



**Get Me Some
Color 5K**

Colorado Springs 2016

Your Guide for the Event Day

Welcome!

Thanks for participating in the second edition of Colorado's own Get Me Some Color 5K. We are happy and excited to have you a part of our fun event.

In case you didn't know, this event offered thousands of dollars of race registration vouchers to local groups so they could sell them to raise funds for needed programs. Some of these groups will be at the event as well.

To speed up your check-in, you may want to print the Participant Waiver before you arrive (last page in this document and on our website).

Thanks again and have fun!



LYMEvents.com



BigwigRaces.com



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Schedule ish – Saturday, July 2

7:00 Race-day registration and packet pickup starts

8:00 Pre-Race party - the fun Round 1 starts

9:00 Race starts

9:45 Post-Race party - the fun Round 2 starts

10:30 You'll probably be home trying to get clean

What to bring

- The white shirt we gave you at packet pickup
- Your color packet (don't leave it at home!)
- Cash/credit card
 - You can buy some cool GMSC stuff
 - There are a couple cool food trucks there (including Kona Ice)
- A rag or that moist towelette you kept after ribs to go
- Bandana, face mask, sunscreen, lip balm (these things will all help a LOT with your cleanup at the end)
- Sunglasses (to be cool and keep some color out of your eyes)
- Camera or smart phone to capture the moment
- Clean clothes (unless rode with your friend)

**You can buy anything you forget
at our merchandise table**



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Directions and Parking

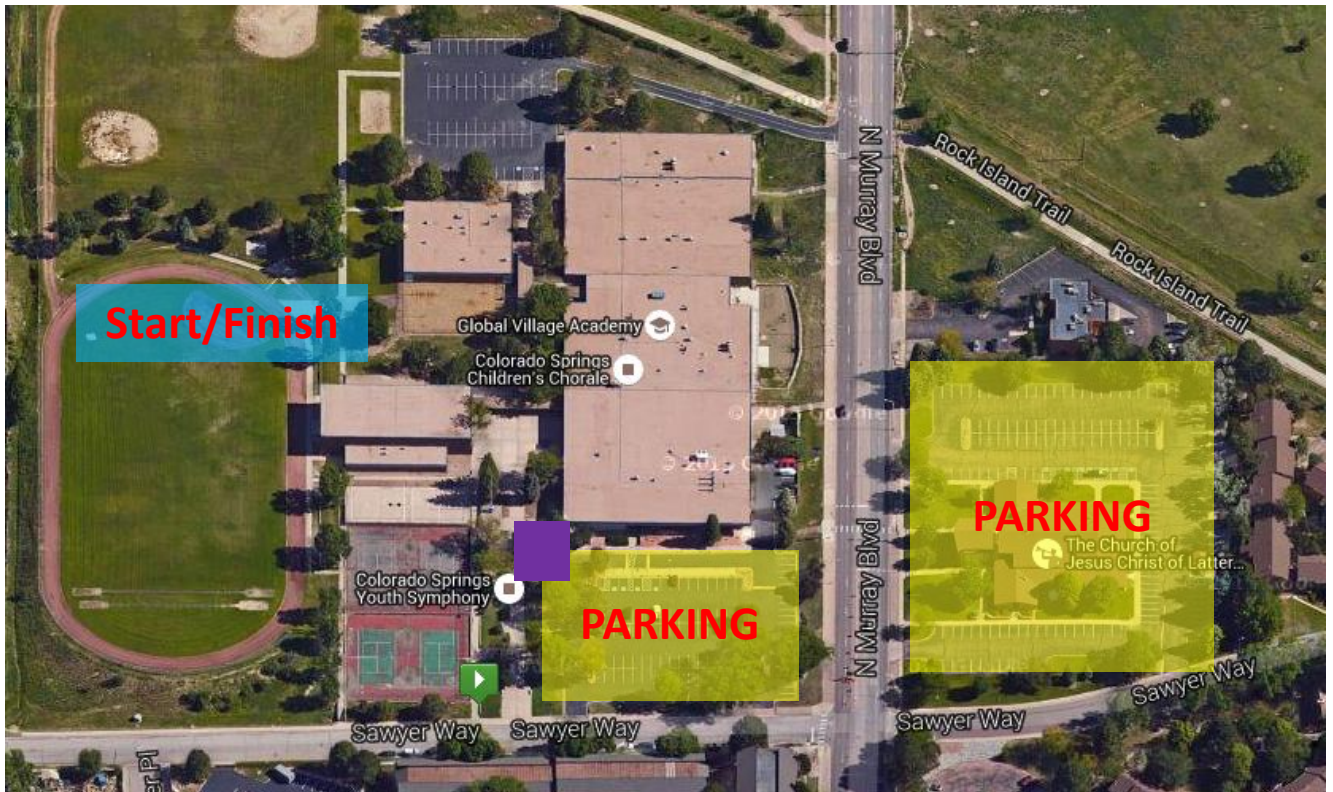
You can get to the race parking by loading this address into your GPS:

