



# CONQUER NF IN COLOUR

DIY GUIDE





# WHY COLOUR RUN

**Thank you for considering a DIY Conquer NF in Colour Run in support of the Children's Tumour Foundation!**

You're probably aware of the colour run concept, a group of people get together to throw coloured powder around, make a great big mess and have plenty of laughs along the way.

But, there are so many not so obvious benefits that you can easily offer your community, by hosting your very own community Children's Tumour Foundation's DIY Conquer NF in Colour event.

## Endless fun, endless benefits...

**Get active: Great for all ages**

**Emotional well-being: Colour, movement and fun**

**Community supporting community**

**Celebrate your achievements together**



## Attention...

**Schools**

**Preschools**

**Universities**

**Sporting clubs**

**Community groups**

**Workplaces**





# THE CAUSE



## Tumours should never be a child's normal.

Every three days a child is born with neurofibromatosis (NF) in Australia, a complex genetic condition that causes tumours to form on nerves, under the skin and deep in the body. Progressive and unpredictable, NF can lead to a range of significant health issues including blindness, deafness, bone abnormalities, chronic pain, learning difficulties and in some cases, cancer.

**"As parents, it's horrible feeling a sense of hopelessness against a disease that has many symptoms that can arise at any time." Melinda, NF Parent**

Hosting a DIY Conquer NF in Colour event can encourage important conversations about NF and help build greater understanding and acceptance for all people living with a chronic condition.

When you fundraise for the Children's Tumour Foundation, you enable investment into critical support services that ensure everyone impacted by neurofibromatosis in Australia, regardless of location, type or financial position can access balanced information and support when they need it.

As well as direct family support, we are committed to ensuring a better future for all people impacted by NF through advocacy and research.

## Are donations tax deductible?

Absolutely! The Children's Tumour Foundation of Australia is a registered charity with deductible gift recipient status, so any donation of \$2 or more is fully tax-deductible.

## Melinda and Jack





# REGISTRATION IS SIMPLE



## Are you in? Here's how to register...

1. Register at [conquernfincolour.com.au](http://conquernfincolour.com.au) (You'll need to have considered a date, team name and fundraising target). Once you have registered, a member of the CTF team will reach out to you.
2. Head to our preferred supplier [Holi Colour Powder](#) to order your coloured powder, or scan the QR code below.
3. Support the CTF further by ordering your Conquer NF in Colour merchandise. We recommend providing all of your entrants with a pair of sunglasses to protect their eyes.
4. Let us know how we can support you by getting in touch via email [fundraising@ctf.org.au](mailto:fundraising@ctf.org.au) or by phone **02 9713 6111**

## Encourage fundraising

Recruit your community and encourage them to fundraise within their own networks.

Make sure your community know how important it is to support people living with neurofibromatosis. We can supply you with information and fact sheets.

Can you inspire your cohort with incentives or prizes for highest fundraiser?

**To order your green and blue powder from Holi Colour Powder scan the QR Code below.**

**HOLI COLOUR POWDER**







# EVENT ESSENTIALS

## Let's get planning!

We've started the thinking for you with some of the essential considerations below...

### How much will you spend?

Fortunately, hosting your own DIY Conquer NF in Colour run does not have to be expensive. The coloured powder is very reasonably priced and many community groups will already have their own venue and supplies such as obstacles to add to the fun!

Don't forget you can also recoup your costs through fundraising if you so choose and recommend aiming for no more than 30% of total fundraising be considered expenses.

### Choose your venue

If you are a school or university, you've most likely already got access to an oval. Tick! But what about if you are another community group without your own green space?

Easy, because our coloured powder is environmentally friendly and easily washes off of surfaces, we encourage you to reach out to your local council to let them know what you are doing and your options for oval hire.

### Recruit volunteers

You will need help to organise your event as well as hands on support on the day. We recommend creating a small event organising committee. Consider weekly or fortnightly check-ins to make sure you are on track in the lead up to your event.

### Catering and Entertainment

You'll need to ensure there is clean drinking water available as a minimum for your participants. Few people can say no to a humble sausage sizzle and live music can really set the mood. These extra touches can really make your event memorable.





# THE COURSE



## The all-important course!

What you do along the course/oval is what will really bring your event to life.

