



**Saturday, April 21<sup>st</sup> 2018**

**Coles Crossing Lap Pool  
16002 Coles Crossing Drive  
Cypress, TX 77429**

**[Cypressfamilycolor5k.com](http://Cypressfamilycolor5k.com)**

## Packet Pick-up and Waiver Verification

**WHEN:** 6:30-8:30pm

Wednesday, April 18<sup>th</sup>

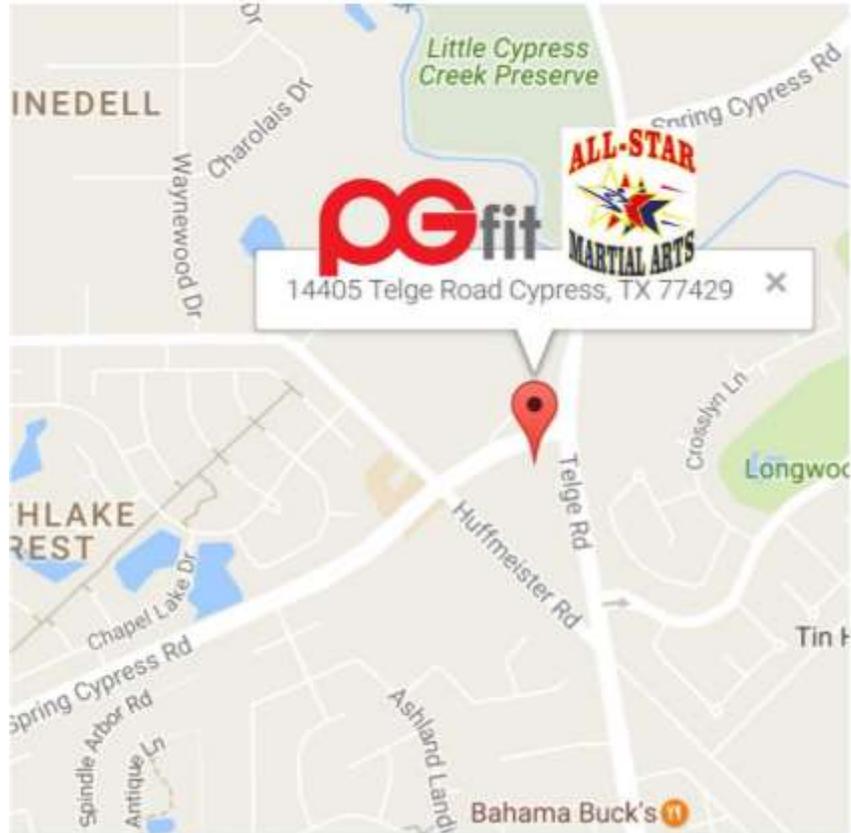
Friday, April 20<sup>th</sup>

**WHERE:** PG Fit

14405 Telge Road

Cypress, TX 77429

832.303.7004



**WHAT TO BRING:** Photo ID or Registration Confirmation

**WAIVER VERIFICATION:** All participants have a signed waiver (Active and Cypress Family Color 5k). Minors (under age 18) must have a waiver signed by a parent/guardian. Please print and sign both waivers for EACH participant and bring to packet pick-up.

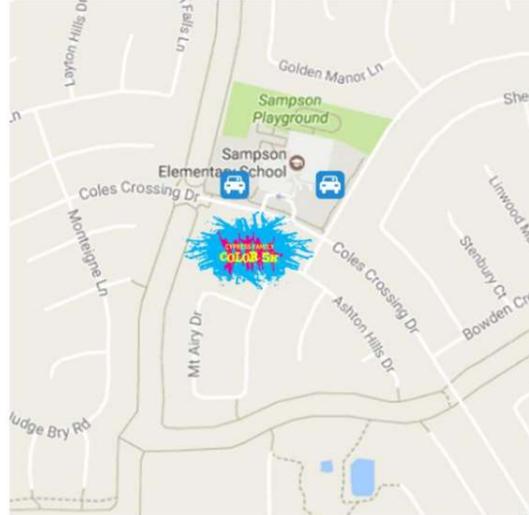
**PICK-UP FOR A FRIEND:** You may pick-up a packet for a friend or family member ONLY if you bring their signed waivers.

