is not only on their salary but on their savings, pension or investments), we can claim Gift Aid on their individual donation. The Gift Aid column appears on the righthand-side of the sponsor form so please encourage your sponsors to tick this if they pay tax in the UK. They must also give their full name, HOME address (we cannot claim Gift Aid when a work address is given), postcode and amount. We can then claim an extra 25p for every pound they donate so it is worth taking the time to do this.

**Q: Can I bring my dog?**

Sadly no! Whilst the powder has been approved as safe for its intended use by the FDA, it hasn't been cleared for use on our four-legged friends. Plus, as this is essentially a run they may become a tripping hazard for other participants. Only guide dogs are accepted – no other pets or animals are permitted on the course.

**Q: Who can take part in this event?**

This event is open to anyone and everyone from the age of 4 and up. Anyone under 16 must be accompanied by a responsible adult.

**Q: Will you be providing water for us?**

We will have a supply of bottled water at the end of the course. However, we advise you to bring your own water.

**Q. How safe is the powder?**

The premium powder used is natural corn starch and is non-toxic & biodegradable (washes away with ease leaving no harm to the environment). It is both cosmetic and food grade tested and has been specifically manufactured for this use. It avoids allergy reactions and can be ingested without problems. If you require any further details please contact the fundraising team on 01524 382538.

**Q. Is it suitable for wheelchair users?**

Participants with disabilities are welcome to take part, although due to the nature of the event, we ask you to contact us prior to registering as some may not find this route suitable. We recommend wheelchair users use an all-terrain wheelchair. If you require assistance from another person, this person must also enter as an individual participant.

**Q. Can my friends watch?**

Yes, there is plenty of opportunity to watch the event at several places along the course, especially at the colour stations. There will be packets of powder paint being sold at the start area so your friends/family can join in and shower you with extra powder. We just ask that the powder is only thrown in the designated spaces.

**Thank you so much for booking on this year's Morecambe Colour Dash, we cannot wait to see you!**