

Frequently Asked Questions



What time does the event start?

Please arrive from 11am for registration, and the fun run will start at 1pm.

Is there an age limit for participants?

We recommend that participants for 'Dash of Colour' be aged 5 and above. If you wish your child to take part, we ask you to consider that although the paint is completely harmless, the event will be noisy, messy and possibly overwhelming for some younger children. A guardian declaration must be completed for each child taking part, and a parent or guardian (aged 18 or over) must take part and accompany them along the route.

Where can I park?

There is free parking at Frimley Lodge Park and marshals to direct you. We would be grateful if participants could car share when possible.

Do I have to run the 2.5k or 5k or can I walk?

You certainly don't have to run! You can run, walk, jog, dance, hop – this is a fun event, not a competitive one. So please just go at a speed comfortable for you and have fun!

Is Dash of Colour a timed event?

No, it is not a timed event nor is it a race; it is more about having fun rather than a competition. Take your time and enjoy getting colourful!! If you do wish to know how quickly you complete the 5k we recommend you time yourself.

Can I run with my dog?

No, sorry. Unfortunately dogs cannot participate in this event.

Can I run in fancy dress?

Yes – absolutely but this is completely optional. However your Dash of Colour t-shirt must be part of your outfit.

What is in the powder paint?

The powder paint that will be used is non-toxic, 100% safe and biodegradable. It is made from a natural corn starch which is coloured with dyes that are Food Grade and Cosmetic Grade tested to the highest FDA standard. If you have a skin allergy or respiratory condition we would recommend that you don't take part or that you consult your doctor for advice. For further detailed information on the powder paint – please contact Phyllis Tuckwell's fundraising department on 01252 729446.

When will the paint be thrown?

The paint will only be thrown in our designated powdered paint stations. The paint will be aimed onto the body of the participants rather than the face to reduce the amount of paint getting into the mouth, nose and eyes. However due to the variety of heights of participants you will inevitably get some paint on your head/face. You will also be issued with a small sachet of powder paint for everyone to throw in the air at the same time at the start to create a rainbow moment as you set off.

Do the powder paint stations affect runner vision or breathing?

The paint station explosions are 100% natural and safe. As with any substance, you want to keep it out of your eyes and our official paint throwers make sure to aim low as you pass by. You may like to wear glasses or goggles to protect your eyes and a bandana to cover your mouth, but this is not essential.

Will there be food and drink available?

There will be refreshments available to purchase on the day, or you may want to bring a picnic to enjoy after the event.

What if it rains?

A little rain won't stop us, it just gets messier so be prepared!

What should I wear and will it get ruined?

Come along wearing your Dash of Colour t-shirt that will be issued in your participants pack ahead of the day and running gear you don't mind getting messy. The lighter your outfit the more colourful you will look at the end. Trainers are recommended but as with all your footwear and clothing; please wear clothes that you don't mind potentially getting stained.

How do we get clean again after the run?

There are changing rooms, toilets and shower facilities at Frimley Lodge Park which you are welcome to use. You will be able to remove most of the paint by brushing it off or using an old towel. We recommend that you also leave an old towel in your car to cover your seat or bring spare clothes to put on top of your running gear to ensure you get as little paint as possible in your car. Bin bags on your car seats are also a good tip! Phyllis Tuckwell cannot be held responsible for any damage or paint getting on participants vehicles, public transport or private property.

Will there be places to store my belongings whilst taking part?

There will be no place to store your belongings so please only bring with you what is necessary and aim to leave anything extra with friends/family who are coming to watch.

Will my phone and camera be safe to use during the event?

We will have photographers taking photos on the day. If you want to get shots right in the midst of the paint stations we recommend that you have sufficient cover on your phone/camera or purchase a disposable camera as we cannot be held responsible for any damage caused by the powder paint.

Can spectators attend?

Absolutely! The only thing we cannot guarantee is that spectators will stay clean. A running hug from your participating loved one could turn you into human rainbow too!

If I can't take part now, can I give my place to a friend?

Unfortunately, your place is non-transferable and non-refundable. Once registered, if you cannot now take part please let us know.

When will I receive my participants pack?

You will receive a participants pack from May onwards which will include vital information about the event day, your t-shirt and sponsorship forms. If you are collecting your pack from one of our shops, you will receive an email informing you that it is there.

Can people register to take part on the day?

Due to the popularity of this event, it is very unlikely that there will be any spaces available on the day. We do advise people to register in advance as we cannot guarantee we will have capacity.

Can I volunteer?

Yes we are in need of volunteers on the day – please contact Fundraising on 01252 729446 or email fundraising@pth.org.uk if you would like to help. There are a variety of roles that we will need support with from helping on the registration desk, to selling merchandise and helping to shower paint at the colour stations. So if taking part is not for you, please come along and help with this unique experience!

My company might be interested in sponsoring a paint station – how can I find out more about corporate sponsorship opportunities at Dash of Colour?

We would love to hear from any company that might be keen to sponsor a paint station at this event. It is a great team building/fun volunteering opportunity too and we can even aim to match your colour station with your brand colours. To find out more – please email corporate@pth.org.uk

My question hasn't been answered here, what do I do?

Please email email.support@pth.org.uk or call 01252 729446 and we will be able to help.