



THE COLOUR RUN

GAUTENG - MALL OF AFRICA

27 NOV - 2PM

MALL OF
Africa

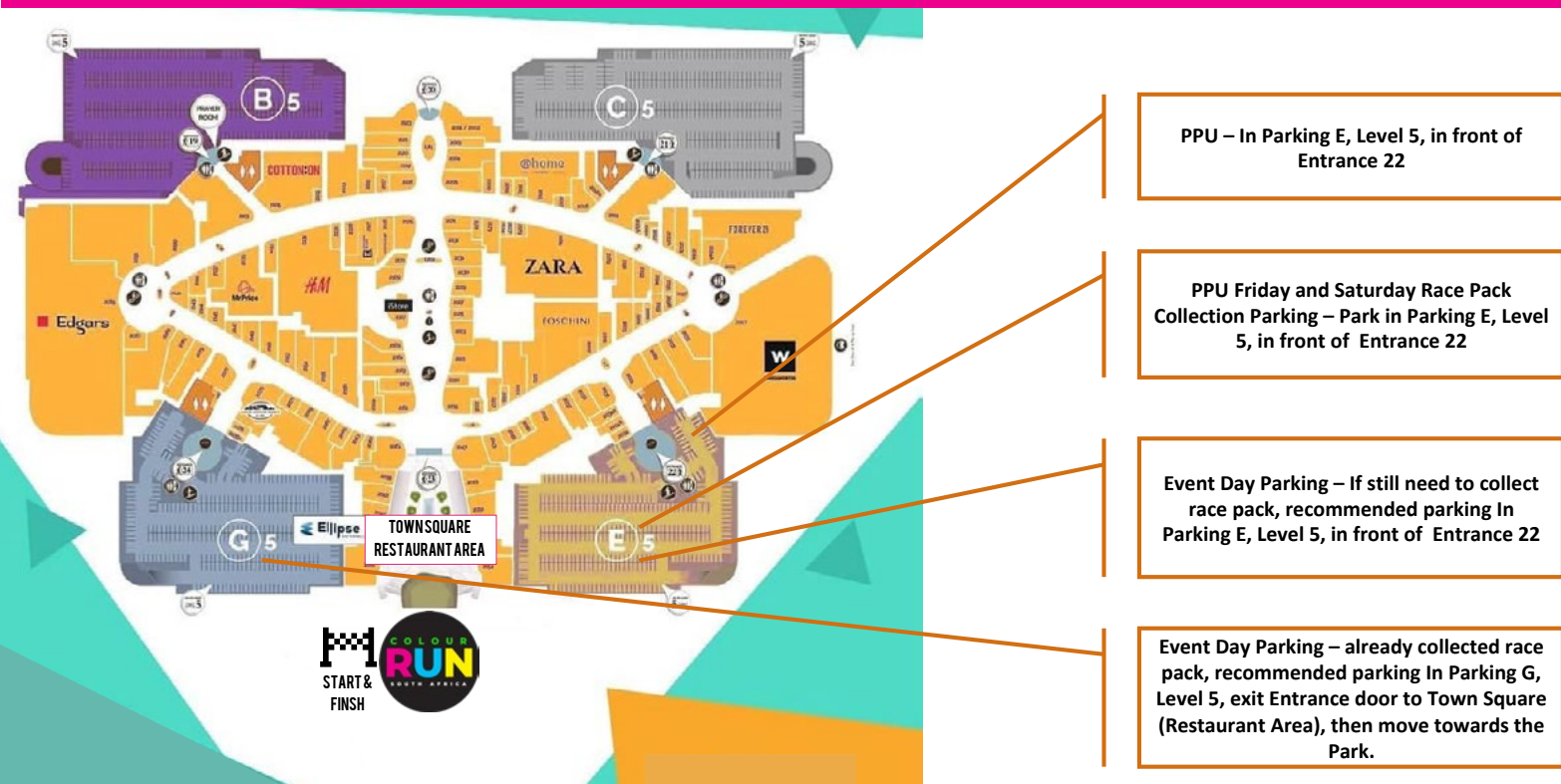
aQuellé®



WE'RE HERE GAUTENG, WE'RE PUMPED AND WE'RE READY TO RUN-BLE!

Below is all the information you will need to be ready for race day. Grab your tutus, your friends, and your running shoes and we'll see you at the start line for 5kms of pure happiness and fun.

