



16 April 2024

Dear Families,

PTA Colour Run 2023

The PTA are organising our third Colour Run on Saturday 15 June 2024 from 12.00pm – 5.00pm. Back by popular demand, this event aims to be colourful, inspiring and fun for all children and families at the school.

The central inspiration for Colour Runs is Holi, a Hindu festival that has been celebrated in India for centuries. In India and other celebrating countries, people play with coloured powder (gulal) to symbolise the triumph of good over evil. The festival also celebrates the beginning of a new season.

The Run and Timings

The Colour Fun Run will be a run around the school grounds passing several 'colour stations' (where non-toxic coloured powder will be thrown) which will mean all participants will complete the race looking more colourful than when they started!

There are different recommended distances for each of the year groups, and at school as the children do the 'daily mile' they should be comfortable with the course. However, everyone should complete the distance they feel is possible on the day, and laps are not being counted. Parents/Carers are welcome to run with younger children to support them, and there will be marshals on the course to help out if needed.

Year Group wave	Recommended distance/laps	Registration time	Warm Up	Start Time
YN/YR	1km (1 lap)	12.15pm - 12.45pm	12.50pm	1.00pm
Y1/2/3	2km (2 laps)	12.45pm - 1.15pm	1.20pm	1.30pm
Y4/5/6 (and Alumni)	3km (3 laps)	1.15pm - 1.45pm	1.50pm	2.00pm
Adult race	1km (1 lap)	1.45pm - 2.15pm	2.20pm	2.30pm

Registration will be by Year Group/Adults and volunteers are expected to support their own year group to ensure all children are registered.

Children will be practicing the course in the week before the event so should be familiar with the route. For those that did the Colour Run last year the course is exactly the same. Adults – please note for the last Adult Wave we are not requesting volunteers to marshal the course so please familiarise yourself with the 1 lap of the school. We will be providing a map in advance of the event.

We welcome back any Alumni who may have done this event when they were at the school, or who are siblings of existing children. Friends/Neighbours of Stamford Green are also welcome. When tickets are booked, please select Alumni or Neighbour from the drop down box instead of Child's class. It is suggested that Alumni might like to run in the third wave with Y4/5/6.

Medals will be handed out at the finish of the race, in exchange for the children's race number, which will be recycled.

Colour Run Equipment

It is proposed that runners wear a white t-shirt so the colour powder makes more of an impact, but any comfortable clothes are suitable.

All children or adults participating in the run **MUST wear eye protection** (sunglasses, mask, goggles), and children must have a **race number** attached to the front of their top. Numbers will be provided in the registration pack. Anyone failing to adhere to these requirements will be asked to leave the run.

Post run celebrations

At 3.00pm, or shortly following the completion of the final wave, we will have a 'Colour Party' on the top field where it is encouraged that children throw the contents of their own colour pouch into the air (not in faces) and celebrate their running achievements together. We will have a DJ comparing throughout the event encouraging the runners and playing music.

A bar/BBQ will then be available for families and friends to enjoy some refreshments for the remainder of the afternoon, and we will have live music and performances from Drama Club at 3.30pm and Dee Dance at 3.45pm. This will then be followed by local performers from the Realistic Music Academy. There will also be an ice cream stand for those that need cooling down! The event will end at approximately 5.00pm.

Colour Run Entry information

In order to plan for the event including sourcing medals, powder and race numbers we need to know confirmed numbers up front. Entry for the colour run is now open and will close on **Friday, 3 May at 10.00am**, and unlike some other PTA Events it will not be possible to enter late or on the day. We apologise for this and thank you for your understanding.

Runners Entry is £10

For all runners for the event will be £10, and this includes;

- Entry Race Number
- Individual Colour Pouch (for the Colour Party at c.3pm)
- Medal
- BBQ Hot Dog/burger and soft drink token (please present token at BBQ/Bar)
- Collective powder for the 'Colour Stations' for all the year group waves and the Colour Party.
- An Ice Popsicle (please present token at Ice Cream Stall/Stand)

You will just need to provide your name at the registration desk on the day to collect your registration pack.

General Admission Entry is £7.50

This year instead of fundraising through sponsorship we are charging a flat fee of **£7.50 entry for all parents/carers, friends and family coming along with children on the day**. The £7.50 will include a choice of BBQ food per person, as well as the opportunity to take part in the Adult Race final wave. Adults will not receive a registration pack, race number or medal but do need eye protection. If you'd rather just accompany your child in their race, or sit and watch from your picnic rug that is also fine! We imagine the children will really enjoy covering their adults in coloured powder for their race.

General admission entry tickets will be checked at the East and West Gate so please have these printed out or available to show on the app.

We will have some surplus food for the BBQ on the day but are assuming most people will have pre-ordered when buying an entry ticket as a choice will be requested by the system.

The Bar will also be well stocked and we have ensured that there will be at least 162 litres of Pimms, as that is what was drank last year!

Registration packs will include food tokens for the BBQ for any children entered in the race and any general entry accompanying adults. There will be a different colour token for each type of food item pre-ordered and these just need to be exchanged at the BBQ on the day. If more than one child is running per family, collated BBQ tokens for the whole family will be in the **youngest** child's race pack.

Please volunteer! (The Colour Run Need You!)

As with all our events, success depends heavily on volunteers and for this event we will need help with registration, manning the colour stations, marshals, BBQ, Bar and set up/clear down. PLEASE help out to make this event happen. If we are unable to fill key volunteer slots, we will delay opening the BBQ/Bar until later and transfer volunteers to the critical volunteer slots during the event. Please give a little of your time so we can all enjoy some much needed refreshments.

We hope you will enjoy this event bringing together friends and families in a vibrant, colourful way.

Scott King and Will Brown
(On behalf of the PTA)

Information regarding the coloured powder being used for the event.

- The powder being used is sourced from <https://www.holicolorpowders.co.uk> who source and distribute to many similar events.
- The coloured powder on faces, arms and legs can easily be wiped off. A shower will wash away the remainder.
- If you don't want powder in your child's hair please ask them to wear a bandana or cap. The powder will wash out but for thick, long or very blond hair it might take 1 or 2 days to completely remove the last stains of powder.
- The powder is not toxic, but powder in eyes in general is not pleasant. If the powder comes into contact with eyes please flush with water. There will be first aiders on hand at the event.
- Although the powder should wash off bodies/clothes we advise not to wear best clothes or expensive shoes. Leather and suede especially are known for easily absorbing some colours.
- If you are running with your child please consider putting your phone or camera in a waterproof bag to protect it from the powder.
- You may want to bring a change of clothes or bring an old towel or blanket if you'll need to get in the car after the colour run
- If the powder gets into drinks you can still drink it. All ingredients used are permitted in food and cosmetic industry. Ordering a fresh one however may taste better!
- Breathing colour powder for a short period of time should not cause any problems but breathing dust in general frequently or for a long time is not healthy. The amount of powder being used for the event is not high, and runners can by-pass the colour stations if they wish, and not participate in the final Colour Party.
- Anyone with cornstarch allergies should avoid this product – we have checked and currently no children are listed as having this allergy at school currently.
- The powder is not harmful to the environment.