

RAINBOW RUN FAQ

What is the Rainbow Run?

This event is a one of a kind experience that is less about speed and more about enjoying a color crazy day with your friends. Start out as a clean, blank canvas and finish looking like a tie dyed masterpiece.

What is included with the Rainbow Run registration packet?

Rainbow Run participants will receive a Color Comfort 5K t-shirt, one bag of color ("color bomb"), and a race bib. And for those participants looking to get EXTRA colorful, additional color bombs will be on sale at registration as well as other fun race accessories.

What to wear:

Although each participant will receive one of our 5K t-shirts, **we strongly recommend that everyone wear shirts that are mostly white.** It will be more fun to run starting in white and ending, well...COLORIFFIC!!! Sunglasses are strongly recommended to prevent the powder mixture from getting in the eyes of the participants. Also, we encourage you to get creative with your race outfits. (Example: colorful socks, funny hats, colorful fingernails, ETC.) Be ORIGINAL!!!

Do the color bombs hurt? Are they toxic?

No, it doesn't hurt at all. It is like getting into a powdered sugar food fight. The color bombs are a non-toxic, colored cornstarch mixture.

Will the Rainbow Run ruin clothes or running shoes?

The "color" does mostly wash out after the event. As with anything dirty, the sooner you wash it, the better. We suggest wearing items that you wouldn't mind getting colorful.

Is there any age limit for younger runners?

No age limits! If your child is capable of completing (running, jogging, walking) the 1 Mile Rainbow Run course, they can absolutely participate.

How does the color affect the inside of cars?

We recommend that parents bring some towels for the insides of their cars, just in case.