

Homecoming 2015 Live Color 5K

Tip Sheet

What you need to know before the race:

How to prepare

- You must sign a waiver before race day in order to participate.
- Oiling your hair well on race day morning will make it easier to wash out the color later. (Coconut oil or olive world works best.)
- Bandanas and scarves are recommended for covering your mouth as you run through the color zone.
- Although the color powder will eventually wash out of everything, you may not want to bring items you do not want dyed.

During the race

- Sunglasses will be provided to wear during the race but feel free to bring your own (or goggles.)
- Take it slow! Don't feel the need to push yourself too hard while running. Remember, there are no prizes for coming in first for the Live Color 5K.
- If your eyes or throat feel irritated or if you are having trouble breathing, do not try to keep going.
- Pay attention to your footing on loose rocks and roots on the fitness trail.

Cleaning up

- Dust off as much color powder as you can before applying any water.
- If you will be in a car following the race, bring an old towel to cover the upholstery so it does not get color on it.
- Dust any loose powder out of your hair, rinse out the oil you may have applied prior with cold water, then wash your hair as you normally would.
- The color will most likely not come out all the way out of your white race t-shirt. Remove the excess powder before adding water, and then wash your color gear separately with cold water.
- Oxiclean or similar products will work well on running gear or other items you want to remove color from.
- Spraying your shirt with vinegar before washing in cold water will help preserve the color.

Remember: Respect our campus! Be careful of touching things in campus buildings, dorms, and locker rooms before you are cleaned up!