RACE PACK PICK UP 26 & 27 NOVEMBER



PPU – In Parking E, Level 5, in front of Entrance 22

PPU Friday and Saturday Race Pack Collection Parking – Park in Parking E, Level 5, in front of Entrance 22

Event Day Parking – If still need to collect race pack, recommended parking In Parking E, Level 5, in front of Entrance 22

Event Day Parking – already collected race pack, recommended parking In Parking G, Level 5, exit Entrance door to Town Square (Restaurant Area), then move towards the Park.

WHAT IS RACE PACK PICK UP?

All Runners need to come to Race Pack Pick Up and collect their event kit in advance. Getting your gear early means you can arrive ready to run on Saturday!

Your Runners Pack includes:

- The gorgeous Colour Run SA official event t-shirt
- Finish Festival powder pack
- Finishers Medal

WHEN

Friday 26 November:

2pm – 6pm

Saturday 27 November:

9am – 1:30pm

Try your best to avoid peak times and big queues. These are often around lunch time and after work hours.

WHERE

Mall of Africa

**Cnr Lone Creek &, Magwa Crescent,
Waterval City, Midrand.**

In Parking E, Level 5, in front of Entrance 22.

PICKING UP YOUR PACK?

Remember to bring your ID as proof of your registration and the bar coded ticket / purchase receipt

PICKING UP FOR A FRIEND?

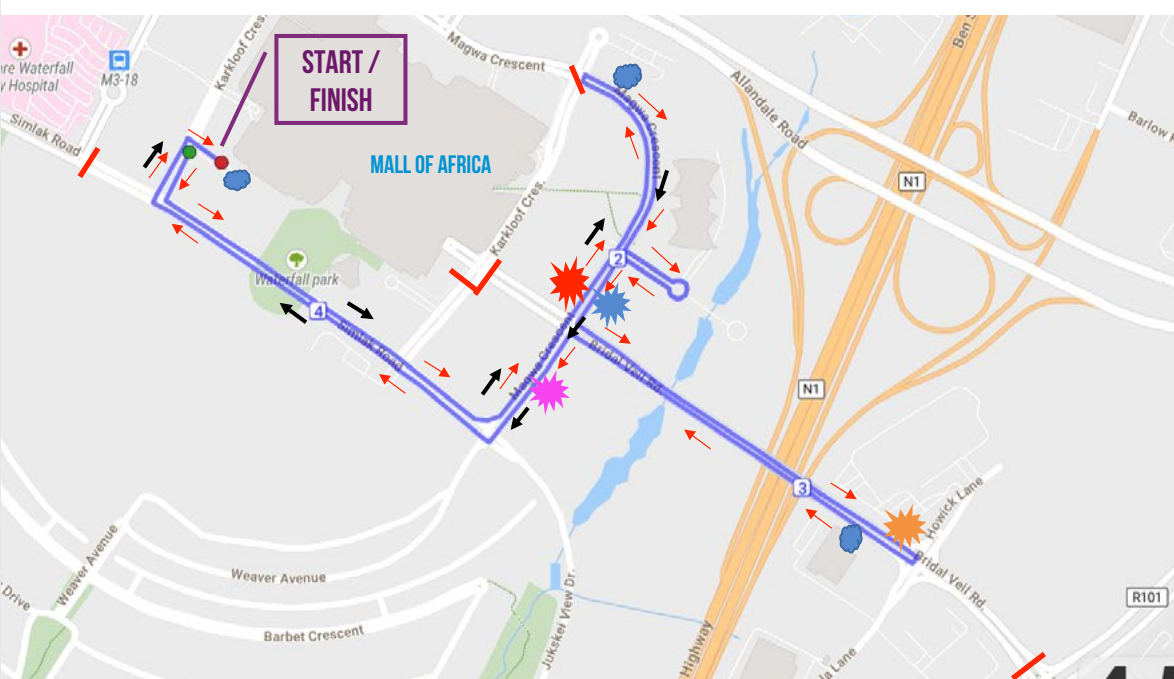
Easy, just bring along a copy of their ID and barcoded ticket print out.

THE BIG DAY!

EVENT GUIDE: GAUTENG
27 NOVEMBER

IF LIFE HANDS YOU A COLOUR... RUN WITH IT!

RACE DAY: 27 NOVEMBER @ 2PM



WHERE

Mall of Africa

**Cnr Lone Creek &, Magwa Crescent,
Waterval City, Midrand.**

TIME

Colour Runners get ready in the start chute from 1pm, start gun goes off at 2pm to start the happiest 5km in Gauteng

WHAT

Each batch starts 3 minutes apart and you'll head off in each batch with approximately 500 new friends. It takes 1-2 hours to run or walk the route and then into the festival zone where you will enjoy music from **DJ's, local acts, best-dressed competitions, food and drinks** and you guessed it, **more colour!**

PARKING

Still need to collect race pack: Recommend Parking E, Level 5, in front of Entrance 22.

