

### **Medea Creek Middle School**

Please follow this process for the most enjoyable Color Run experience.

**(Just a reminder that the 'color' in this Color Run is made of cornstarch and vegetable dyes only)**

1. Wear comfortable clothes on Friday--you're going to be running in them. You will be putting your Color Run shirt over your regular clothes, so you are encouraged to wear white all day so the color has the biggest impact possible. Do not wear your favorite shirt or shorts! They will be colorful at the end of the day! **It is strongly suggested that students or parents (if students are picked up) bring towels to brush off any excess color.**
2. Change into your PE shoes during PE and leave them on the rest of the day.
3. Pick up your shirt and Color accessories during lunch on Friday. You will receive a ticket or wristband during period 1 Friday with the prize level you've earned; go to the corresponding table to pick up your items. The tables will be up on the field.
4. Please write your name in your shirt as soon as you get it. **The shirt is your 'ticket' to be dismissed from period 7 to go up to the field--if lost, it cannot be replaced.** Do not leave the table without your name written into your shirt.
5. Color packets will be distributed at the Fun Run itself.
6. When the bell rings to release Color Run participants, please take your accessories to the field and await instructions from the MC of the event. Color Packets will be passed out to you just before the run begins.
7. When the 30 minutes of running/walking is up, listen for instructions to get cleaned up **(color will be 'fanned-off' of students)** and back to class at the very end of the day!
8. Have fun **and thank you for supporting our ASB and the varied activities we offer to our entire student body throughout the year!**