

Our Color Run/Walk

JULY 18TH

ICELANDIC STATE PARK 9AM

Is a celebration event of being outdoors and exercising with friends and family. It is a 5 kilometer run/walk that takes place at Icelandic State Park.

This is not a timed event. It does not have prizes. Runners and walkers are showered with colored powder, made of food-grade corn starch, at stations along the route and everyone is a winner (except the poor guy who is volunteering at the pink color station - that dosed you as you went past and now he looks like the Mr. Bubbles bottle)!



So what happens and how does this work?

Again, it's not about the 6 minute mile but more about a celebration and having lasting memories. We will start out with music and some movements to get the jitters out while warm up those muscles. Again, it is not timed – the only time you will need to be concerned with is “what time will I start?” Am I going in the first,

second or third heap of runners/walkers?

Each kilometer there will be a station of powdered fun in which volunteers will dose you with colored food grade corn starch (different colors at each station).

We do have a few rules to remember

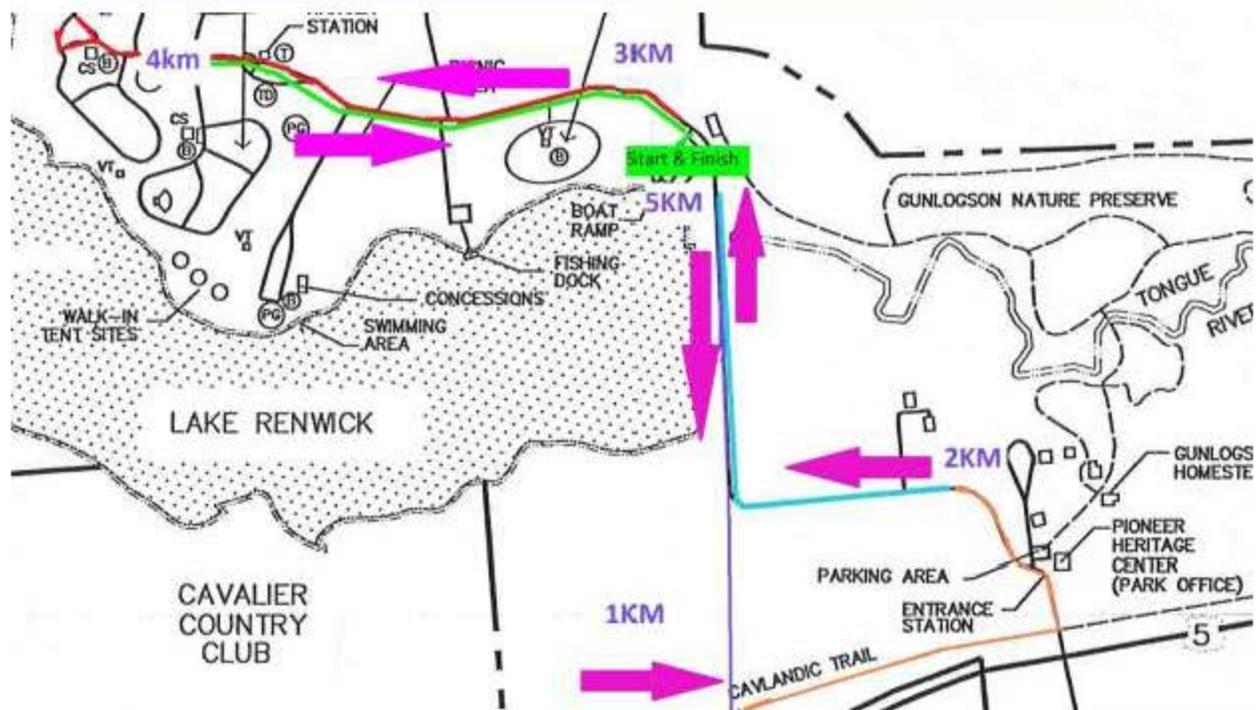
- 1) You must be wearing a bib number given to you at registration
- 2) To get the bib number, you have to sign our waiver (so you cannot sue us and we can plaster your picture on our Facebook page)
- 3) For everyone's safety - pets, bicycles, skateboards, rollerblades, or scooters are not allowed
- 4) Wear white at the starting line (number pinned on somewhere)
- 5) **LAST** - Finish looking as confused as a chameleon in a bag of Skittles!

The fun continues

After you complete the run/walk, there will be more music, dancing and packets of color handed out to throw to make your own color combinations. Trust us, this will be the best ending to any workout you have done.



The map below outlines the Run/Walk:



Happiness



We participated in a 5K color run and it was tremendously rewarding. It was an event for all fitness levels, ages and backgrounds. It was amazing to see how happy everyone was from runners to walkers and volunteers. It was our first sanctioned running event. I would say, pure joy of participating with family was what I took from it. That is one of the reasons this event is being held to give you that same experience and memory.

Health

While our 5k event is all about having fun, we also would like to promote a healthy lifestyle. This may be your first 5k run/walk event. We encourage you to set goals and improve your health and wellness. We hope that this event will be the promoter for our participants to live an active, healthy lifestyle while enjoying North Dakota's outdoors.



