

ROY CLOUD MIDDLE SCHOOL COLOR RUN PERMISSION SLIP

FRIDAY, MAY 16 from 2:00pm– 2:50pm

The course starts on the Roy School blacktop and winds around the campus passing through the color zone on the field. ***There will be prizes for top runners and students with the most creative white wear.*** Participants, or “Color Runners”, are doused from head to toe in different colors on each lap. With only three rules, the idea is easy to follow:

1. Wear white at the starting line! – Jog-a-thon t-shirt sales May 12th-15th afterschool.
2. Finish plastered in color!
3. Sign up at <http://roycloudjogathon.dojiggy.com>

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

Please email Meredith.mclean@me.com if you need a scholarship to participate

Color Zone - The color zone will have volunteers who will throw non-toxic colored powder for each lap 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 color zone can be bypassed completely if a student does not wish to go through it.

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

White T-Shirts for the Roy Cloud Fun Run are available for purchase afterschool May 12-15.

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

Please sign the permission form below to allow your child to participate in this event.

Student's Name: _____ Grade: 6 7 8

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

Parent's Signature: _____

E-Mail Address: _____

Emergency Contact Number: _____

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

BEFORE THE COLOR RUN:

- Oiling your hair well on the race morning will make it easier to wash out the color 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 colored 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 color zones or to help wash off after. However you choose to use it, a bandana or scarf is pretty useful at the “Color Run.”
- Wear good sunscreen and/or lip balm.
- We suggest some form of Color 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 color will eventually wash out of everything, please wear old clothes or clothes you will not mind getting “colored.” (Please do not wear your favorite shirt, or jersey)

AFTER THE CLOR RUN:

- You just ran the craziest, and most colorful run of your life. Congratulations....But before you take a much deserved rest, take a few minutes to clean up or color might end up all over your classroom and home!
- Dust off as much powder as you can before you apply any water. Most of the color 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 color should come right out. Now wash your hair as you normally would. Is it not uncommon for hints of some of the color (pink, and purple in particular) to stick around for a few washes. Wear it like a badge of honor.
- The color 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 Color 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!