

It's almost here!
The Irish Cancer Society's Colour Dash
Saturday, 12th August 2023 @ 9.30 am

From all of us here at the Irish Cancer Society and on behalf of all those who benefit from your support – **THANK YOU** for taking part in this year's **Colour Dash**. We are very excited and we're sure you are too.

We have a fantastic day planned, which promises to be FUN for all! Don't forget there's still time to raise vital funds, so that the Irish Cancer Society can continue to provide free services to families affected by childhood cancer. Well done on all your fundraising and training so far!

Below is some important information for the day:

- **Date:** Saturday, 12th August 2023 @ 9.30am
- **Registration Opens:** 8.30am
- **Location:** Start line at **Furze Road**, just off Chesterfield Avenue, Phoenix Park, Dublin 8 (enter via Parkgate St or Castleknock road entrance)
- **Parking:** There is very limited parking available in the park, car pooling and public transport is strongly advised
- **T-Shirt:** You can collect your Colour Dash t-shirt on the day
- Filming and photography will take place during the Colour Dash. Imagery may be used by ICS for future marketing materials and by taking part you are consenting to this.

What to bring on the day:

- **Wristband** is needed to gain entry to the race. **By now you should have received your wristbands, if not, call 0818 10 20 30 as you cannot take part in the race without a wristband!**
- **If you registered for the event after August 9th, please go to the Irish Cancer Society tent on the day to get your wristbands and t-shirt. You will need these to take part on the day. Please bring this email as proof of purchase.**

What not to bring:

- Dogs – unless used for assistance
- Scooters
- Your own paint
- Cameras & phones (if bringing, cover in plastic)

Other important points!

- Remember to be Sun Smart and wear sun screen
- Bag drop will not be provided on the day
- The more light coloured clothing you wear, the brighter you will be covered in colour!
- If bringing buggies or wheelchairs, please cover them entirely to protect them from the paint
- If you are concerned about getting paint in your hair, you can wear a shower cap on the day (especially for those who have bleached hair it can take several washes to remove the paint)
- We also recommend using cold water to wash the paint off your skin and hair
- Stay hydrated
- Most importantly, have fun!

Be there early to ensure a swift registration

By participating in the Colour Dash, you're helping families affected by childhood cancer in Ireland.

We look forward to seeing you on the day!

The Colour Dash Team

Colour Dash Route Map 2023