Global Village Academy

1702 N. Murray Blvd.

Colorado Springs CO

The run starts and ends on the track behind Global Village Academy. Park across Murray at the LDS church or in the south lot of Global Village Academy. Portapotties are purple in the picture below (but the real ones aren't purple)





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What to expect...

We'll start the day with some color basic training and a couple warmups. And some general fun in the form of PEAK FM's Jolana Miller. We'll have a pre-race party with some color throws to get you in the mood and finish with a post-race and color throw at the end.

The actual 5K part is a little like a normal 5K... safety is priority. Okay, that's about all that's the same. In this event, you'll hopefully get covered with color all in the name of good clean(?) fun. You'll encounter four different color stations (*a couple of them twice!*). When you run through them, be sure to shout "Get Me Some Color" and let them work their magic. You'll also have your color packet that you can use whenever you want (more on this at the race).

Try to keep to the right since much of the course is what we call a "Color Five" section. You'll be able high five your friends and strangers with COLOR.

After it's all done, we'll have a color blower offer dude who will try to get folks clean enough to get in their car (but, really the best advice is either a friend's car or a clean set of clothes).



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The course

We will have maps of the course available at the event.



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General Rules and Guidelines

- Be courteous and use common sense.
- Keep in mind this is a family event.
- Please no pets on the course. We're pretty sure poochy doesn't appreciate random tosses of color powder as much as you do. Plus we don't want anyone getting hurt (your pet, you, or a random stranger).
- Strollers are okay. Just start toward the end of your wave.
- Please wear whatever protective equipment you want.
- Check in on Facebook when you arrive
- Post using #GMSC so all your friends can see your fun!



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The dreaded C word ... cleanup

The color powder eventually washes out of pretty much everything, but you'll probably still want to wear white clothes you don't mind getting stained. Heck, wear the one we gave you when you checked in! Now, there's a brilliant idea.

After you're done with the fun. Have our color blower offer dude blow off any loose color. Before you wash your hair, try to shake as much as you can out.

If you used one of our bandanas or the Classic Homes lip balm, your face should clean up pretty well.

Conditioner in your hair before the event should also help your cleanup a bit.

No matter what you do, you'll probably have to explain weird colors to your friends for a few days. But then that's part of the fun.



Get Me Some Color 5K

Participant Waiver

1 Your info

NAME _____

AGE ON RACE DAY _____

CITY/STATE _____

EMERGENCY CONTACT PHONE _____

2 Waiver

I know that running a road race is potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I also know that although police protection may be provided, there may be a possibility of traffic on the course routes. I understand that bicycles are not allowed on the course and headphones are not allowed during this event. If a runner has a stroller, they shall start toward the back. I assume the risk of participants, the effects of the weather, including high heat and humidity, and the condition of the roads, all such risks being known and appreciated by me. Furthermore, I agree to yield to all emergency vehicles. Knowing these facts, and in consideration of your accepting my entry, I hereby for myself, my heirs, executors, administrators, or anyone else who might claim on my behalf, covenant not to use, and waive and release and discharge Bigwig Races LLC and its affiliates, their agents, employees, officers, directors, successors and assigns, volunteers, the city of Colorado Springs, and any and all race sponsors, their representatives and successors, from any and all claims or liability for death, personal injury, or property damage of any kind or nature whatsoever arising out of, or in the course of, my participating in this event. This release and waiver extends to all claims of every kind or nature whatsoever, foreseen or unforeseen, known sponsors and/or agents authorized by them to use any photographs, videotapes, motion pictures, recordings, or any other record of this event for any purpose. Further, I hereby grant full permission to any and all of the foregoing to use my name and likeness in any broadcast, telecast, video or print media of the event without compensation to me. Applications for minors accepted only with parent or guardian's approval. I attest and verify that I am physically fit and have sufficiently trained for the completion of the event and I have not been advised otherwise by a qualified medical person. I understand the entry fee and bib numbers are nontransferable.

SIGN

Parent signs if participant under 18

DATE _____