



COLOR PHOR A CURE GUIDE

Welcome to Color PHor A Cure! Thanks to you and all of your friends for making Color PHor A Cure the biggest PH 5k event in the world! We have made this race guide to provide you with all the information you need to make your Color PHor A Cure experience as PHenomenal as possible!

A couple important steps before we get started:

- **Step 1:** If you haven't already, go like our Facebook page. www.facebook.com/colorphoracure
This is a good way to stay up to date on additional race information.
- **Step 2:** Go to www.colorphoracure.com and register if you have not yet!
- **Step 3:** Read this whole document! You'll be glad you did!

PACKET PICK-UP

Come pick up a race packet for yourself. (Photo ID required) You'll receive the following: **race bag, t-shirt, race bib, Color PHor A Cure tattoo, and a bunch of other goodies from our sponsors.**

LOCATION

Our Savior's Church
1622 S. Lake Arthur Ave.
Jennings, LA 70546
osconnect.com



TIME:

Thursday, October 9th / 3pm – 7pm
Friday, October 10th / 12pm – 7pm

We STRONGLY encourage you to pick up your race bag AT the Packet Pick Up dates and location shown above. All you will need is a form of identification. You can also pick up packets for your friends and teammates provided they sign the attached [Packet Pick Up Waiver Form](#). (A separate waiver is required for each packet you want to pick up.) We STRONGLY encourage you to pick up your packet prior to the race on the days listed to the left. If you are unable to make it, you can pick up your packet on race day. However, you will need to be there extra early and be prepared to wait in line. We'd hate to see you miss the pre race fun standing in line trying to get your packet!

RACE DAY SCHEDULE OF EVENTS

6:30am	Volunteer Arrival
7:30am	Pre-Race Registration Opens
8:30am	Pre-Race Festivities Begin
9:00am	Official START to the Race (<i>Groups of 500 people will go every 5 minutes</i>)
9:40am	COLOR PHRENZY begins (<i>color countdowns will occur every 15 – 20 minutes</i>)
11:30am	COLOR PHRENZY ends
12:30pm	SITE CLOSES – have a great day and thanks for all your support!!

WEATHER

We will do **EVERYTHING** in our power to hold Color PHor A Cure event as scheduled. So far, it looks like the weather is going to be great! Runner safety is our highest priority. Excessive rain may cause us to delay the even but we are definitely not planning on canceling the event. **Stay tuned to your email and www.facebook.com/colorphoracure for race related updates.**

RACE MORNING

Arrive early and allow plenty of time to get parked, stretched, and prepped for the start. **Make sure you have your race bib on! This is your ticket into the run. We cannot replace bibs left at home!** So tape them to your forehead or pin them to your running shirt as soon as you get them.

PARKING

There is going to be over 2,500 people at this event, so we suggest you and your team arrive early to avoid as much traffic congestion as possible. We will have multiple Lots available for parking around the site. **If you have a super secret parking spot or know friends who live close please feel free to park there.**



COLOR PHOR A CURE LAYOUT

 REGISTRATION TENT

 MERCHANDISE TENT

 FOOD TENT

 VOLUNTEER TENT

 PH AWARE TENT

 PHOTO BOOTH

REGISTRATION

Registration will be open all week and on Race Day for **\$55**. If you are planning on registering on Race Day we encourage you to plan on arriving at 7:30am to avoid the long lines.

START LINE

The official race start is at 9am. Runners will gather at the start line in 500 person waves and be sent every 5 minutes. This will allow our Color Bombers to reload and be ready for a new wave of runners through each Color Station. Remember the event is not timed so there is no reason to go CRAZY bullying for position. Take your time and enjoy the Color PHor A Cure experience. Teams may run in a group or separately, it is completely up to you. Finally, **while on course, if you want to run please stay to the LEFT and if you want to slow it down and walk please stay to the RIGHT.**



COLOR PHRENZY

The fun continues after you complete the race with an unforgettable **COLOR FRENZY**. This larger than life party is equipped with music, dancing and massive color throws, which create millions of vivid color combinations. Trust us, this is the best post-5k party on the planet!

NEED HELP OR ASSISTANCE

Over 300 volunteers will be on hand to make sure that you and your family have the greatest 5K experience of your life. **From Parking, to Registration, to the 3 mile course, our super friendly volunteers will be there to help you in any way possible.** Feel free to ask them a question, or even have them take a pic for you to post on facebook! Look for the bright Orange Color PHor A Cure Shirts.



