

3rd Annual

# COLOUR ME LUCKY 5K

SATURDAY, MARCH 12TH

Seyller Park at 10:00AM

The race starts at 10am so be sure to get there early for check in!

*A new way of celebrating St. Patrick's Day! Colour Me Lucky is a 5k colour run through the town of Hampshire. Run, walk, hop, skip or dance your way through the route. Adults 21 and older will be rewarded a beer at the finish line (Gatorade for the kiddos) and the band Pirate Radio performing Pop, Rock, Dance and Disco songs!*

Registration is \$20/\$25 non- resident until March 11th. Online Registration ends on March 11th at Noon. Day of race registration will begin at 9:00am, fees will be \$30/\$35 non- resident and a t-shirt will not be guaranteed.

Registration includes a t-shirt if you register by February 19th! After that date, t-shirts will be limited. Register at 390 South Avenue, Hampshire, by fax 847.683.1741, or <https://raceroster.com/events/2016/7876/colour-me-lucky-5k>

Race shirts can be picked up at the Hampshire Park District, 390 South Avenue, Hampshire the week of March 7<sup>th</sup>. Office hours are Monday, 11:30am-6pm and Tuesday- Friday 8am-4:30pm

Race Check In will begin at 9:00am. **EVERYONE** must check in with their ID to receive a wristband and free drink ticket for your beverage at the end of the race. Please have your ID ready! At this time if you haven't picked up your race shirt, please do so.



## What is the Colour Me Lucky Run?

### What is a COLOUR RUN?

Run, walk, or skip through this 5K where you'll get *blasted* with a green colour powder at each color station. It's not hard! Get crazy with friends and family. You won't be timed, so there is no pressure to hurry and get done.

### Do I have to run?

Heck no!

### What is the color made from?

The colour powder we use is custom manufactured and produced right here in the United States. It is made from food grade quality cornstarch using an advanced manufacturing process that has been custom developed for the Color Vibe Race Series. It is non-toxic, is 100% safe, and also biodegradable. As with any substance, you will want to keep it out of your eyes and lungs. If you are overly sensitive, you may want to wear glasses or goggles for your eyes and use a bandana or dust mask for your mouth. (This is especially recommended for our younger runners/walkers)

### Are kids allowed?

Yes, kids love to get coloured just as much as the rest of us. We also encourage you to wear sunglasses to keep it from younger eyes and a bandana to cover their mouth. The powdered paint is non-toxic and made mainly with corn starch, but it could irritate the smaller ones more than us. All paint throwers will also be nice to our 'young ones'.

### Can I take pictures?

Of course, please take a lot of pictures! If you do bring your camera or phone we recommend **keeping it in a plastic bag** to keep the dust out.

### What should I wear?

We'd love it if everyone wore their race shirts, they will be white! **We like white**, because the green colour will show up best! We want you to wear mostly white, but if you want to wear a St. Patrick's Day costume, funny slippers, hats,.... they are all welcome. **We love costumes!** The whiter the better though, if you plan on wearing another colour let it be green!! Get a team together and wear matching costumes! We suggest sunglasses and a bandana around your neck/head, just in case. You'll be green by the end!

### Will the color stain my clothes, shoes, or makeup?

If you want a lot of colour to hit your shirt, plan to run closer to the colour throwers. If you want only a little bit of colour, run in the farthest lane from the throwers. If you want to preserve the colour in your shirt, spray it with vinegar and iron it before you wash it. The colour does mostly wash out after the event, but **some of it can stain**. As with anything, the sooner you wash it the better. We suggest wearing items that you wouldn't mind getting the colour on.

### Will the color get in my car?

**Bring a towel or some plastic bags** along, and you'll be just fine. However, if you do get some in your vehicle, it can be dusted away or vacuumed easily.

**The Colour Me Lucky Registration Form is on the back...**

# Colour Me Lucky 5k Registration Form

## Warning of Risk

Running and power walking are intended to challenge and engage the physical, mental and emotional resources of each participant. However, despite careful and proper preparation, instruction, medical advice, conditioning and equipment, there is still a risk of serious injury, including death. Understandably, not all hazards and dangers can be foreseen. The very nature of road racing is hazardous and risky, including but not limited to overexertion, dehydration, slip and falls, collisions with other participants, the effects of weather, dangerous conditions of the road, being struck by a vehicle or bicycle, lack of good physical conditioning, poor training technique, and all other circumstances inherent in running/walking events. In this regard, it must be recognized that it is impossible for the Hampshire Township Park District to guarantee absolute safety.

## Waiver and Release of all claims

In consideration for participation in this event, I agree to assume the full risk of any and all injuries, damages, or loss which I or my minor child might sustain as a result of participating in this event, including pre and post race activities. I hereby agree to waive and relinquish any and all claims I or my minor may have as a result of participation in this event against the Hampshire Township Park District, Village of Hampshire, Township of Hampshire, County of Kane, and their respective officials, employees, agents, and volunteers (collectively referred to as "releases"). I further fully release and discharge Releases from any and all claims from injuries, damage, or loss which I or my minor child may have or which may accrue to me or my minor child on account of participation in this event, including pre and post race activities. I also give my permission for the free use of my and or my minor child's name and or picture in any broadcast, telecast or other accounts of this event. I further attest and certify that my minor child or I are physically fit and have sufficiently trained for completion in this event.

\_\_\_\_\_  
Participants Signature EVERYONE MUST SIGN! (Parent or Guardian's Signature if participant is under 18) \_\_\_\_\_ (Date)

Please Print the Following Information

Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_ Phone Number (\_\_\_\_\_) \_\_\_\_\_

Email address \_\_\_\_\_  
(You will receive emails about our races only)

Resident of Hampshire \_\_\_\_\_ Yes \_\_\_\_\_ No

Sex (Please Circle) M F

Circle Desired T-Shirt Size

Birth Date: mm \_\_\_\_/dd \_\_\_\_/yyyy \_\_\_\_\_

YM YL AS AM AL AXL A2XL A3XL

Do you have any need for special accommodations for this event? If yes, please explain:

## Mail Payment

Please do not send cash

CHECK # \_\_\_\_\_

PO Box 953  
Hampshire, IL 60140

Fax: 847-683-1741

FOR OFFICE USE ONLY

Activity Code  
160702-A4

\_\_\_\_ MASTERCARD \_\_\_\_\_ VISA

Card # \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

Exp. Date \_\_\_\_/\_\_\_\_ Amount of Charge \_\_\_\_\_

Cardholders Name \_\_\_\_\_

Authorized Signature \_\_\_\_\_