

Team Blue Run,

Please read the below information carefully – if you registered on behalf of any friends or family we may not have their email so please forward this information onto them.

**Please note: Registration has now closed and we won't be accepting on the day sign ups.**

### **Times**

Registration will be open at **12pm**.

*Please note that clocks will go forward one hour at 1am on 26<sup>th</sup> March.*

The run will set off at **1pm** - we will set you off in waves to ensure that everyone is safe.

### **Parking**

Mancunian Way is CLOSED on Sunday 26<sup>th</sup> March.

Please plan your journeys carefully ensuring plenty of time to get to the event.

Please look at the attached travel information.

Where possible we would advise using the Metro Link to the Etihad Stadium, please visit <http://www.metrolink.co.uk/Pages/Etihad.aspx> for full details on how to plan your journey.

We ask that participants to park in **Blue Carpark**.

The entrance to the car park is via Sport City Way/Gate 2 off Alan Turning Way.

### **Disabled Parking**

Please use Yellow car park (Gate 11, Manchester, M11 3FF).

### **Registration**

We will have a scanning system on the day.

**Please PRINT your confirmation ticket.**

**OR**

**Show your e-ticket direct from your phone.**

### **T-Shirts**

You will be given your t-shirt upon registration.

We suggest wearing a top on the day that you can put your Blue Run t-shirt over.

### **Running Number**

You will be given your running number upon registration.

You will be asked to fill out the reverse H&S details before pinning it to your Blue Run t-shirt.

### **Sponsorship Money**

If you have collected all of your offline sponsorship money, please bring this to the registration desk.

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

You will receive your Blue Run t-shirt on the day. However, we suggest wearing comfortable clothes that you do not mind getting covered in dye.

The dye is 100% natural and will not harm skin. However, you may opt to wear glasses or goggles to protect eyes, or use a bandanna/dust mask to cover your mouth.

The dye will not stain clothes, but the sooner you put them in the wash after the event the better. This applies to your footwear too – please wear trainers that are suitable for the 5K and that you don't mind getting covered in dye.

We suggest bringing a towel to use when you get back to your car and dust off before driving home - you may want to bring bin bags for your car seats too just to be extra safe!

### **Spectators**

All spectators are welcome to watch you run, and enjoy our first Blue Run. They will be issued with a wristband so they are recognisable during the event.

We will have three main spectator areas to ensure they can watch you along the route and these will be highlighted on the day.

### **Changing facilities**

Unfortunately, we cannot offer specific changing areas. However, there will be toilets on site if you needed to have privacy.

### **Bag drop**

Unfortunately, we cannot do not provide a bag drop.

If you are bringing bags, then we advise that you either leave these in your car or with friends/family who are spectating.

Backpacks are perfect – this ensures your belongings are safe and its comfortable to wear whilst running.

### **The Colour Stations**

We will have 3 colour stations along the route.

The colour powder we use is made from food cornstarch – this is 100% natural and causes no harm to the skin or the environment. The dye has successful passed the required EU standards.

As with any substance, you want to keep it out of your eyes and our colour throwers will aim low as you pass.

You may opt to wear glasses or goggles for your eyes, or use a bandanna or dust mask to cover your mouth.

Please be mindful of other participants when you run through the colour stations – we want everyone to be safe.

If you have young children please make sure you either hold their hands, or pick them up to ensure they are kept safe and not separated from their parent/guardians.

If you need assistance when you're in the colour station, or along the route please alert one of our route marshals who will contact the Event Organizer immediately.

If you wanted to take photographs in the stations, we would advise covering your cameras/phones with cling film or placing in a zip lock bag to keep it safe – we will have photographers at the event capturing everything too!

Hair – the colour does tend to stick to lighter hair, oiling your hair before the run will help the colour wash out. If you're having trouble after the event, bi-carb soda and anti-dandruff will help if its stubborn!

### **Water**

We suggest that you bring a bottle of water on the day, however we will be handing out the bottles when you reach the finish line too.

### **Lost Children**

The blue 'City in the Community' branded gazebo is our 'lost children' designated area, positioned next to the stage in City Square.

### **Dogs**

For the safety of our runners and animals alike, dogs are NOT permitted at the venue or on route.

### **Food**

Our Blue Moon Café will be open from 12pm and serves a range of snacks and refreshments to keep you all fuelled both before and after the run.