



UNIVERSITY OF MAINE AT PRESQUE ISLE AND WINTERGREEN ARTS CENTER PRESENT:

COLOR PRESQUE ISLE 5K

AUGUST 11, 2018 at 9AM

THE COLOR PRESQUE ISLE 5K IS AN EVENT ALL ABOUT FUN, FITNESS, AND THE ARTS. DRESS IN WHITE AND LET US SUPPLY THE COLOR!

THINGS YOU SHOULD KNOW:

*The 5K is not timed, so feel free to run, walk, crawl, or jitterbug your way through the course.

*The color is a cornstarch-based powder. It is non-toxic and non-allergenic.

*You should wear old clothes. For sensitive areas, runners have been known to wear swim goggles, sunglasses, and safety goggles. Others have worn bandanas or dust masks over their mouths.

*It is suggested that people with fair hair put on leave-in conditioner, olive oil, or coconut oil before the race.

*If you want to photograph your experience, put your camera in a plastic baggie to keep it safe and color free. We will have photographers on hand documenting the event.

*Please do not bring your furry friends to the event.

*Your registration fee gets you: participation in the County's biggest 5K, a contribution to downtown arts programming funding, and one color packet. Fees are non-refundable and non-transferable. All participants must sign a waiver to take part. More color packets for sale at the event!

*Children are permitted and encouraged to take part. All children under 18 must have a parent or legal guardian sign a consent form. Children 10 and under participate for free, but will not receive a registration packet and must be accompanied by an adult at all times.

*The race is rain or shine. We will postpone the race if there is thunder and lightning. Please check the website and Facebook page if you have questions.

*After the race, dust off all the loose, dry powder before rinsing with cold water.

*If you want to keep the color on your shirt, spray with spray adhesive and let dry before washing OR spray with vinegar and iron before washing.

*If you don't want to run/walk/crawl but you still want to be involved, we will need many volunteers to COLORBLAST participants. Find the volunteer sign-up on our website!

www.umpi.edu/colorpi5k www.facebook.com/colorpi5k

FMI: Call Gayla Shaw at 768.9452 or email umpi@maine.edu.