



SUMMER 2024 AWARDS CEREMONY
Sunday, August 4, 2024

Race Registration opens at 2:30pm (please arrive early!). Registration at the event costs \$15/ person. Early Registration is now available online for \$10/person. Anyone ages 3 and up are able to participate. To register for the event, visit NazRec.com and find the program “019- Color Dash 2024”. **All current All Star and Rising Star players as well as coaches are automatically registered for free!** Family & friends are encouraged to join in the fun!

~Medals will be presented to All Star & Rising Star participants at the finish line for each heat~

Heat Information

Leagues	Heat #	Line up Time	Race Start Time
3000 - Soccer 3 yr. olds 3005 - T-Ball 3 yr. olds	1	2:50pm	3:00pm
3012 - Cheer 4-5 yr. olds #1 3013 - Cheer 4-5 yr. olds #2 3010 - Basketball 4-5 yr. olds 3011 - Basketball 6-7 yr. olds	2	3:05pm	3:15pm
3001 - Soccer 4-5 yr. olds (Mon 5PM) 3002 - Soccer 4-5 yr. olds (Tues 5 PM)	3	3:25pm	3:35pm
3003 - Soccer 6-7 yr. olds (Mon 5PM) 3004 - Soccer 6-7 yr. olds (Tues 5 PM)	4	3:45pm	3:55pm
3006 - T-Ball 4-5 yr. olds (Tues) 3007 - T-Ball 4-5 yr. olds (Sat)	5	4:00pm	4:10pm
3008 - Coach Pitch Baseball (Tues) 3008 - Coach Pitch Baseball (Sat)	6	4:15pm	4:25pm
3014 - Pickleball 8-12 yr. olds (Wed 5PM) 3015 - Pickleball 8-12 yr. olds (Mon 5PM) 4100 - Rising Stars Baseball 7-10 yr. olds	7	4:30pm	4:40pm
FUN RUN GROUP	8	4:55pm	5:00pm

***SEE BACK OF PAGE FOR COLOR DASH F. A. Q**

Color Dash 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! 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 First Nazarene Church 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.

Can I participate if I don't have anyone registered in the NazRec Summer Programs?

Absolutely! Anyone who is interested in participating but has no direct connection, will run in Heat 8 with the "FUN RUN GROUP".

How do I volunteer?

Volunteers are critical for the success for this event. Contact Pastor Ethan at evidjecan@nazrec.com or 708-349-0460 if you are interested in volunteering at this fun event!