Event Day and already collected your race pack: recommended parking in Parking G, Level 5, exit Entrance door to Town Square (Restaurant area), then move toward the park.

Please contact us on hello@thecolourrun.co.za if you require disabled parking or have other special needs in this regard.

THE COURSE (CHECK THE MAP!)

Water: There is a drink zone at (approximately) the halfway point on the course.

Cameras: There will be photographers on-site during the event. By participating, you give your consent for any images or footage to be used in event material including future promotions.

Phones: Feel free to bring your own camera/smart phone to capture the memories of the day.



EVENT GUIDE: GAUTENG 27 NOVEMBER

BE HEALTHY. BE HAPPY. BE YOU. BLING IT ON GAUTENG, WHAT'S YOUR COLOUR?

OTHER BITS

RACE DAY: 27 NOVEMBER @ 2PM

FINISH FESTIVAL

- **Additional colour can be purchased from the merchandise gazebo when you finish the run.**
- **Food and drinks vendors will be on-site in operation from 8am**

THE STORE

- The merchandise store is located within the festival zone. Get kitted out in The Colour Run SA branded gear, tutu's, socks, keyrings, head bands, t-shirts, vests, hoodies and more. We accept: cash, Visa and MasterCard.
- Carrying cash with no place to put it? Some runners suggest keeping it in the insole of your running shoes.
- The Store will also be at Race Pack Pick Up on the 26 November 2pm - 6pm & 27 November 9am - 1:30pm.

THE POWDER

Our colour is 100% natural and safe, food dyed, food grade corn starch. We suggest wearing bandanas, glasses or goggles if you are worried about getting colour in your mouth or eyes.

KIDDIES REGISTRATION

Please register all kiddies with our team at the registration area. All mini runners must be registered before running.

LOST KIDS, PARENTS & PROPERTY

- Collect your kiddies ID wristband at the children registration area before the race.
- **Please report anything or anyone lost to the staff at the stage** (located in the Finish Festival).
- We have flags located nearby so you can allocate a meeting point with your kiddies/group!

Tips for parents: It is advised to write your name and phone number on the wristbands provided at the children's registration area. This will allow us to contact you quickly should you and your little runner get separated.

FIRST AID

- There is a First Aid station located within the Finish Festival.
- If you get into trouble please make a staff member or volunteers aware, so that they can radio for assistance.

PHONES & VALUABLES

Please do not bring valuables. Turn up ready to run as there are NO BAG DROP facilities available on site.



EVENT GUIDE: GAUTENG 27 NOVEMBER

RUN, JOG, ROLL, SHIMMY, BOUNCE, HOP, SKIP OR WALK - IT'S YOUR DAY, DO IT YOUR WAY!

**PREP, PRE &
POST FUN!**

RACE DAY: 27 NOVEMBER @ 2PM

RACE DAY TIPS!

- **No mask, no entry:** Please remember to social distance.
- **Oil your hair:** this will help the colour wash out (blondes you've been warned). We recommend using leave-in conditioner, coconut oil, Moroccan oil or something similar.
- **Cover up:** if you're not ok with having colour in your hair as a badge of honour for a few days, we encourage you to get creative and wear a hat, wig or shower cap (especially if you're blonde).
- **Cover your seats:** pack an old towel or garbage bag to sit on for the trip home.
- **Slip, Slop, Slap:** coat yourself in sunscreen and lip balm with SPF in it. Not only will it protect you from the sun, it will help the colour to slide off when you're done.
- **Shield your eyes:** Sunnies, goggles or similar items will avoid any irritations (you can buy The Colour Run sunnies at Race Pack Pick Up or at the merchandise store).
- **Leave your favourites at home:** while the colour will eventually wash out of everything, we suggest leaving your expensive shoes at home (just in case).

AFTERWARDS

- **Dust off:** shake off as much of the dry powder as you can before adding any water.
- **Washing your hair:** anti-dandruff shampoo is best for helping remove any colour patches. If it needs something a little extra, add baking soda to your shampoo to form a paste.
- **Shower:** when you get home, shower as normal and add baking soda to your body wash for stubborn spots.
- **Clothing:** dust off all excess colour, wash items separately in cold water.

POST EVENT

Keep an eye on your inbox for the post event survey! We'd love to hear about your colourful experience and we'll sharing all our awesome photos with you on FB & Twitter.



I AM A COLOUR RUNNER™

#FUNNEST5K

#THECOLOURRUN21

WWW.THECOLOURRUN.CO.ZA

Presented by

