

# How to Have the Best Time at the MSW COLOR RUN!

**SATURDAY, APRIL 26 - 10 AM - 1 PM**

Want to make your Color Run experience a colorful blast? Follow these tips to stay safe, have fun, and make the most of this vibrant event!

## **Stay Safe & Enjoy the Color**

- The color powder used at the MSW Color Run & Wellness Fair is certified non-toxic, free of metals, and made from cornstarch, baking soda, and FD&C dyes.
- While the powder is safe, it's best to keep it out of your eyes. Our adult color throwers will aim low as you pass by.
- If you'd rather not be covered in color, you can bypass the color stations—they'll be clearly marked.
- Want extra protection? Some runners choose to wear:
  - Sunglasses or goggles to shield their eyes.
  - A bandana or dust mask if they have allergies or asthma.

## **What to Wear for Maximum Fun**

- Color powder shows up best on white or light-colored clothing—so dress accordingly!
- Event T-shirts are included with Rainbow Rush Mile registration or can be purchased separately in our Color Splash Pack.
- Get creative! Bright accessories like crazy socks, tutus, and colorful hair are highly encouraged.
- Stop by the Funburst Shop for fun and colorful gear—or bring your own!

## **Want to Keep the Color? Here's How!**

If you love your colorful shirt and want to make the color permanent, follow these steps:

1. **Shake Off Excess Powder** – Remove loose powder before spraying with any liquid.
2. **Spray with Vinegar** – Lightly mist your shirt with white vinegar to help set the color.
3. **Let It Dry** – Allow the vinegar to soak in and dry completely before washing.
4. **Iron the Shirt** – Heat helps lock in the color, so run a warm iron over it before washing.
5. **Wash Separately in Cold Water** – Use the gentle cycle and air dry to help maintain the color as long as possible.

## **Pro Tips for Easy Cleanup**

- Shake off excess powder before getting in your car.
- Use a dry towel or baby wipes to dust off before heading home.
- Clothes covered in color? Wash them separately in cold water for the first rinse.
- If color gets in your hair, rinse with cold water first, then shampoo as usual.

## **Get Ready to Run & Have a Blast!**

The MSW Color Run is all about fun, energy, and community spirit. Dress up, embrace the color, and make it a day to remember!