



TULIP FESTIVAL COLOUR FUN RUN 2018

SATURDAY 13TH OCTOBER 10.30 am

TULIP FESTIVAL COLOUR RUN

10.30 am Wynyard Yacht Club Car Park (Caravan Park end)

INFO

The Colour Run is explained below. You'll find some handy hints for event day too!

WRISTBANDS

You will receive a wristband in the post to wear on race day. Please do not put your wristband on before race day as they can only be used once.

EVENT DAY – WHAT TO EXPECT

Plan to be at the event at least 30 minutes before Start time. Parking is limited near start area which is the car park at the Wynyard Yacht Club (caravan Park side).

THE START

We let waves of approx. 100 participants every 3-6 minutes. Make sure you are with the people you wish to run with.

THE COURSE

- The run is approximately a 5km looped course.
- Water – There will be a bottle of water at the finish line for you.
- Cameras – we suggest wrapping smart phones and cameras in cling wrap or placing them in zip lock bag for protection.
- Can't make the 5k – if you are unable to complete the course please check in at one of our colour zones for assistance.

COLOUR ZONES

- You will pass through 5 Colour Zones on course.
- The colour is 100% natural, food dyed, food grade wheat starch.
- We suggest wearing a bandanna, glasses or goggles if you are worried about getting the colour in your mouth or eyes.

FIRST AID

St Johns Ambulance will be available for any emergencies.

Important Health Information: Powder products used in this event contains wheat starch. Please seek medical advice if any reaction occurs.

RULES AND SAFETY

1. Walkers stay to the LEFT, Runners to the RIGHT.
2. Colour Rollers – wheel chairs and prams are the only wheels permitted on course and it is recommended you start towards the back of the field (please leave bikes, scooters etc. at home).
3. If you are running with small children please watch and direct them through the event (we recommend writing your name and mobile number on their wristband).
4. If you are concerned with any part of the experience please feel free to wear safety glasses, a bandanna, dust mask or similar. Should you have any difficulties whilst on course please notify a staff member or volunteer.
5. No furry friends – please keep your animals at home even if you think they would look cute colourful.
6. Please follow the directions provided by event officials and volunteers.
7. HAVE FUN and remain respectful and courteous to everyone around you.

TULIP FESTIVAL COLOUR RUN

Lost kids/mums/dads and property: will all be taken to the finish/start area, please report anyone or thing that is missing here.

GETTING CLEAN – LIKE COLOUR ON YOU FOR A SHORT TIME, NOT A LONG TIME?

Preparation:

- Oil your hair – this will help the colour to wash out (blondes you have been warned!) We suggest: leave in conditioner, coconut oil, morocco oil or similar to coat your hair prior to the run!
- Cover up – be creative cover your hair with a wig, hat, shower cap or bandana especially if you're blonde and do not want any colour in your hair post event (it can take up to 14 days to get the entire colour out).
- Cover your seats – pack old towels or garbage bags to sit on for the trip home.
- Slip, slop, slap – coat yourself in sunscreen and a lip balm with SPF in it. Not only will it protect you from the sun, it will help the colour slide off when you're done.
- Shield your eyes – wear sunnies, goggles or similar to avoid any irritation.
- Leave your favourites at home – while the colour will eventually wash out of everything we suggest leaving your expensive strollers or running shoes at home (just in case).

Afterwards:

- Dust off as much of the dry powder as you can before adding any water.
- When you get home shower as normal and add baking soda to your body wash for any stubborn spots.
- Washing your hair – Anti-dandruff shampoo is best for helping remove any colour patches, and if it needs something a little extra add baking soda to your shampoo to form a paste.
- Clothing - dust off all excess colour and wash items separately in cold water, Napisan or similar products will work wonders.

TULIP FESTIVAL COLOUR RUN ENTRY FORM

Name	Address	M/F	School	U/12 \$5	13 Over \$10	Group Of 4 \$30

Entries received on the day u/12 \$10 – 13 and over \$20 – group of 4 \$40

Entries at the Start Line or Tulip Festival Information Tent.

Declaration-Participation Event Waiver Clause:

- (1) I understand the demanding physical nature of the event and have trained accordingly. I am not aware of any medical condition or impairment that will be detrimental to my health if I participate in this event. In the event that I become aware of any medical condition or impairment, or am otherwise sick or injured prior to the event, I will withdraw from the Tulip Festival Colour Fun Run. I acknowledge that participating in this event may involve serious injury from various causes including: falls, illnesses, infection, contact or collision with spectators, or other participants or reverse users, and over exertion and dehydration. I agree it's my responsibility to determine whether I am sufficiently fit, healthy, skilled and physically trained to safely participate in the Tulip Festival Colour Fun Run.
- (2) By signing this waiver I agree that I voluntarily and expressly assume all the risks associated with the Tulip Festival Colour Run including the risk of serious injury or death.
- (3) In this waiver where an entry to the Tulip Festival Colour Run comprises more than one person, those persons shall be bound by this waiver, jointly and severally.
- (4) I indemnify and hold harmless Waratah-Wynyard Council and its employees, agents, Directors or suppliers against any action, suit, claim, cross-claim or demand resulting from a claim commenced by me or any other person, arising out of, or in connections with the Tulip Festival Colour Run.
- (5) I grant permission for the Waratah- Wynyard Council to use my photograph and/or any other record of my participation in the Tulip Festival Colour Fun Run for any legitimate purposes and has the right to sell and/or profit from the commercial use of such photographs, motion picture, records or likenesses.

Age Declarations: -I declare that I am over 18 years of age or the parent/guardian of the person entering who is under 18years of age and give my consent to named person entering the event.

Refund Policy: I understand that due to the administrative costs and associated race consumables refunds will not be issued. Important: I declare I am the person named on the form above (or legal guardian of the person named).

Payment Methods:

Wynyard council, 21 Saunders Street, PO Box 168, Wynyard TAS 7325. Monday–Friday 8:30-5:00. Council accepts Direct Debit, cash, cheque, EFTPOS Master Card or visa. Cheque's and money orders to be made payable to Waratah-Wynyard Council.

Please present this notice at Waratah-

Age Declaration:

I declare that I am over 18 years of age

I declare that I am the Parent/Guardian of the person entering who is under 18 years of age and I give my consent.

Sign Here:..... **Date:**.....

TULIP FESTIVAL COLOUR RUN PAYMENT OPTIONS

Payment: Send complete entry including cheque/money order made payable to: Waratah-Wynyard Council, 21 Saunders Street, PO Box 168, Wynyard TAS 7325 or at Council.

Direct Credit: BSB: 067 010 Acc:2800 0127 Reference: Your Surname and Colour run Account Name: Waratah-Wynyard Council

TAX INVOICE: ABN 63 230 611 513

CREDIT CARD DETAILS: _____

Expiry Date ____/____ CCV ____

CREDIT CARD TYPE: **MASTER CARD** or **VISA**

ENTRY FEE: _____ ALL ENTRIES FEES INCLUDE GST *NO REFUNDS*

NAME OF CARD HOLDER: _____ signature: _____ Date: _____



Colour Run Route



Scale 1 : 5,100 (A4 Original Size)

Universal Transverse Mercator (UTM) projection, GDASH, AMG Zone 55.

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Printed On: 25 Jul 2014