

FUN RUN GUIDE

All of the info you need for Sunday, September 25, 2022!
WE RUN/WALK RAIN OR SHINE- 10 am START
This is a 5K or 3K option event - registration covers
either choice

PACKET PICK-UP

Pick-up your race packet for yourself or for family & friends!

LOCATION: WVHS
2590 Ogden Ave, Aurora, IL
Enter through Athletic Doors

DATE/TIME: Saturday, Sep 24, 10:00 AM - 2:00 PM

Those registered **prior to 09/16** will receive:

- * Race t-shirt
- * One color packet for post-race Color-Throw Party

We cannot guarantee t-shirt or color packet after this date.

Race Extras

- * White Sunglasses \$5
- * Color Packet \$3
- * Warrior Bandanas \$3

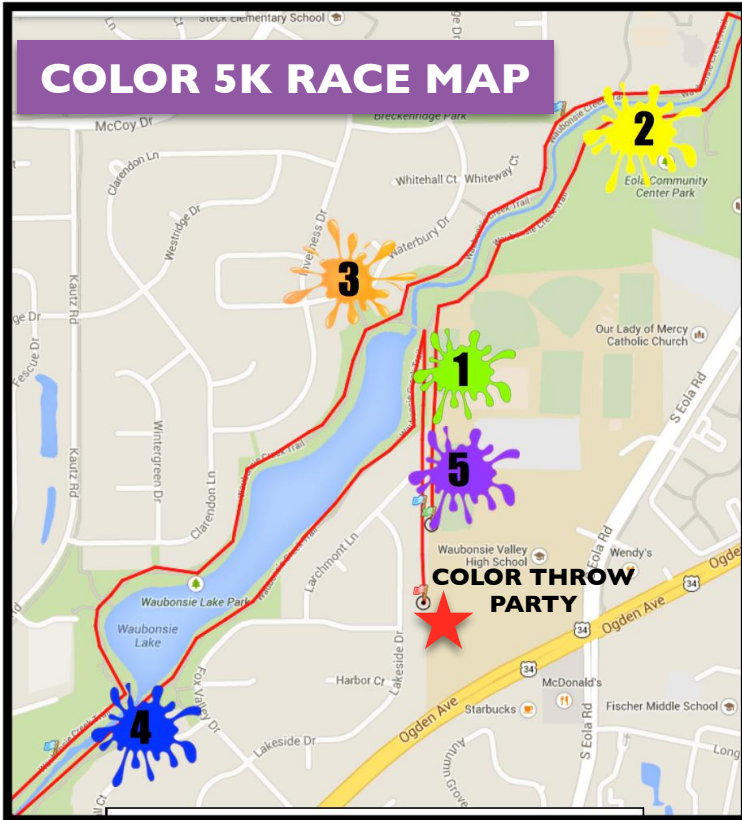
We ENCOURAGE participants to pick up race packets on Saturday, Sep. 24. Race day pick-up is available at 9:00AM, however, be prepared to wait.

RACE DAY - SUNDAY, SEPT 25 10 AM

PARKING:

Enter WVHS at Arrowhead Way. Go left towards pool.

Park in southwest corner of the school.



**STICK AROUND AFTER
THE RUN FOR THE
RAFFLE & COLOR-
THROW PARTY!**

SCHEDULE:

Run/Walk Starts: 10 AM
Color Throw : 10:45AM
(Wait until the DJ's say "GO"!)

Be sure to check out
our Snapchat filter!

REMINDERS:

- * Runners keep to the left, walkers to the right
- * If you would like to avoid color, just run wide around any color station
- * Feel free to wear safety goggles, sunglasses, or bandanas
- * Be courteous and respectful to those around you
- * Never throw color powder directly into someone's face
- * Check out our FAQ's page if you have any other questions!

CLEAN-UP TIPS

You'll want your memories of the Color 5K to stay with you forever. But if you want the color to wash out of your hair and skin ASAP, here are a few tips...

BEFORE RACE:

- Oiling or using a leave-in-conditioner on race morning on race morning will make it easier to wash out the color later. Coconut oil or olive oil work best. This is a particularly useful tip for runners with light colored or highlighted hair.
- Consider wearing a thick scarf or bandana to cover your hair (we will have some for sale). Or use the bandana to cover your mouth as you run through the color zones or to help wash off after. However you choose to use it, a bandana or scarf is pretty useful at The Color Run.
- Wear a good sunscreen and lip balm.
- We suggest some form of Color 5K eyewear. Some people wear sunglasses or swim goggles. Have some fun with it and try to avoid getting a lot of powder in your eyes.
- Though the color will eventually wash out of just about everything, *you may not want to bring your \$500 running shoes... Or your white suede pants.*
- Keep your phone out of the run. You can take pics after OR we will have a Rommel Bon professional photographer there and you can affordably purchase any images after the race.

AFTER RACE TIPS

- After the race, dust any loose powder out of your hair. Rinse out the oil/conditioner you wisely applied before the race with cold water. Most of the color should come right out. Now wash your hair as you normally would. It is not uncommon for hints of some of the color, pink and purple particularly, to stick around for a few washes. Wear it like a badge of honor. Or wear a hat. Some suggest Pert Plus as the shampoo of choice after the race to get all the color out.
- Dust off as much dry powder as you can before you apply any water. Take advantage of our "Color Blower Station" ... aka leaf blower at the post-race festival for some help. Most of the color will evaporate like magical fairy dust.
- The color is probably not coming all the way out of your race day shirt. You should be proud of that. But just about everything else should clean up fine. Remove all excess powder before adding water. Wash your Color Run gear separately, with COLD water. Oxi-clean, or a similar product, will work wonders on your running equipment. Every so often you may look down a see a little trace of pink on your shoe and smile. It'll remind you that we love you. Eventually, it'll all be gone.
- To **KEEP THE COLOR** in your shirt, just spray it with vinegar and iron it after the race- and then wash it.

Please support our wonderful 2022 sponsors

PENNY O'BRIEN BAIRD AND WARNER

Gym Guyz

G12 Staffing

Rosehill Photography

Barkbus Depot

Beacom Energy

Stage Right Naperville

Pasha Orthodontics

Aurelio's Pizza

Athletico

Pacific Irrigation

Eric Wilen

Rommel Bon Photography

Andy's Custard

Dancing People Designs

Neary Martin t-shirts