Unique



This event will vary in demographics and reasons for running/walking. With no winners or official times, this event caters to everyone –first time runners to seasoned athletes. Some runners/walkers participate as a celebration and capstone of their healthy living accomplishments, while you may participate for reasons unique to you. [Why are you participating? Tell us on the registration form and if we may share?](#)

Questions & Answers

What is the color made of?

It is made from food grade quality cornstarch. It is non-toxic, 100% safe, and biodegradable. As with anything, you will want to keep it out of your eyes and lungs. If you are overly sensitive, you may want to wear glasses or goggles for your eyes and use a bandana or dust mask for your mouth. (This is especially recommended for our younger runners/walkers).

Can I take pictures?

Yaa, sure, you betcha! We will have an official picture area after the 5K. If you do bring your camera, phone, mp3, Walkman, or record player, we recommend keeping it in a plastic bag to keep the dust out!

Are kids allowed?

Again, Yaa sure, you betcha! Yes, the kid in all of us loves to get messy. Kids 12 and under are FREE! All kids must be registered and be accompanied by an adult in order to participate.

Can I wear costumes?

Heck Yes! Crazy but appropriate - is Awesome! The whiter the better!

Is the race hard?

No, it's not a race it's a fun run/walk! Let it take you as long and safe as you need (ok within reason) the event will wrap up between 10:30am and 11am.

What time does the race begin?

We hope to begin around 9:00 AM, and then we'll release waves every 5 - 10 minutes or so. We want to let the tent campers sleep a little. We recommend getting there 30 minutes early so you have plenty of time to park and stretch! The event usually concludes between 10:30-11am.

Can I Walk?

No pressure here to run – come walk and enjoy the scenery at Icelandic State Park.

How do I volunteer?

We'd love to have you help as a volunteer. Volunteers typically throw color on the participants, and/or help with registration, pass out water – oh and the important.... [help us clean up](#). There will be a separate [registration form for volunteers](#). All volunteers need to have a photo ID and all children volunteers will be with a parent/guardian or group leader at all times.

What's the price?

If you are a kid, 12 and under it is absolutely free. If you are a teenager and driving a vehicle, it is a \$5 daily pass unless you have a North Dakota Annual Park Pass – then it's free. If you are a kid at heart and want to come out and have fun – again you need a daily park pass \$5 or if you have a North Dakota Parks Annual Pass – IT'S FREE!

Questions & Answers - continued

How do I register?

Fill out the registration form below. Yes, we need one for each individual and parent/ guardians must sign and accompany your youngster(s) – we are not and do not provide baby/daycare services!!!! We must receive your registration by July 15, 2015. Late registration is possible but pricey!

Can I refund my registration?

Crumbs Dude!!! Unfortunately, it's impossible for us to offer refunds – it costs nothing except your daily or annual permit and that offers you so much more than just an exciting workout.

Can you ship my packet to me?

Since it's FREE!!!!!! We are unable to send out registration forms. You can print this one online or run to the neighbor's house and ask them to print it when borrowing eggs or sugar.

Can I run/walk with my parrot, dog, horse, pony, zebra, mouse, hamster or any other pet?

NO!!! No pets allowed!!! We don't want people stepping in any type of animal waste or tripping over you, if you are bent down trying to pick it up. Oh be quiet – I love dogs but you will not see my animals there!

Are there age limits?

Are you kidding me???? Are you really wondering if we have age restrictions with this fun event? This is one of those cases where NO is a good thing - No way are there age limits! Everyone is welcome!

We do recommend that your kids are properly protected with sunglasses/goggles/safety glasses. For toddlers and infants, maybe even something to cover their mouths. The colored powder is non-toxic and made mainly with corn starch. However, it could irritate the smaller ones more than adults.

When can I register and pick up my official packet?

You can mail in your registration anytime. We will have a packet ready for you at our visitor center all day Thursday & Friday before the event. You can even pick it up early Saturday morning if you are running late. Don't be too late or the color will be gone – Bummer!

Can I pick up other people's packet?

I know you are trying to be nice, but there is so much fun and excitement going on you might not find them. We would hate for someone not to be able to participate because you have their big registration number.

Why isn't a t-shirt included with my registration?

Because it's FREE!!!!!! However, you may purchase a t-shirt or other merchandise when you pick up your registration packet.

What should I wear?

Clothes, of course! You can wear whatever, but we suggest white clothing because it shows off the color the best!

Questions & Answers - continued

Will the color stain my clothes, shoes, or makeup?

This is what they say from other color events - If you want a lot of color to hit you, plan to run or walk closer to the color throwers. If you want only a little bit of color, run or walk in the farthest lane from the throwers. The color mostly washes out after the event, but some of it can stain. As with anything, the sooner you wash it the better. We suggest wearing items that you wouldn't mind getting the color on. I still have some stain on my clothes, but then again – it brings back memories!

Will the color get in my car?

