



# CLEANING UP

The Color Run truly is the Happiest 5k on the Planet™! The fun, the excitement, THE COLOR! You want the memories of The Color Run to stay with you forever, but if you are concerned about making sure the color doesn't stick around longer than you'd like, here are some helpful tips.

## BEFORE THE COLOR RUN

If you have light colored or highlighted hair, you may want to oil your hair before the race. This will help keep the color from sticking to your luscious locks. Coconut oil or olive oil work best but a goodleave-in conditioner will usually do the trick as well. Every head of hair is different and will react differently to the color...especially highlighted or colored hair. The pink and blue specifically have been known to stain blondes for a few days. Plan accordingly.

If you need to insure color free hair hours after the event, wear your hair in a ponytail and consider sporting a bandana! You can use it to cover your hair, cover your mouth in the color zones, or even to help wash off at the end of the race! However you choose to use it, a bandana or scarf is pretty useful at The Color Run.

We suggest some form of Color Run eyewear. Some people wear sunglasses or swim goggles. Have some fun with it and try to avoid getting a lot of powder in your eyes.

Though the color will eventually wash out of just about everything, you may not want to bring your Peg Perego Stroller... Or your \$500 running shoes... Or your white suede pants.

## AFTER THE COLOR RUN

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. Take advantage of our cleaning stations at the post race festival for some help. Most of the color will evaporate like magical fairy dust.

Cleaning your hair: Dust any loose powder out of your hair and brush through your hair vigorously. Rinse out the oil/conditioner you wisely applied before the race with COLD water. 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.

If your hair is still clinging on to the color, we've heard that a mixutre of baking soda and blue Dawn dish soap can work wonders!

The color is probably not coming all the way out of your white cotton shirt. You should be proud of that!! Remove all excess powder before adding water. Wash your Color Run gear separately, with COLD water.

We LOVE every single one of our Color Runners! Our color, however, seems to love some people more than others. If you have been well-loved, consider yourself one of the lucky few!

Every so often you may look down a see a little trace of pink on your shoe and smile. It'll remind you that we love you.

Eventually, it'll all be gone.

Until next year... you beautiful Color Runner.