



## FREQUENTLY ASKED QUESTIONS

### **Where is the Colour Run?**

The Xcite Kids Colour Run is taking place in the grounds of Xcite Bathgate Sports Centre:

Xcite Bathgate  
Torphichen Road  
Bathgate  
EH48 4LA

### **What day is the Colour Run?**

The Xcite Kids Colour Run is taking place on Sunday 16th April 2023.

### **What time is the Colour Run?**

On the day, registration will start at 9.15am and end at 9.55am. The race will start at 10am sharp.

### **How much is the Colour Run and what is included?**

The Colour Run registration fee is £8.50 per child.

The registration fee helps to cover the cost of the event, it also includes some funky sunglasses and a pouch of powdered paint to start your race with a **burst** of colour!

### **Is there an age limit?**

The Colour Run is suitable for children aged 5 years+. There is no upper age limit – big kids are very welcome to come along and join in the fun!

Children under the age of 8 must be accompanied around the course by a registered adult.

### **What terrain is the course?**

The majority of the Xcite Colour Run will take place on grass, in the park adjacent to Bathgate Sports Centre.

Participants will start the Colour Run from the main car park, head up through the park and then loop back to cross the finish line back at the car park.

### **Are there obstacles on the course?**

During the course, you'll take on regular colour stations, with our team of paint throwers ready to cover you in colour from head to toe!

Expect slip & slides, cargo net crawls and a number of other fun obstacles along the way!

### **Is the event timed?**

The Xcite Colour Run is not a timed event - taking your time on the course will only maximise the colourful fun!

Participants are encouraged to complete the course at whatever speed is comfortable. Whether you choose to run, walk, dance, hop or skip the route, you can be sure this will be a colourful adventure you don't want to miss!

### **What should I wear?**

The aim of the day is to leave as **colourful** as possible – we recommend wearing comfortable clothing and shoes that you are happy to get very messy!

All participants are encouraged to wear light coloured clothing as the coloured paint shows best on light colours. We also encourage coloured tutu's, wigs and coloured socks and accessories to add to the colour of the occasion!!

Do not wear anything with sharp edges that might cause injury to other participants or damage the obstacles along the course. Please note the course includes obstacles where you slide and crawl, so wearing long bottoms is also a good idea.

Your ticket includes a pair of funky sunglasses to protect your eyes from exposure to the coloured powder during the event.

The paint will wash out but if you have blonde or very light hair, we recommend protecting your hair with a bandana, hat or head covering during the event. You can also apply conditioner or olive oil to your hair before the event. That will help clean up afterwards!

### **What happens if it rains?**

The Xcite Colour Run is an outdoor event so could be affected by the weather! The event will not be cancelled in bad weather unless the course organisers deem this unsafe to proceed.

### **Can parents spectate?**

Of course! We encourage you to follow your little ones around the course and cheer them on!

### **Are there toilets / shower facilities available?**

Designated toilet facilities will be available for participants on the day. Colour Run participants are not permitted in to the Sports Centre.

Unfortunately, we are not able to provide shower facilities on the day. We recommend you bring a change of clothes or some towels or large plastic bags with you to prevent your car or public transport from getting coloured on your way home.

### **How do I sign up?**

CLICK HERE to submit an online request form. A member of the Xcite bookings team will then contact you on the details provided and arrange payment of your entrance fee.

### **Can I run with my dog?**

For the safety of our runners and animal friends, animals are not permitted in the Xcite Colour Run.

### **Does my child need to be a runner?**

The simple answer is no! The Colour Run is open to all abilities, we're all about fun and enjoying a great day out with friends and family.

### **Is There A Bag Drop?**

(Or anywhere to leave our bags on event day)

All participants are advised not to bring large bags or valuables to the event. We do not provide storage or bag drops. If you are bringing bags then we advise that you either leave these in your car or with friends/family spectators.

### **May I Take Photos Or Film The Event?**

The Xcite Colour Run is the perfect event to get great visuals of your memories. You are welcome to photograph or film at our event for personal use only - make sure you tag us in any social media posts!

**PLEASE NOTE** – the event media team will be there to take photographs and videos on the day. An official album of images will be posted on our social media channels and website after the event – don't forget to **smile for the camera** on your way!

### **Any other questions?**

If you have any other questions ahead of the day, contact [info@westlothianleisure.com](mailto:info@westlothianleisure.com) and a member of the team will get back to you.