



Frequently Asked Questions

Terrain

The course is set out around large fields and farmland of which one lap makes up the 2.5K route, those opting for the 5K route will need to do 2 laps of the route.

Is the route suitable for wheelchair users?

Unfortunately, due to the nature of the terrain this event isn't suitable for wheelchair users.

What are my parking options at the event?

Free Parking in the car park or adjoining fields

What kind of stations will there be?

There are 5 different stations including powdered paint, foam, inflatables and lots of music. All products used for stations are biodegradable, non-toxic and environmentally friendly. If running the 2.5k route you will pass through stations once, with the 5k route you will pass through all stations twice.

Do I have to complete every station?

Absolutely not! If anything makes you feel uncomfortable, then simply miss it out and move onto the next station.

What facilities are on site?

The on-site café will be open before and after the event serving hot and cold snacks, drinks and cakes. There will be toilets and changing facilities, bag drop area and plenty of music. Free parking is available for all participants and spectators too.

What time shall I arrive?

We advise you arrive a minimum of 30 minutes before your allocated time slot, so you can park, register and warm up. Anyone missing their time slot will lose their right to take part unless a later time slot becomes available.

What shall I wear?

We recommend you wear sports clothing and trainers. Do not wear anything with sharp edges that may cause injury to yourself or other participants. We encourage you to wear your best fancy dress too, but please note it will get messy. Whilst products used are non-

toxic, there is a possibility that they could stain clothing. Organisers have the right to ask you to remove anything deemed inappropriate before you start the course. We advise that all jewellery including watches and rings must be removed.

What do we get upon completing the course?

Every participant will receive a medal and a sweet treat on completion.

Is there first aid available on site?

Yes, we will have fully trained first aiders on site and marshals along the route.

Can I help on the day if I'm not taking part?

Yes, please. We will need lots of volunteers for the day to help make the day enjoyable and a huge success, for example registering people in, monitoring the stations across the day and throwing powdered paint from 8.30 am until 1pm. Please get in touch if you can help for some or all the day, at kjohns@strichards.org.uk

Can I take a mobile phone or camera on the course?

We ask you not to take mobiles /cameras on the course due to possible damage to your phone. We will have lots of volunteers taking photos on the day and a bag drop facility will be available.

Are spectators welcome?

Yes of course, however only certain parts of the course will be open to spectators.

Are pets welcome?

Sorry, this venue does not allow pets on site

What do I need to take with me on the day?

Please ensure you bring the email confirmation printed ticket with barcode for EACH participant. Without this we cannot check you in and you will not be able to take part.

Am I allowed to bring or use alcohol at the event?

Alcohol must not be consumed before or during the event or any alcohol brought on site. Anyone under the influence of alcohol will be asked to leave and cannot take part in the event.

Do I need to raise money for St Richard's Hospice?

We ask you pledge to raise as much as possible to help fund our free care and support to patients and families across Worcestershire. The fundraising team will send you tips on how to raise as much sponsorship as you can before the event.

Can I take part and raise money for another charity?

No this is an event organised and paid for by St Richard's Hospice

Can I participate if I am pregnant or have any health issues?

If you are pregnant or have any health issues, we recommend you consult your doctor before taking part in messy madness. Although we try and make the event as safe as possible there is always the possibility of unforeseeable incidents such as bumping into others or falling. We also alert participants to the use of foam and gunge.

What's the refund policy?

This event is non-refundable. However, the St Richard's reserve the right to give a refund in exceptional circumstances at their discretion.