

FAQs



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 it's 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. If you are picking your pack up on the day please go to the 'PACK COLLECTION' point. If you lose your wristband please come to the information tent where we can issue you with a replacement.

What should I wear and will it get ruined?

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 them with nice clothes. As with anything dirty, the sooner you wash them, 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 on participants' vehicles, public transport or private property.

Will you have changing rooms or storage?

There will be no changing rooms but there will be a bag drop service on the day. Arrive with plenty of time to sign yourself in and drop off any belongings.

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.

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

Naomi House & Jacksplace 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.

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 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?

Yes. We advise families to participate in the final wave. The Rainbow Throwers are briefed to throw paint carefully at our younger runners.

Can children and adults in wheelchairs take part?

Please contact us on 01962 760060 to discuss.

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

Not at all, you can walk, run, skip or jump the 3K route! The fun run isn't 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.



Participant Safety Information

Please read carefully

- The coloured powder paint is 100% safe and non-toxic. It is biodegradable and will not affect the environment. The paint should not cause harm to participants, however, we recommend that you do not enter if you have a respiratory, skin or medical condition that could be affected. If you are unsure, please consult your doctor before taking part.
- If you have concerns about breathing in the coloured powder, we recommend that you bring a face mask or a bandana to wear.
- We recommend that you consider wearing sunglasses/goggles to protect your eyes from the powdered paint. If any paint does get in your eyes, wash it out immediately at the eye wash stations positioned around the course. Please do not throw colour in to other people's faces.
- If you have concerns about getting the colour in your hair, we recommend that you wear a hat as you run. The colour does wash out and will not permanently colour your hair.
- Please wear clothes that you do not mind getting stained. Naomi House & Jacksplace cannot accept any responsibility for stained clothes or personal belongings. If you want to be showered in less paint, we recommend running in the inside lane where less of the paint thrown by our Rainbow Throwers will reach you.
- Cleaning stations are provided after the run, where you can brush off the majority of the powder – please use this facility to avoid getting the coloured powder inside your car or public transport on your journey home. If you are driving to the venue, we recommend that you bring towels to cover your car seat.
- If it has been raining, please slow down in the Rainbow Stations to avoid slipping on paint. Please be aware of any other slip and trip hazards to avoid injury e.g. kerbs and drains.
- Your running number must be worn at all times
- Please wear a well-fitting pair of trainers (that you don't mind getting paint on)
- Please listen carefully to any information or instructions that marshals give – they are also there to contact for first aid support if you need help.
- If any runner is suspected to be under the influence of alcohol or drugs they will not be allowed to take part.

