

COLORFUL 5K BY THE BAY
MAY 3, 2014 @ 8:30 A.M.
INFORMATION & FREQUENTLY ASKED QUESTIONS

WHAT IS THE COLORFUL 5K BY THE BAY?

Gather with your family, friends, and coworkers and end with everyone splattered with bright colors that transform a group of ordinary runners into a moving rainbow. The approximately 3 mile COLORFUL 5K BY THE BAY gives you heaps of benefits plus unforgettable fun and memories! By the end of the COLORFUL 5K BY THE BAY you will be covered with color from four blast zones and be grinning from ear to ear. Your health and clothes will be forever changed!

WHY HAVE A COLORFUL 5K RUN BY THE BAY?

Well, at COLORFUL 5K RUN BY THE BAY we want you to have a great time while helping a worthy cause, **The Boys & Girls Club of Palacios.**

HOW DOES IT WORK?

Come wearing white and as you walk, run, dance, skip, or leisurely stroll along, you will be showered with color that is completely safe and washes off easily. Forget about beating your friends to the finish line, this is not a timed race. The real winner will be the one covered from head to toe in a pulsating palette of red, yellow, blue, and green by the time you reach the finish line. Bring your own stopwatch if you really want to know your time.

WHERE IS THE ACTION?

Palacios, Texas on Matagorda Bay, halfway between Houston & Corpus Christi
Begins and ends at 600 Main Street near the City Park
Saturday, May 3, 2014
08:30AM

HOW MUCH DOES IT COST?

Individual Registration
\$30 – by February 28th
\$35 – by March 31st
\$40 – by April 30th
\$45 – by May 3rd

Adult -18 and over when part of a team of 4 or more
\$25 per person – by February 28th
\$30 per person – by March 31st
\$35 per person – by April 30th
\$40 per person – by May 3rd

Youth - Under 18 when part of a team of 4 or more
\$20 – by February 28th
\$25 – by March 31st
\$30 – by April 30th
\$35 – by May 3rd

Palacios Boys & Girls Club Members and Staff Register Free at the Club

HOW DO I SIGN UP?

There are several ways to register:

1. Pick up forms from the Boys & Girls Club @ 901 2nd Street – East Side Annex
2. Click on the printable form found on the Boys & Girls Club website, www.palacioskids.org. Print, complete the form, and mail it along with your check to the address listed on the registration form.
3. Register online. Go to the Boys & Girls Club website, www.palacioskids.org ? Click on "Register Online". There is a nominal fee for online registration.

HOW DO I INVITE MY FRIENDS?

Use all the social media available, text messaging, facebook, twitter, or snail mail.

CAN MY FRIENDS AND I SIGN UP AS A TEAM? HOW?

Absolutely! Pick a team name and run the race together. Many teams make their own t-shirts with their team name or come in costume. To register as a team click, "Register Online" on the website and then select the "Register as a team" button. If using a paper copy, complete the team information on the page.

WHAT ABOUT COSTUMES?

Costumes are more than welcome. We do recommend making them as white as possible.

CAN MY KIDS PARTICIPATE? CAN I RUN WITH MY STROLLER?

Absolutely! Kids 5 and under run for free, and strollers are more than welcome in our COLORFUL 5K BY THE BAY. Remember to start at the back of the line.

WHAT IS THE AGE LIMIT?

No age limit! Come young, come old!

ARE PETS ALLOWED?

Sorry, no pets are allowed.

WHEN AND WHERE TO PICK UP YOUR PACKET?

**Monday, April 28th - Fat Grass Restaurant at 1717 7th Street, Bay City, Texas (on Hwy 35)
from 5:00 – 7:00 p.m.**

**Tuesday to Friday, April 29th – May 2nd - Boys & Girls Club, East Side Annex 901 2nd Street
from 5:00 – 7:00 p.m.**

Saturday Morning Packet Pickup, May 3rd – You may pick up packets beginning at 7:30am at Outrigger Grill, 515 Commerce. There will be a limited number of packets available on race day, so plan on making time to swing by on Friday.

WHY PICK UP THE PACKET BEFORE SATURDAY?

Who wants to wait in line to pick up your packet on Saturday morning?

WHAT'S IN THE PACKET?

You will get a Boys & Girls Club COLORFUL 5K BY THE BAY t-shirt that you can wear the day of the race and a packet of COLOR! You can use your color to throw on your friends as you run or save it until the end. We recommend saving your color until the end to throw during the "Colorful Blast" party. There will be additional color packets available for sale.

HOW TO PICK UP PACKETS FOR YOURSELF OR FOR SOMEONE ELSE?

You may sign your name that you have picked up a packet for someone else.

WHAT SHOULD I BRING ON RUN DAY?

