



FAQ's

Where do I get my T-Shirt?

All T-shirts will be ready for you on the day to collect. This helps us save money on postage and make the event more successful, our sizes range from 9yrs -11yrs to XXL. If you require smaller or larger please get these yourself.

What should I wear?

Although the paint is water-soluble and should come out of your clothing, we advise wearing clothes you don't mind getting messy! We recommend that you change your clothes as soon as possible after the run, and that you don't wash them with anything else. We recommend you wear comfortable shoes, trainers or walking boots and bring spare clothing.

What about personal belongings?

We recommend you bring an old towel, spare clothes or bin bags to put your messy running clothes in. Please do not leave anything valuable on show in your car. There will not be allocated areas to leave your personal belongings, so please only bring essential items or arrange to leave them with a family member or friend. Hospice of the Good Shepherd cannot be held responsible for any loss or damage to vehicles or personal belongings.

Can I bring my dog?

No dogs can take part in this event.

What time and where do I register?

Registration will be open from 10am closing at 1145am at the Countess of Chester Country Park, our volunteers will be able to point you in the right direction.

How far is the route?

The route is one lap of Countess Park.

Where can I buy Foamtastic Colourblast merchandise?

A selection of merchandise will be available on the day eg Sunglasses, Headband, Wristband and much more. So please bring some cash with you.

Do I have to raise sponsorship?

This is a sponsored event and any sponsorship money you raise will go directly to provide support and care for our patients and families.

Where can I park?

Parking is FREE on-site.

What's in the paint?

The Foamtastic Colourblast paint is non-toxic, 100% safe and biodegradable. However, do check with

your GP before taking part. If you have a respiratory condition please do not take part in the colour throw at the beginning where powdered paint is thrown into the air in a giant cloud. As with any substance, it is advisable to keep it out of eyes and not to breathe it in.

Are there toilets?

There are toilets at the Countess of Chester Country Park for participants.

No smoking

Please note, this a no-smoking event throughout.

Is the route wheelchair friendly?

Unfortunately, no.

Where can I get help for illness or injury?

If help is needed, for illness or injury. Please go to (or send someone to) the nearest marshal, who will arrange for First Aid to assist.

What if it rains on the day?

That won't stop us! Be prepared!