



## **SUMMER AWARDS CEREMONY**

**Sunday, July 26, 2015**

- 1:00 pm** Check In Begins for All Runners
- 1:45 pm** Runners Assemble in Designated Staging Areas
- 2:00 pm** Naz Rec Color Dash Begins.

Trophy Presentation will immediately follow the Color Dash

### **Color Run F.A.Q.**

#### **Color:**

The color is food-grade quality cornstarch that is bio-degradable, non-toxic and 100% safe. Volunteers will be located at color stations around the field. As runners pass through each station, volunteers will shower runners with a different color as participants run/walk their way through the un-timed run.

#### **Spectators:**

Spectators are able to watch participants run from the center of the field only. Spectators may not enter the course or color stations.

#### **Inclement Weather:**

This event will happen rain or shine! In the event of rain, the trophy presentation will take place indoors prior to the run. Afterwards, the dash will be open to all who are brave enough to run it. The run may be cancelled in the event of severe weather.

#### **What should I wear?**

Every runner will be given a white Naz Rec Color Dash t-shirt to wear. Participants should wear clothing and shoes they don't mind getting dirty. Nazarene Recreation and Chicago First Church of the Nazarene are not responsible for damaged clothing or accessories. Sunglasses and/or goggles are encouraged.

#### **What should I bring and not bring?**

Participants are encouraged to bring towels and blankets to cover the seats of their cars. If bringing a camera or phone, participants are encouraged to keep it in plastic wrap. Goggles or sunglasses are encouraged for all the younger runners. Face wipes are a great idea for quick spot cleaning too!

#### **Can my pet participate?**

Under no condition are pets permitted in this race.

#### **Can I participate if I am pregnant or have a medical condition?**

While the color is 100% safe and non-toxic, this decision is for the participant and doctor. Extra precaution is strongly advised.

#### **How do I volunteer?**

Volunteers are critical for the success for this event. Contact Pastor Kyan at [kglenn@cinaz.org](mailto:kglenn@cinaz.org) or 708-349-0460 if you are interested in volunteering at this fun event!