

FAQ's



What is in the paint?

The Rainbow Run powder paint is non-toxic, 100% safe and biodegradable. It is technically edible, although we do not advise that you eat it as its not very tasty! If you have a skin allergy or respiratory condition we would recommend that you don't take part or that you consult your doctor for advice.

How is the Rainbow paint administered during the run?

The paint will only be thrown in our designated Rainbow stations by trained Rainbow Throwers. The paint will be aimed onto the body of the runners rather than the face to reduce the amount of paint getting into the mouth, nose and eyes. You will inevitably get some paint on your head/face, but runners who are not so keen to be in the direct firing line of the Rainbow Throwers are recommended to stick to the inside of the running lane to receive the least amount of paint and the outside lanes for maximum explosions of the rainbow!

What do I need to bring on the day?

Please bring with you your Rainbow Run t-shirt and wristband with your running number on. If you are picking your pack up on the day please go to the information point. Please write on the back of your wristband if you have a medical condition that we should know about. If you lose your number please come to the information tent where we can issue you with another.

What should I wear and will it get ruined?

Come along wearing your shiny white Naomi House Rainbow Run t-shirt (and running gear you don't mind getting messy) or perhaps wear something more unusual like a wedding dress, tutu or fancy dress! So long as it's white so you can see the multi-colours in all their splendour at the end. Well-fitting trainers are recommended but please don't wear your expensive ones as they will end up every colour of the Rainbow. The coloured pigment should wash out of most fabrics but please wear clothes that you don't mind getting stained. After testing the paint, we know that white is never white again after being Rainbowed. The paint is water soluble so you can wash the clothes as normal, but avoid washing it with nice clothes. As with anything dirty, the sooner you wash it the better.

How do we get clean again after the run?

At the finish line we will have cleaning stations with soft brushes so that you can give yourself a good dusting off to remove most of the powder. You won't be 100% clean but you will be able to remove most of the paint. We recommend that you leave a towel in your car to cover your seat or spare clothes to put on top of your running gear to ensure you get as little paint as possible on your seat. Naomi House cannot be held responsible for any damage or paint getting on participants vehicles, public transport or private property.

Will you have changing rooms or storage?

There will be a bag drop in the marquee on site and toilets for you to change in.

Are cameras and phones safe to have in the Rainbow Stations?

Naomi House will have photographers taking photos on the day and filming the rainbow craziness. If you want to get shots right in the midst of the action we recommend covering cameras/phones with plastic wrap or bringing a disposable camera.

Can spectators come along to the Rainbow Run?

Yes spectators are very welcome – and it will be a sight to behold. We do advise spectators to keep a good distance from the Rainbow Stations as we cannot accept responsibility for them accidentally being showered in powder paint.

If I can't take part now, can I give my place to a friend?

Unfortunately, your place is non-transferable and non-refundable. If you cannot now take part please let us know.

Can I bring my dog?

Unfortunately dogs can't take part in the Rainbow Run.

Can children take part?

Children under 13 must be accompanied by a responsible adult all times, including through our paint stations.

Can children and adults in wheel chairs take part?

Please contact us on 01962 760060 to discuss.

Do I need to be an experienced runner to take part in this or can I walk?

Not at all, you can walk or run the 3K route as it is not about speed but more about having as much fun as possible! The race is not timed, so the more competitive Rainbow Runners amongst you should self-time for anyone desiring a personal best.

Does the paint harm the environment?

The paint is 100% natural and water soluble and will not cause any damage to the environment. We will have a clean-up team in place to remove the paint on the ground after the event.