Obviously, your participants will be armed with colour sachets, but we also recommend including a series of obstacles that can be operated by volunteers along the way. Our suggestions for planning your course map include:

- Your **start and finish line** - will you include a staggered start?
- How many laps will your participants run - perhaps you could offer a 100 metre dash, 1km, 2km, 5km or 10km around the oval
- **Colour Artists:** armed with colour at multiple stations along the course
- **Super soakers:** If the weather permits, cool your runners down with giant super soakers or a run through a good old fashion sprinkler or slip and slide.
- Crawling tunnels
- Weave through cones - easy and adds an extra challenge
- Blue and green dress up box - thinks wigs, oversized sunnies...





# ON THE DAY

## How will your event look on the day?

We recommend working with your event committee to plan out the following:

### Run Sheet

Plan out the exact timings of your event. Will you create sub-groups for your participants to start at different intervals? Will there be speeches or other entertainment such as live music?

### Bump In (set up)

How much time will you need to set up on the day and who will help you, call on your committee and volunteers. Make sure you have a checklist and everyone knows their roles ahead of time.

### Registration and Check-In

You'll probably have a good idea of who is coming to your event already, but where do they need to go on the day. It's a great idea to have a check in desk or two where you can check people in, load them up with their sachets of coloured powder and let them know how the event will unfold.

### Pack up and clean up

Always leave the space the way you found it, especially if you are working with the local council. Ensure you have plenty of wet wipes and bins on hand, and that your committee know who is doing what to ensure a quick and effective clean up.

### Sharing on social media on the day

The hashtags we use are: #conquernf #conquernfincolour #ctfaustralia  
Our handle is @ctfaustralia for Facebook and Instagram

We'd love to see your images so that we can also share!





# FAQ's

## **IS THE COLOUR POWDER SAFE?**

The colour/holi powder is made of 98% corn starch and 2% food-permitted colours. Made in India, it's non-toxic, non-flammable, skin safe, environmentally friendly and bio-degradable. The manufacturer is an ISO 9001-2005 certified Crisil-rated company producing the highest quality product. The powder is not considered hazardous. If you would like a copy of the safety data sheet, please email [fundraising@ctf.org.au](mailto:fundraising@ctf.org.au)

## **CAN WE INHALE THE COLOUR POWDER?**

It's a lot like breathing in dust and dirt, extensive exposure is not recommended. People with lung issues such as asthma are advised to be careful in their decision to participate.

## **DOES THE POWDER WASH OUT OF CLOTHES?**

Although colour powder washes out very easily, we advise you wear clothes that not important or expensive. Leather and suede especially are known for easily absorbing colour powder. If you want to keep the colour in your t-shirt, spray with vinegar. However, the colour powder will wash out after several washes.

## **WILL THE POWDER STAIN HAIR OR SKIN?**

As water will be added to the event there is a potential of staining hair, however, it will wash out over time. Scrub up!

## **WHAT IF COLOUR POWDER GETS IN OUR EYES?**

We advise our volunteers to throw the powder at the torso, however, wind and other factors can cause the powder to spray onto the face. Don't be concerned if it does, because the powder is non-toxic and a simple rinse with water will cleanse any powder from your eyes. We do advise that you avoid rubbing your eyes, and wear the sunglasses provided during the event to prevent accidents.

## **IS THE COLOUR POWDER EASY TO CLEAN UP?**

The colour powder is biodegradable and environmentally safe. It will disappear with a little water.

## **IS THE COLOUR POWDER NON-FLAMMABLE?**

Yes, absolutely. The colour powder is certified as non-flammable.

## **CAN ASTHMATICS PARTICIPATE?**

People with lung issues such as asthma are advised to be careful in their decision to participate. Parents will need to make an informed decision based on the colour powder profiles.

## **AM I RESPONSIBLE FOR COVERING THE COST OF SUPPLIES?**

Yes, the registering community group will need to purchase all of the required items for your DIY Conquer NF in Colour Event. Fortunately, hosting your own fabulous event does not need to be costly and purchase of the chalk powder is quite affordable. You can recoup these costs through fundraising.

## #CONQUERNFIN COLOUR

For more information, or for help with your fundraising email [fundraising@ctf.org.au](mailto:fundraising@ctf.org.au)  
or call 02 9713 6111

