Welcome to the SUNY Canton Paint Race! You are about to embark on one of the most fun 5k’s imaginable! This race guide will provide you with all of the information you will need to make your experience unforgettable!!

MAKE SURE YOU READ THIS WHOLE GUIDE! It will make your race day that much easier!

RACE DAY SCHEDULE OF EVENTS Sept. 13th 2014
11:30 am - Participant check in begins
12:30 pm - Participants line up at the starting line
1 pm - First wave of participants takes off! (Waves will continue every 5-8 mins)
2:30 pm - The color festival begins!
2:45 pm - The grand finale color throw!!
3 pm - The Paint Race is over!

CHECK IN
Arrive early! This will give you plenty of time to get parked, stretch, and be prepped for the start.
The check in will take place ..... During check in you will pay for the race with either CHECK or CASH! This is also where you will receive your gift bag containing your bib, wrist band, t-shirt, your personal color packet, and rub on tattoo!

YOU MUST HAVE YOUR WRIST BAND ON TO PARTICIPATE! THEY ARE YOUR GOLDEN TICKET!!

START LINE
The start window will take place from 1pm-1:30 pm and waves of 50 people will take off every 5-8 minutes until everyone is out on the course! Remember this race is in no way times so there is no need to jockey for position, take your time and enjoy the experience with your friends and family! Please make sure your bib and wrist band are visible while running and at the finish line so you can be identified as a Paint Racer! Finally if you want to run please stay on the LEFT and walkers please stay on the RIGHT!

COLOR ZONES
Each kilometer of the event is associated with a designated color. As with any substance, you want to keep it out of your eyes and our “certified” color throwers try to aim low as you pass by. Many “Color Runners” opt to wear glasses or goggles for their eyes and use a bandanna or dust mask for their mouths. Please do not stop in the Color Zones. This will create a bottleneck and problems for runners behind you.
COLOR FESTIVAL
After you finish be sure to stick around! There will be some refreshments, music, and once everyone has crossed the finish line all Paint Racers will gather and we will do the infamous color throw! This is where you will get to use the color packet you receive in your bag! Make sure you don’t use it before hand because you one get one!!

RULES AND SAFETY
- No alcohol is allowed at The Color Run.
- This race is intended for those 10 years of age and older!
- No pets are allowed to participate....Sorry!!!
- If you are running with small children, please watch and direct them through the race.
- If you are concerned at all with any part of the Color experience, feel free to wear safety glasses, a bandanna, or a dust mask.
- Please follow the directions provided by race officials and volunteers.
- Above all, please be courteous and respectful to everyone around you.

PARKING
Upon entering campus please stay left on Cornell Drive and you will see our great volunteer parking attendants guide you in the right direction!! Please only park in these designated locations because there will be other athletic events going on during race day!

SHOW US YOUR TRUE COLORS CONTEST!!
We want to see who can take the best photo from the Paint Race! After the race upload the picture to the SUNY Canton Roos House page on Facebook!

THE WINNER WILL RECEIVE A $50 VISA GIFT CARD!!!!

CLEANING UP

BEFORE THE RACE
- Oiling your hair well on 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.
- Many runners wear a thick scarf or bandanna to cover their hair. Others use the bandanna to cover their mouth as they run through the color zones or to help wash off after. However you choose to use it, a bandanna or scarf is pretty useful at The Color Run.
- Wear a good sunscreen and lip balm.
- We suggest some form of eye wear. Some people wear sunglasses or swim goggles.
- Though the color will eventually wash out of just about everything, you may not want to bring your $500 running shoes or your favorite white pants.

AFTER THE RACE
• You just ran the craziest 5k of your life! Congratulations. You deserve a nap. But not quite yet. Take a few minutes to clean up or color might end up all over your house!
• Dust off as much dry powder as you can before you apply any water.
• Cleaning your hair; Dust any loose powder out of your hair. Rinse out the oil/conditioner you wisely applied before the race with cold water. Most of the color should come right out. Now wash your hair as you normally would. It is not uncommon for hints of some of the color, pink and purple particularly, to stick around for a few washes. Wear it like a badge of honor. Or wear a hat.
• The color is probably not coming all the way out of your white cotton shirt. You should be proud of that. But just about everything else should clean up pretty well. Remove all excess powder before adding water. Wash your Paint Race gear separately, with COLD water. Oxiclean, or a similar product, will work wonders on your running equipment. Every so often you may look down a see a little trace of pink on your shoe and smile. It'll remind you of the fun! Eventually, it'll all be gone.

RACE DAY FAQ Reminders
Do I need to be some sweet ole' runner to do this?
Oh my goodness, NO. There are plenty of other great 5ks out there to test speed and performance. The Paint Race is all about a color crazy day with friends and family. You can run, walk, crawl, or cart-wheel it if you wish!

Will the Color ruin clothes or running shoes?
The "color" mostly washes out after the event. However as with anything dirty, the sooner the gear gets washed the better. Dust off all excess powder before washing with water. Wash your Paint Race gear separately and use cold water. Oxiclean, or a similar product, will work wonders. We suggest wearing items that you wouldn't mind getting colorful. If you would like to preserve the color in your running shirt, we suggest spraying it with vinegar and ironing it when you get home. This is the most likely way the shirt will retain its coloring.

How does the color affect the inside of cars?
Most people bring some towels for the insides of their cars, just in case. It’s like driving home from the swimming pool in your swimsuit :)

Are cameras and phones safe to have in the color zones?
Our race photographers are totally fine shooting from a medium distance (25-50 feet). If you want to get shots right in the midst of the color we recommend covering cameras/phones with plastic wrap.

Is the Paint Race timed?
The Paint Race is not a timed event. Runners tend to take their sweet time out there and we realized no one really cares about their Paint Race speed:) We suggest self-timing for anyone desiring a finish time.

IF THERE ARE ANYMORE QUESTIONS PLEASE FEEL FREE TO CONTACT
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