

Oregon Park District

SUMMER CONCERT KICK-OFF

Tuesday
June 5

1 mile

COLOR RUN

Run 6 pm
Concert 7 pm

Are you ready for a colorful and fun-filled summer? The Oregon Park District invites you to bring your family and friends for a journey through Park West as we kick off the 2018 Summer Concert Series. Stops along the way create an opportunity to get blasted with color from head to toe.

After completing the race we invite you to attend the first concert of the summer and enjoy the sounds of one of the best 50's, 60's and 70's rock and roll bands in the Chicagoland area, the StingRays. Race begins near Oregon Park West tennis courts. Register today to secure your spot and guarantee a t-shirt. Don't miss your chance to be blasted with color throughout this family-friendly 1 mile event.

Participation fee: \$8 per person

Fee includes: Oregon Park District Color Run t-shirt (if registered by the deadline) and a build your own burger or hot dog dinner.

REGISTER BY MAY 21ST TO RECEIVE A SHIRT

Name _____

Birthdate _____ Phone _____

Email _____ Shirt Size _____

WAIVER, RELEASE OF ALL CLAIMS AND HOLD HARMLESS AGREEMENT FOR THE OREGON PARK DISTRICT (PLEASE READ CAREFULLY):

By registering and participating in this program, I realize the inherent risks involved and appreciate the nature of these risks. I further agree to hold the Oregon Park District, their employees or representatives harmless for any dangers caused by my participation in this program. I also realize that any pictures taken may be used in promotional materials.

Signature _____ Date _____

COLOR RUN

HOW TO GET CLEAN!

CLEANING UP

You'll want your memories of The Color Fun Run 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 THE COLOR RUN

- Pack a towel to sit on in your car.
- 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.
- Some 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 will hand out sunglasses before the run in order 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 made it! Congratulations. You deserve a nap. But not quite yet. Take a few minutes to clean up or color might end up in your car or at your house later.
- Dust off as much dry powder as you can **before you apply any water**. Take advantage of our "Color Blower Station" at the marked locations for some help. Most of the color will evaporate into 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. 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.
- 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 Fun Run 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.