



# HOW TO GET CLEAN!

## CLEANING UP

You'll want your memories of The Color Run to stay with you forever. But if you want the color to wash out of your hair and skin ASAP, here are a few tips...

## BEFORE THE COLOR RUN

- Oiling your hair well on race morning will make it easier to wash out the color later. Coconut oil or olive oil work best. A good leave in conditioner will do the trick as well. This is a particularly useful tip for runners with light colored or highlighted hair.
- Some runners wear a thick scarf or bandana to cover their hair. Others use the bandana to cover their mouth as they run through the color zones or to help wash off after. However you choose to use it, a bandana or scarf is pretty useful at The Color Run.
- Wear a good sunscreen and lip balm.
- We suggest some form of Color Run eyewear. Some people wear sunglasses or swim goggles. Have some fun with it and try to avoid getting a lot of powder in your eyes.
- Though the color will eventually wash out of just about everything, you may not want to bring your Peg Perego Stroller... Or your \$500 running shoes... Or your white suede pants.

## AFTER THE COLOR RUN

- You just ran the craziest 5k of your life! Congratulations. You deserve a nap. But not quite yet. Take a few minutes to clean up or color might end up all over your house!
- Dust off as much dry powder as you can before you apply any water. Take advantage of our "Color Blower Station" at the post race festival for some help. Most of the color will evaporate like magical fairy dust.
- Cleaning your hair: Dust any loose powder out of your hair. Rinse out the oil/conditioner you wisely applied before the race with cold water. Most of the color should come right out. Now wash your hair as you normally would. It is not uncommon for hints of some of the color, pink and purple particularly, to stick around for a few washes. Wear it like a badge of honor. Or wear a hat.
- The color is probably not coming all the way out of your white cotton shirt. You should be proud of that. But just about everything else should clean up fine. Remove all excess powder before adding water. Wash your Color Run gear separately, with COLD water. Oxiclean, or a similar product, will work wonders on your running equipment. Every so often you may look down a see a little trace of pink on your shoe and smile. It'll remind you that we love you. Eventually, it'll all be gone.

Until next year... you beautiful Color Runner.