- White shirt or Boys & Girls Club white participant shirt found in your packet
 - Color packet
 - Towel/clean-up rag
 - Baby wipes
 - Change of clothes
 - Sunglasses
 - Bandanna
 - Camera/cell phone – put in a Ziploc bag to keep it clean
 - Clean socks & shoes to wear after the run
- *We'll have extra colorful packets for sale and you can make an extra donation to the Boys & Girls Club of Palacios!

WHAT HAPPENS ON RUN DAY?

The early bird gets the worm, right? Please plan on arriving at the City Park early.

Here's the schedule for the morning:

7:00 a.m. – Participants gather @ 600 Main Street near the City Park.

8:30 a.m. – Runners/Walkers, old/young, fast/slow, move to the starting line for a blast off.

Enjoy the fresh air, run by the beautiful Matagorda Bay, and be healthy all while supporting a great cause. You are sure to have a fabulous time with family and friends. The Boys & Girls Club of Palacios really appreciates your support.

CAN THE COLOR HURT ME? HOW IS IT ADMINISTERED?

The color is basically the consistency of cornstarch and is safe. Our color blasters won't be aiming at your face; but, some runners still choose to wear sunglasses or goggles to avoid the color getting in their eyes. Also, some choose to cover their mouths with a bandana. The color powder is basically food grade cornstarch and is totally safe and natural. All the color should wash out of clothing. However, you may want to wear something that you don't mind getting a bit colored.

ARE PHONES AND CAMERAS SAFE?

We recommend using a plastic baggy or plastic wrap to keep your devices color free.

We will have photographers taking pictures during and after the COLORFUL 5K BY THE BAY which will be posted on the Boys & Girls Club website.

WHAT DO I DO ONCE I CROSS THE FINISH LINE?

* Plan on hanging out at the city park for the "Colorful Blast" party!

*Sign the poster "I finished the 2014, COLORFUL 5K BY THE BAY".

*Check out all the Cinco de Mayo vendors.

*You won't want to miss out on the BBQ Brisket sandwiches available from 9:00 – 1:00 near the caboose. Sandwiches will be served with a chips and a drink for \$6.00.

*Enjoy the carnival from 9:00 a.m. to 2:00 p.m.

CAN FRIENDS AND FAMILY ATTEND THE "COLORFUL BLAST" PARTY ONLY?

Of course they can. There is no charge to attend the party at the finish line!

THE COLORFUL SAFETY RULES

We have a few "safety rules" that will help you have a great time and enjoy a safe event:

1. Be ready to have a great time!
2. Be considerate of others.
3. Don't do anything dumb that puts your safety or the safety of others at risk.

THE REST OF THE RULES:

- Remember, this is a family-friendly event- watch your "colorful" language.
- No alcohol is allowed at the COLORFUL 5K BY THE BAY.
- If you are using a stroller, please start at the back.
- Follow directions provided by the volunteers.
- Kids **MUST** be accompanied by their parents at all times.
- Goggles, sunglasses, dust masks and any other protective items are definitely allowed!
- Please don't litter. It will make our cleanup much faster.

HOW DO I KEEP THE COOL COLOR IN MY T-SHIRT?

Don't wash the t-shirt. Let it soak in vinegar and then iron it. It will make a colorful souvenir.

CLEANUP TIPS

While the color is formulated to wash out, you **MAY** end up with stains on shoes, clothes, and anything you bring, so it's probably best not to wear your good clothes.

Here are some tips to help you clean up after the race:

Clothing

- Wear your participant shirt – it's designed to be colored!
- Shake off excess color before washing; wash your colored gear separately with cold water.

Hair and Skin

- Blondes may want to oil your hair before the race – leaving conditioner in or some olive oil work well.
- Wear a bandanna or a hat
- Sunscreen and a little lip gloss will do wonders for your skin cleanup after the race.

Eyes, ears, mouth, and nose

- We recommend sunglasses or goggles to protect your eyes
- A dust mask, bandanna, or scarf can help you keep all those holes in your face protected.

Other stuff

- The color will eventually wash out; but, you will be better off not bringing the new pair of shoes or stroller.
- Don't forget wet wipes, a towel, or rag. They'll help with clean up and you can use the towel to protect your car.

DISCLAIMER:

We want you to have a great time and an important part of that is your safety. Lightning, heavy rain or high winds are a couple examples of weather conditions which may result in cancellation or delay of the event.

Please come prepared for weather.

RUN DAY DISCLAIMER: If the run is cancelled due to weather conditions and/or an act of God or a participant is not able to participate the day of the event we regret there will be **NO REFUNDS**. Stay updated by watching the run page, www.palacioskids.org.

FOR ADDITIONAL INFORMATION:

Call the Boys & Girls Club of Palacios @ 361-972-2642

E-mail them at bgclub@palaciosisd.org.