**POST RACE COLOR BASH:** Color packets for the post-race Color Party are available for sale at packet pick-up and event day. CASH ONLY!!!! Your BIB number will automatically enter you into drawings at the Color Bash. Must be present to win!

**COLOR OPT-OUT:** Please notify a volunteer at packet pick-up if you would like to skip the color stations on the race course. Your bib will be modified with a large X on your bib notifying on-course volunteers that you are opting out of color. We will do our best to accommodate your request.

## RACE DAY

- WHEN:** Saturday, April 21<sup>st</sup> 2018
- WHERE:** Coles Crossing Lap Pool  
16002 Coles Crossing Drive,  
Cypress, TX 77429
- PARKING:** Available at Sampson Elementary & Coles Crossing North. Please monitor NO PARKING signs and do not block crosswalks or fire hydrants.
- SAFETY:** Please note there is no bag drop or lockers available. Please keep all belongings with you. Lost & Found will be at the registration table



## SCHEDULE

- 7:30- 8:30 am Late Registration and Packet Pickup
- 8:30am Warm-up with **PG Fit** at the Main Stage
- 8:50am National Anthem
- 9:00am Race Start
- 9:30-10:30am Post Race Color Bash at the **PG Fit** Main Stage
- Come dance & party at the PG Fit stage! Bring your color packets or purchase at the event (CASH ONLY!) for our Color Throws happening every 5-10 minutes
  - Giveaways at the Color Bash from our many local businesses. Your BIB number is automatically entered into the drawings and you must be present to win
  - Be sure to stop by State Farm Charlie Pierce booth to participate in a giveaway valued at over \$100
  - Post race food provided by Jimmy Johns & Firehouse Subs
  - Be sure to bring money for Bahama Bucks and Smart Drinks

**WEATHER:** The event will take place rain or shine. In the unlikely event of severe weather, stay tuned to our website/Facebook/twitter/instagram page for updates. We'll take precautions as recommended by the National Weather Service, but only in extreme cases will the event be postponed or cancelled. Your safety is our number one priority--your fun is our close second.

## COURSE INFO



### **WATER:**

Water stations will be on course at regular intervals. Please be mindful of weather conditions and hydrate regularly.

### **COLOR STATIONS:**

There will be multiple color stations throughout the course. Please **DO NOT STOP** in the color stations. This will prevent a bottleneck for runners behind you. As with any substance, you'll want to keep it out of your eyes and mouth. Many runners choose to wear glasses to protect their eyes. Feel free to wear a bandana over your mouth as well (you will need to provide your own). The color we use is made in the USA and 100% safe and biodegradable.

Please notify a volunteer at packet pick-up if you would like to skip the color stations on the race course. Your bib will be modified with a large X on your bib notifying on-course volunteers that you are opting out of color. We will do our best to accommodate your request.

### **WALKING / RUNNING / SKIPPING / DANCING:**

We encourage walking, running, dancing and/or skipping to your heart's delight. Dancing is especially encouraged at the finish line party. If you decide to walk, please be respectful of those behind you and stay to the right. This will allow runners to pass easily on the left. Strollers welcome

### **PETS:**

No pets are allowed on the course or at the Color Party. Kindly leave all four-legged family members at home.

**CLEANUP:**

Wear clothes you don't mind getting color on. Our color washes out well, but we don't guarantee that it will all come out.

For individuals with light colored hair, we recommend using a leave-in conditioner or a light oil (coconut or olive) before the event. Some of the colors can take a few days to fully wash out of your hair, particularly if you have bleached or blonde hair. A hat may also be helpful.

We recommend bringing something to protect your car for the ride home. A towel or trash bag to sit on should do the trick and should prevent your car from getting as color as you!

The sooner you clean up, the easier the color comes off. But before jumping in the shower, dust off as much of the dry powder as possible. You can try adding a little baking soda to your body wash for those areas where the color doesn't come off as easily.

**CHARITY:**

Our event is fully staffed by volunteers, so all of the proceeds of our event (except for things like the cost of t-shirts) will go toward youth summer camps (like girls camp and Philmont) and similar activities for the local youth (many from Coles Crossing) group of the Church of Jesus Christ of Latter-Day Saints here in Cypress.

**MORE QUESTIONS?**

Go to our Facts, Answers, and Questions Page for more information on [cypressfamilycolor5k.com](http://cypressfamilycolor5k.com)

# 2018 SPONSORS

