

# Horton High School KAY 5K Color Run

**Sunday, November 12, 2017**

**Starting at 2:30 PM**

Check IN: 1:30 PM

**RAIN DATE:** Sunday, April 8, 2018

Sponsored by

USD 430 KAY Chapter

## **How Does a Color Run Work?**

The Color Run event is a one of a kind experience that is less about speed and more about enjoying a color crazy day with your friends and family. It is more about participation amongst team-members, classmates, family and friends celebrating Horton's rich history.

The course will be the most enjoyable 5K you've travelled in a VERY long time. If you have more questions about how it all works keep on reading. . . .

## **Who and What is KAY?**

The Kansas Association for Youth (KAY) is a character-building, leadership-training, service program directed by the Kansas State High School Activities Association (KSHSAA.) KAY is a nationally acclaimed organization which provides students an opportunity to learn to assume their citizenship responsibilities and to enrich their personalities through well-organized programs, projects and school/district sponsored events. Programs educate, inspire and direct members into carefully planned service projects. These projects emphasize four areas of service-school, community, nation and world.

## **Why is the KAY Chapter Sponsoring a Color Run?**



The KAY Color Run has been designed to inspire students within USD 430 school district and members of the community on the value and the importance of leading an active lifestyle. KAY members will be working on projects throughout the coming year that will help raise awareness amongst their peers regarding the importance of being physically active with an eye towards improving the quality of life in Kansas for future generations.

Additionally, through the money raised at this event, funds earned will assist KAY members to be able accomplish community and regional projects by bringing them to realization. Through your participation in the Color Run, you are helping to support opportunities that stimulate fellowship and growth for students, and encourage community support.

## Race Rules

There are only three fairly simple rules:

- Rule #1: All participants are welcome . . .fast, slow, runner, walker, old, and young;  
Rule #2 White shirt 100% cotton is the dress code at the official start line and ready to roll! White cotton T-shirts are provided with paid registration;  
Rule #3 Get completely covered in crazy colored goodness at the finish festival.

## Do I Need to be a Runner. . .?

You don't need to be a runner, the Color Run is a beginner's dream. It's not timed, families and children are welcome, and there's a designated walking lanes for the slower runners and our walkers or even bike riders.

## Protect yourself:

From the beginning of the run to well after you cross the finish line, there is colored powder coming at you from every direction. Protect your eyes and mouth with a pair of sunglasses and bandanna, and make sure to keep any valuables sealed in plastic bags — especially cameras and phones. If you don't want to be completely doused in powder, stay in the middle of the lane when going through a color station.

## Save Your Color Packet Until the End:

While you may be tempted to bust open the color powder that came in your entry packet before you start running, save it for the finish. You'll have plenty of opportunities to be doused in color by volunteers during the run. More importantly, you'll later be left out of the fun if you're without a color packet when everyone lets their color out onto race area.

## The Cleanup:

It may only be colored corn starch, but the powder can still stain. First off, do not wear anything that you'll be upset to lose. While the colored powder may come out in the wash, there's a good chance it won't depending on how much it's set.

With a good dusting off, you aren't 100% clean, but you are totally good for the drive home. It is actually pretty fun to see people still colored up around town after The Color Run event. It is like a badge of honor!

Plan on giving yourself a good scrub in the shower once it's over, and don't be surprised if it takes a few washings to get rid of all the color — especially if you have blond hair (you may want to save yourself the hassle by just wearing a hat during the run). Bring a towel (or change of clothes) if your car has light-colored seats.

## What About the Finish Line?

After the finish, participants are encouraged to stick around and see exactly how much COLOR their individual person can contain.

The Color Run explosions are basically food grade cornstarch and are 100% natural and SAFE. As with any substance, you want to keep it out of your eyes, all color throwers make sure to aim low as runners pass by. Some "Color Runners" opt to wear glasses or goggles for their eyes and use a bandana or dust mask for their mouths. As shown in the images included in this flyer. Runners are can also opt to take the middle lane where which is the designated "low color lane," which offers a "lighter" color experience. In summary: Lets work hard to make this a fun event showing school and team pride. . . .So our precious "Color Runners" get as much or as little color on them as they like.



## How is The Color Administered?

You won't get hurt, maimed, or killed? Ha ha ha! That is one question that is funny. No, it doesn't hurt at all. It is like getting into a powdered sugar food fight.

## Will it Ruin Clothes Shoes or Running Shoes?

The "color" washes out really well after the event. As with anything dirty, the sooner the clothing gets washed the better. As far as shoes, if you have perfectly white brand new shoes, they may get a little extra color but nothing too crazy. Otherwise they will be good.

## **Check-In Time**

Check-In time will be at 1:30 PM at the Horton High School track. Registrants will pick up their color run packets and have an opportunity to warm up prior the Color Run.

## **The Route for the Color Run**

The route for the Color Run will start at the Horton High School track weaving through downtown Horton and end back at the Horton High School track. The route through town be marked and crucial intersections will have barriers.