FACEBOOK, INSTAGRAM & TWITTER

We Excited to announce Ohh Snap Photo Booth will be with us on Race Day! This will be a great chance for you and all your friends to take a selfie and share it with all your friends on Facebook! For all those social media peeps, we want to hear about your Color PHor A Cure experience before, during and after the race. **Use the hashtags #ColorPHorACure #GreatRaceGreaterCause & #MakePHhistory.**

COLOR PHOR A CURE MERCH

We will have some sweet items for sale at Color PHor A Cure Store (bring cash or card!) The store will be set up at packet pick-up, check-in, and after the race. Our Color PHor A Cure Store which will stocked with some of the latest COLOR PHOR A CURE SWAG for adults and kids. Cash or credit will be accepted. Here are some of the items you can buy:

- Team Joel Shirts (\$20 adults & kids)
- Color PHor A Cure & Make PH History Shirts (\$15 adults / \$10 kids)
- Color PHor A Cure & Team Joel Decals (\$5)
- Extra Color Packets for the COLOR PHRENZY (\$3)
- Praying For Joel Bracelets (\$2)
- Tattoos (\$1)

GIVE BACK AND BE A HERO

Color PHor A Cure has partnered with LifeShare Blood Centers Lake Charles to give back to the Southwest Louisiana community. This **Thursday, October 9th from 3pm-7pm** LifeShare will be at Our Savior's Church and on **Saturday, October 11th** at the Race. This is a great opportunity to give back and be a hero to many people in need of blood. Must be 16 or older, in good health and meet the height, weight and donation eligibility. Photo ID required.



FOOD AND DRINKS

Thanks to **PANERA BREAD** *will be selling bagels for all our early birds.* We also will be selling hamburgers and hot dogs. So come prepared to hang out, enjoy some good food and good music. All food and drinks will be for donation.

Our good friends at Buster's Frozen Custard will also be out at the Race selling delicious, refreshing Frozen Custard.

CLEANING UP

You'll want your memories of Color PHor A Cure to stay with you forever, but if you want the color to wash out of your hair and skin ASAP here are a few tips...

BEFORE COLOR PHOR A CURE

- Oiling your hair well on race morning will make it easier to wash out the color later. Coconut oil or olive oil work best. A good leave in conditioner will do the trick as well. This is a particularly useful tip for runners with light colored or highlighted hair.
- Many runners wear a thick scarf or bandana to cover their hair. Others use the bandana to cover their mouth as they run through the color zones or to help wash off after.
- Wear a good sunscreen and lip balm.
- We suggest wearing sunglasses or swim goggles.
- 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 COLOR PHOR A CURE

- You just ran the craziest 5k of your life! Congratulations! You deserve a nap, but not quite yet.
- Dust off as much dry powder as you can before you apply any water.
- **Take advantage of our "Color Blower Station" at the post race Color PHrenzy for some help.** Most of the color will evaporate like fairy dust.
- Cleaning your hair: Dust any loose powder out of your hair. Rinse out the oil/conditioner you wisely applied before the race with cold water. Most of the color should come right out. Now wash your hair as you normally would.
- The color is probably not coming all the way out of your white cotton shirt. You should be proud of that. But just about everything else should clean up fine. Remove all excess powder before adding water.
- Wash your Color PHor A Cure gear separately, with COLD water. Oxiclean, or a similar product will work wonders on your running equipment. Every so often you may look down and 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.



HOST HOTEL

Are you looking for somewhere to rest your colorful head before or after the race? Check out our **HOST HOTEL: Hampton Inn & Suites Jennings**. They are located two miles from the start line so it'll be super convenient and they're giving Color PHor A Cure runners special discount rates – ***tell them you're with Color PHor A Cure when making your reservation.*** Room block is based on availability so please book soon.

**310 W Fred Ruth Zigler Memorial Dr.
Jennings, Louisiana 70546**

Telephone: (337) 824-2699

ADDITIONAL INFO

Additional information can be found online at www.colorphoracure.com Check out The FAQ page for answers to some of the most common questions we've been asked. You will also find some helpful tips and tricks.

THANK YOU!

On behalf of our family and our entire Color PHor A Cure team, we would like to say a huge thank you for helping us make Color PHor A Cure the largest PH 5K in the world! We could not have done this without the support of our incredible sponsors, city officials, law enforcement, the hundreds of volunteers, and last but certainly not least YOU!

On Saturday, October 11, we will gather together for something much bigger than a race...we will gather to celebrate life and hope. Thanks again for helping us make PH history! We are humbled by your generosity and prayers. God is so good!

Anchored In Hope,

Josh, Lindsey, Josiah, Judah & Joel Belt