HMMMM..... Let's think about this, it's on your clothes and body and you are touching your car – what do you think? Bring a towel or sheet or even a garbage bag. If you do get some in your vehicle, it can be dusted away or vacuumed easily – unless it's raining! There will be a wind station to dust you off.

Speaking of Rain - will the event be held rain or shine?

For the most part yes. If it's a cool morning with a drizzle great – if it's pouring rain, we don't want to hit you with colored corn starch clumps!

Can my kids ride their bike or scooter to keep up?

For everyone's safety - bicycles, skateboards, rollerblades, or scooters are not allowed. Please be mindful of this and not try to think up the exception. Of course, wheel chairs and mobility devices to assist people are always welcome and we will assist if needed. Please, remember it will be covered in color.

How long is it?

It is a 5 km run/walk. That is 3.10685596 miles. Yes the .10685596 is very important if you are using this as a pinnacle to your training. We would hate for you to miss the last color bomb at the finish if you stop at the 3 miles mark and miss the .10685596 mile ending!

When is the event and where?

Ohhhhh - I apologize, I should have made that **star burst** at the top a little bigger. It will be July 18th. Yeap - this summer at 9am. Icelandic State Park is located 5.5 miles west of Cavalier, ND on Hwy 5.



You did not answer my question.

Call 701-265-4561 or email isp@nd.gov and we will try to answer your question the best we can. If not, we can always make something up!

Registration: Icelandic State Park fun color run/walk

Saturday, July 18, 2015 9:00am

Received By July 15, 2015

Icelandic State Park
13571 Hwy 5
Cavalier, ND 58220

Email: isp@nd.gov

Fax: 701-265-4443

Name: _____ Age if under 18 or over 100 _____

Address: _____

City: _____ Postal Code: _____

Email Address if you would like confirmation _____

Email again so we can figure out your penmanship _____

By registering and participating in the Icelandic State Park Color Run/walk you agree to the following release waiver:

I know and understand that running/walking in a 5K run with color is a potentially hazardous activity. I know, recognize and appreciate these risks, realizing this is a strenuous activity which requires physical conditioning and hereby represent and certify that I am in good health and in good physical condition to participate in this event.

I assume all risks associated with running/walking in this event and acknowledge it carries with it the potential for property loss, serious injury, or death. I understand the risks include, but are not limited to, those caused by terrain, falls, and contact with other participants, lack of hydration, traffic, obstacles, actions of other people including, but not limited to, participants, volunteers, spectators, coaches, event officials and event monitors, and/or administrators of the event. All such and related risks being known and appreciated by me. I also agree for immediate medical attention if necessary. I also agree to obey all laws while participating in the color run/walk. I also agree to immediately adhere to directions given me by event officials as well as law enforcement and emergency personnel.

In consideration of the acceptance of my participation, I hereby for myself, or anyone else who might claim on my behalf, covenant not to sue, and waive, release, and discharge all companies involved with the organization of the color run/walk, including all sponsors, partners, and affiliates, of this event from any and all claims or liability of any kind or nature whatsoever arising out of my participation in this event, even though such liability may arise out of negligence or carelessness on the part of event organizers, sponsors, partners and affiliates.

Having read and understood this waiver and in consideration of your accepting my entry, I for myself and anyone entitled to act on my behalf, waive and release Icelandic State Park, North Dakota Parks & Recreation Department and the State of North Dakota, race organizers and volunteers, land owners, and all sponsors, their representatives and successors from all claims or liabilities of any kind resulting from my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

I further agree that Icelandic State Park, race organizers, volunteers, land owners and all sponsors, their representatives, successors and assigns (collectively the "Licensee") may take still or moving photographs or other recordings of me, or of my property (including any photographs or film footage that I may provide) during and in connection with the run/walk in which I am participating (the "Footage"). I hereby grant to the Licensee, its successors, assigns and licensees an irrevocable license to use and reproduce, in whole or in part, the contents of the Footage, my name, my likeness, image, voice, appearance, or that of my property and biographical information about me in connection with the race in which I am participating and the production and exploitation thereof, in any and all manners and media, throughout the world, in perpetuity, for marketing, promotional, advertising, public relations or commercial purposes via videos, publications, advertisements, news releases, websites, including social media, and any promotional materials in any other medium. I grant permission to all the foregoing parties to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose. I understand that pets, bicycles, skateboards, rollerblades, or scooters are not allowed in any event. I will abide by these guidelines. I understand there are no refunds.

I, either for myself or as a parent or guardian, do agree and acknowledge this waiver and do hereby fully release and forever discharge Icelandic State Park, North Dakota Parks & Recreation Department and the State of North Dakota and its partners from any and all claims for injuries, illnesses, damages, expenses or loss that me or my minor child may suffer arising out of, connected with, or in any way associated with the run/walk, program or activities. I have read and fully understand the above important information warning of risk, assumption of risk, waiver and release of claims.

I, the undersigned, agree to the terms above: _____ Date: _____

Tell us your story. Why are you participating? What are you celebrating?