## **Is There An Age Limit For Younger Runners?**

Yes there is an age limit. **Any runner/walker 10 years of age to 12 years of age must have a parent or guardian present.**

## **Bring a Buddy:**

This is definitely a fun run that can be dominated by teams, groups of friends, and families. Adding to the social feel of Horton's first Color Run.

## **Can Spectators Attend the Post-Race Color Throws?**

Absolutely! We will have Color Run powder packets available for everyone to purchase. At the Finish Festival, the crowd will do a color throw every 15 minutes to welcome new runners coming in. We provided four bags of color in your race bag or one 16 oz bottle of color and more can be purchased at check-in or the finish if desired.

## **How Does a "Color Team" Work Compared With a Solo Runner?**

Pretty simple, you run as a team of 3 or more person unit rather than as an individual. You can pick a groovy custom team name, run/walk together, and "help" each other get really colored up over the designated run.

## **Are Cameras and Phones Safe to Have In The Color Zones?**

If you need to designate a race photographer for your team, they are totally fine shooting from a medium distance. If you want to get shots right in the midst of the color we recommend covering cameras/phones with plastic wrap.

## **What Is Included With Registration?**

Runners will receive a 100% cotton T-shirt, a bag of Color, and race number. Pre-Registration is required so that supplies can be ordered in advance.

## **Is it Timed?**

The Color Run is not a timed event. Runners tend to take their sweet time out there and we realized no one really cares about their Color Run speed;) We suggest self-timing for anyone desiring a finish time.

## **Color Run Registration and Payment**

The registration for Color Run must be paid in advance so that supplies can be ordered. Cash and checks are acceptable, please make checks payable to HHS KAY Chapter. Registrations are NON-Refundable.

## **Where to Send Your Registration:**

Registrations can be mailed to the attention:  
Art Department, Horton High School  
1120 First Avenue East, Horton KS 66439  
Telephone: 785.486.2151

Refunds: Refunds will not be made available once color run supplies have been orderd.

Who to Contact with Questions. . .Please contact Color Run Organizers with any questions.

Color Run Organizer:  
Margaret Krogmann—[krogmannm@usd430.org](mailto:krogmannm@usd430.org)

Administration:  
Fred Winter, Principal  
Horton High School

## Release Form for Non-Horton Student Registrations

ALL PARTICIPANTS/ATHLETES MUST READ AND SIGN. PLEASE READ CAREFULLY BEFORE SIGNING THE ACKNOWLEDGMENT, WAIVER AND RELEASE FROM LIABILITY (AWRL).

I acknowledge that The Color Run is a test of a person's physical and mental limits and it carries with it potential for death, serious injury, and property loss. I HEREBY ASSUME THE RISKS OF PARTICIPATING IN THE COLOR RUN. I certify that I am physically fit, have sufficiently trained for participation in this event, and have not been advised otherwise by a qualified health professional. I hereby take the following action for myself, my executors, administrators, heirs, next of kin, successors and assigns, or anyone else who might claim or sue on my behalf, and I expressly acknowledge that it is my intent to take these actions:

- (a) I AGREE to abide by the competitive rules adopted by The Color Run;
- (b) I AGREE that prior to participating in an event, I will inspect the race course, facilities, equipment, and areas to be used and if I believe any to be unsafe I will advise the person supervising the event, activity, facility, or area;
- (c) I HEREBY WAIVE, RELEASE, AND DISCHARGE FROM ANY AND ALL CLAIMS, DAMAGES, OR LIABILITIES FOR DEATH, PERSONAL INJURY, PARTIAL OR PERMANENT DISABILITY, PROPERTY DAMAGE, MEDICAL OR HOSPITAL BILLS, THEFT OR DAMAGES OF ANY KIND, INCLUDING ECONOMIC LOSSES AND LOSS AND/OR STOLEN ITEMS, WHICH ARISE OUT OF OR RELATE TO MY PARTICIPATION IN, OR MY TRAVELING TO AND FROM THE EVENT, THE FOLLOWING PERSONS OR ENTITIES: The Color Run, sponsors, race directors, employees, event owners, volunteers, all states, cities, counties, or localities in which events or segments of events are held, and the officers, directors, employees, representatives, volunteers, and agents of any of the above even if such claims, losses, or liabilities are caused by the negligent acts or omissions of the persons I am hereby releasing or are caused by the negligent acts of any other person or entity;
- (d) I ACKNOWLEDGE that there will be traffic on the course route, and I ASSUME THE RISKS OF RUNNING AND PARTICIPATING IN THIS EVENT AND I ALSO ASSUME ANY AND ALL OTHER RISKS associated with participating in this event including but not limited to falls, contact and/or crashes with other participants, effects of weather including heat and/or humidity, defective equipment, the condition of the roads and railroad crossings, water hazards, and any hazard that may be posed by spectators or volunteers all such risks being known and appreciated by me, and I further acknowledge that these risks include risks that may be the negligence of the persons or entities mentioned in paragraph (c) or other persons or entities;
- (e) I AGREE NOT TO SUE ANY OF THE PERSONS OR ENTITIES MENTIONED ABOVE IN PARAGRAPH (c) for any of the claims, losses, or liabilities that I have waived, released or discharged herein;
- (f) I INDEMNIFY AND HOLD HARMLESS THE PERSONS AND ENTITIES MENTIONED IN PARAGRAPH (c) for any and all claims made or liabilities assessed against them as a result of (i) my actions or inactions, (ii) the actions, inactions or negligence of others including those parties hereby indemnified; (iii) the conditions of the facilities, equipment, or areas where the event is being conducted; (iv) the Competitive Rules; or (v) any other harm caused by an occurrence related to The Color Run event; and
- (g) I GRANT PERMISSION for the use of my name and/or likeness relating to my participation in The Color run event, and I waive all right to any future compensation to which I may otherwise be entitled as a result of the use of my likeness;
- (h) I UNDERSTAND and accept that my entry fee is non-refundable under any circumstance.

