

DREAM BIG in COLOR

FAQ SHEET

Please do not throw color on anyone who does not want it.

Do not throw color in anyone's face or eyes.

Be respectful of private property, homes, and businesses.

Do not throw color anywhere other than on participants on the race route.

How long is the race and what is the route?

The race is just over 5 kilometers, and it starts and finishes at QHS. The Route is posted on the raceroster.com website and qpsfoundation.org.

Do I need to be a runner to do this?

No! This event is all about a color crazy day with friends and family. You can run, walk, crawl, or cartwheel if you wish!

What is included with my registration?

Runners will receive a cotton DBIC t-shirt and color packet.

What does the Dream Big in Color Run benefit?

All proceeds from the run will support the Quincy Public Schools Foundation and the Dream Big Campaign which raises money for technology, fine arts, athletics, curriculum and endowment for the Quincy Public Schools.

Can I run with a jogging stroller and my kids?

Yes!

Can I run with my dog?

NO. Pets are not permitted in this race.

Is there an age limit for younger runners?

No age limits! If they can cover (running, jogging, walking, strolling) the three miles of the course, they can absolutely participate.

How do I get my t-shirt and race packet?

T-Shirt and Packet Pickup is on Friday, April 26th from 3pm to 6pm at the QHS Gymnasium.

What should I wear?

White clothing is encouraged so that your colors will show! The color may temporarily stain clothing, shoes and light hair, so consider wearing older clothes and shoes.

Will the color ruin clothes or running shoes?

The color does mostly wash out after the event. As with anything dirty, the sooner you wash it the better.

We suggest wearing items that you wouldn't mind getting colorful. If you would like to preserve the color in your running shirt, spray it with vinegar and iron it. If you wash your shirt....the color will eventually come out.

How does the color affect the inside of cars?

You might want to bring some towels for the inside of your car, or a change of clothes just in case.

What happens after the race?

Stay for the FUN! We'll have a colorful post-race after party, so plan to stay after you are done running.

Can spectators attend the post-race party? - YES!

Does the color affect runner vision or breathing?

The color powder used is food grade cornstarch and is 100% natural. As with any substance, you want to keep it out of your eyes and our color throwers make sure to aim low as you pass by. Some runners might opt to wear glasses or goggles for their eyes and use a bandana or dust mask for their mouths.

How is the color administered along the course?

Along the course, there will be 6 stations where our sponsors will be spraying runners and walkers with color!

Are cameras or phones safe to have in the color zones?

We recommend covering cameras/phones with plastic wrap.

Is race timed?

This is not a timed event. We suggest self-timing for anyone desiring a finish time.

Are there refunds?

Unfortunately, we cannot issue refunds. The logistics of setting up and planning the event make it impossible.

What happens if there is bad weather?

A little rain won't stop the run. It even makes the color brighter! If there are major weather warnings, check the Dream Big in Color facebook page and the qpsfoundation.org website.

What if I am pregnant?

It's totally up to what you and your doctor decide. A lot of pregnant people run or walk in color runs. The powder is 100% cornstarch based and even gluten free. We recommend wearing sunglasses or goggles, and a bandana over your mouth and nose in the color zones just for extra protection.