

COLOUR RUN

Mustangs' Mad Dash

F.E. Madill S.S. is hosting its third annual colour run. The 2018 "Mustangs' Mad Dash" will take place on Tuesday, June 5th at 10:30 am (rain date Monday, June 11th). Our colour run is a 3km, un-timed walk/run, where hundreds of participants, or as we like to call them "Mad Dashers", are doused from head to toe with our coloured powder at several paint zones. With only three rules, the idea is easy to follow:

1. Wear the white 2018 Mustangs' Mad Dash t-shirt at the starting line.
2. Wear the stylish funky coloured sunglasses provided.
3. Finish plastered in colour!

The run is less about your personal best and more about having the time of your life! The goal of the run is to promote healthiness, happiness, and individuality!

The proceeds from the run will be going to the Building Bridges to Our Future fundraising campaign, specifically to fund phase two of the project which includes the paving of the long jump pit runway and accessibility path. The mission of the campaign is to promote healthy living by providing venues to actively engage one's mind and body, be it by walking along the track, rolling in a wheelchair on fully accessible grounds, kicking a ball on the soccer fields, or holding a sunrise yoga class on the lawn.

A \$25 fixed donation or pledge is required for all participants in the Colour Run. Participants will be doused with colour; receive special race shirts, colour run glasses, and enjoy some wonderful snacks with our post-race celebration.

To register for the 2018 Mustangs' Mad Dash, students must complete and return the following permission form along with \$25. (\$30 on race day)

Please email andrea.verhaeghe@ed.amdsb.ca if you have any questions or concerns.

Student's Name: _____

Grade (please circle): 7 8 9 10 11 12

I, _____, parent/guardian of _____, hereby give permission to my student to participate in the 2018 MUSTANGS' MAD DASH school colour fun run which will include walking/running, and I acknowledge that he/she will be passing through a color zone where non-toxic coloured powder will be thrown on the student.

Parent/Guardian's Signature: _____
(Student if over 18 yrs)

\$25 Fixed Pledge (Cheques made out to FE Madill) \$30 on race day

_____ Preferred Shirt Size (please note the **first 100** students signed up will be guaranteed their preferred shirt size youth S- L, adult S-XXL and shirts and sunglasses will be available to the first 300 students to register)

Please indicate method of payment cash cheque online

You'll want your memories of The Colour Run to stay with you forever. But you want the colour to wash out of your hair and skin ASAP. Here are a few tips:

BEFORE THE COLOUR RUN:

- Oiling your hair while on the race morning will make it easier to wash out the colour later. Coconut oil or olive oil work best. A good leave in conditioner will do the trick as well. This is a particularly useful tip for runners with light coloured or highlighted hair.
- Some runners wear a thick scarf or bandana to cover their hair. Others use a bandana to cover their mouth as they run through the colour zones or to wash off after. However you choose to use it, a bandana or scarf is pretty useful at the "Colour Run."
- Wear good sunscreen and/or lip balm
- We will provide Colour Run 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 colour will eventually wash out of everything, please wear old clothes or clothes you will not mind getting "coloured" (please do not wear your favourite shirt, or jersey).

AFTER THE COLOUR RUN:

You just ran the craziest, and most colourful run of your life. Congratulations....But before you take a much deserved rest, take a few minutes to clean up or colour might end up all over.

- Dust off as much powder as you can before you apply any water. Most of the colour should come right out. Now you can "wash" up.
- Cleaning your hair: Dust any loose powder out of your hair. Rinse out the oil/conditioner you wisely applied before the race, with water. Most of the colour should come right out. Now wash your hair as you normally would. Is it not uncommon for hints of some of the colour (pink, and purple in particular) to stick around for a few washes. Wear it like a badge of honour.
- The colour is probably not coming all the way out of your white cotton shirt. But just about everything else should be fine. Again, remove all excess powder before adding water.
- Wash your Colour Run gear separately, with COLD water. Oxiclean or a similar product, will work wonders on running equipment.
- If it doesn't all come out on the first wash, every so often, you may look down and see a little trace of green on your shoe. Eventually that will go away, but until then SMILE, it will remind you how much fun you had and how you helped our school!

Colour Zone- The colour zone will have volunteers who will throw non-toxic coloured powder for each station a student completes. The volunteers will do their best to throw the powder at the torso, but wind and other factors can cause the powder to get on the face. We will provide protective eyewear for all participants or you may bring your own. The colour zone can be bypassed completely if a student does not wish to go through it.

The powder is a non-toxic colour powder that will likely washout of clothing. However we recommend that you wear light-coloured clothing that you don't mind being "coloured".

We also recommend you bring a change of clothes and a towel for the ride home. See the information handout for more information.