\_\_\_\_\_  
Printed Name

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent Signature Parent Signature for Participants under the age of 18

\_\_\_\_\_  
Date:

# Color Run 2017 Registration

Registration must be paid in full in order to receive your Color Run Packet. Extra dyes can be made available with your pre-registration. Race Date—Sunday, November 12, 2017 @ 2:30 PM with a rain date of Sunday, April 8, 2018.

**Select One (1) of the Color Run Packets Below.  
Deadline for registration is Tuesday, October 31, 2017.**

## Color Run Packet with One 16 oz. Squeeze Bottle:

**\$19.00**

Packet cost is \$19.00 and includes one (1) T-shirt and One 16 oz. squeeze bottle of color. Please (specify T-Shirt size and your color packet selection Cool Colors or Warm Colors):

Selection T-Shirt Size:

Small \_\_\_\_; Medium \_\_\_\_; Large \_\_\_\_; X-Large \_\_\_\_; XX-Large \_\_\_\_

Selection Only **One Color Dye** for One a 16 oz Squeeze Bottle Registration:

**Choose 1 Color**

Blue \_\_\_\_; Light-Green \_\_\_\_; Violet \_\_\_\_; Teal \_\_\_\_; Hot-Pink \_\_\_\_; Orange \_\_\_\_; Yellow \_\_\_\_; Red \_\_\_\_;

## Standard Color Run Packet with Four 100 Gram Packets of Color:

**\$17.00**

Packet cost is \$17.00 and includes one (1) T-shirt and One (4) color packets 100 gram packets (specify T-Shirt size and your color packet selection Cool Colors or Warm Colors):

Selection T-Shirt Size:

Small \_\_\_\_; Medium \_\_\_\_; Large \_\_\_\_; X-Large \_\_\_\_; XX-Large \_\_\_\_

Selection Only One Color Dye Packet:

**Cool Colors** \_\_\_\_

(Blue, Light-Green, Violet, and Teal)

**OR**

**Warm Colors** \_\_\_\_

(Hot-Pink, Orange, Yellow, and Red)

## Need Additional Color for Friends and Family?:

**Color Packet of Four Colors \$8.00**

**OR**

**16 oz. Squeeze Bottle \$10.50**

**Cool Colors** \_\_\_\_

(Blue, Light-Green, Violet, and Teal)

**Warm Colors** \_\_\_\_  
(Hot-Pink, Orange, Yellow, and Red)

**Choose 1 Color**

Blue \_\_\_\_; Light-Green \_\_\_\_; Violet \_\_\_\_; Teal \_\_\_\_;

Hot-Pink \_\_\_\_; Orange \_\_\_\_; Yellow \_\_\_\_; Red \_\_\_\_;

## Additional T-Shirts:

To purchase additional T-Shirts selection your quantities and sizes below:

Children T-Shirts Size \$6.00 per shirt:

Small \_\_\_\_ or Medium \_\_\_\_

Adult T-Shirts Size \$8.00 per shirt:

Large \_\_\_\_; X-Large \_\_\_\_; XX-Large \_\_\_\_

Color Run Packet: \$19.00 OR \$17.00 \$ \_\_\_\_

**Don't Forget Extra Color Dyes or Buy Extras!**

Additional Color Dyes: \$8.00 x \_\_\_\_ = \$ \_\_\_\_

OR

16 oz. Squeeze Bottle with color \$10.50 x \_\_\_\_ = \$ \_\_\_\_

Great way to spray passing runners with powder!

**Do You Need an Extra Shirt?**

Small/Medium: \$5.00 x \_\_\_\_ = \$ \_\_\_\_

Large/XL/XXL: \$8.00 x \_\_\_\_ = \$ \_\_\_\_

Total Paid: \$ \_\_\_\_

Signature \_\_\_\_\_

Date: \_\_\_\_\_

Parent Signature for Participants under the age of 18 \_\_\_\_\_

Date: \_\_\_\_\_