



# RACE GUIDE

Welcome to the Glenn County 4-H Color Me Green Run!  
Thank you for joining us on this green running adventure.  
We have made this race guide to provide you with all the  
information you need to make your Color Run experience  
as FANTASTIC as possible!



# RACE MAP & SAFETY

We have included the race map for you so you can be familiar with the course that day!

- Please be aware of traffic and street crossings. There will be volunteers along the way to guide you.
- Look for the cross guards at Wyo (Road 9) and P & Wyo (Road 9) and N.
- The roads have a rough terrain. Please be careful and watch your footing when running.

# PACKET PICK-UP

Packet Pick-Up is where you'll get your Color Run gear and can pay and finalize your registration, if you still need to complete everything before the morning of the event.

## PACKET PICK-UP LOCATION

**Where:** Round Table Pizza  
302 E Walker Street  
Orland, CA 95963

**When:** Friday, March 23, 2018  
5:30—7:30 p.m.

We **STRONGLY** encourage you to pick up your race day goods at the Packet Pick-Up date and location shown above. You can pick-up your packet on race day but you will need to be there at 9:00 a.m. The start of the walk/run will begin at 9:30 a.m. at Lake Elementary School.

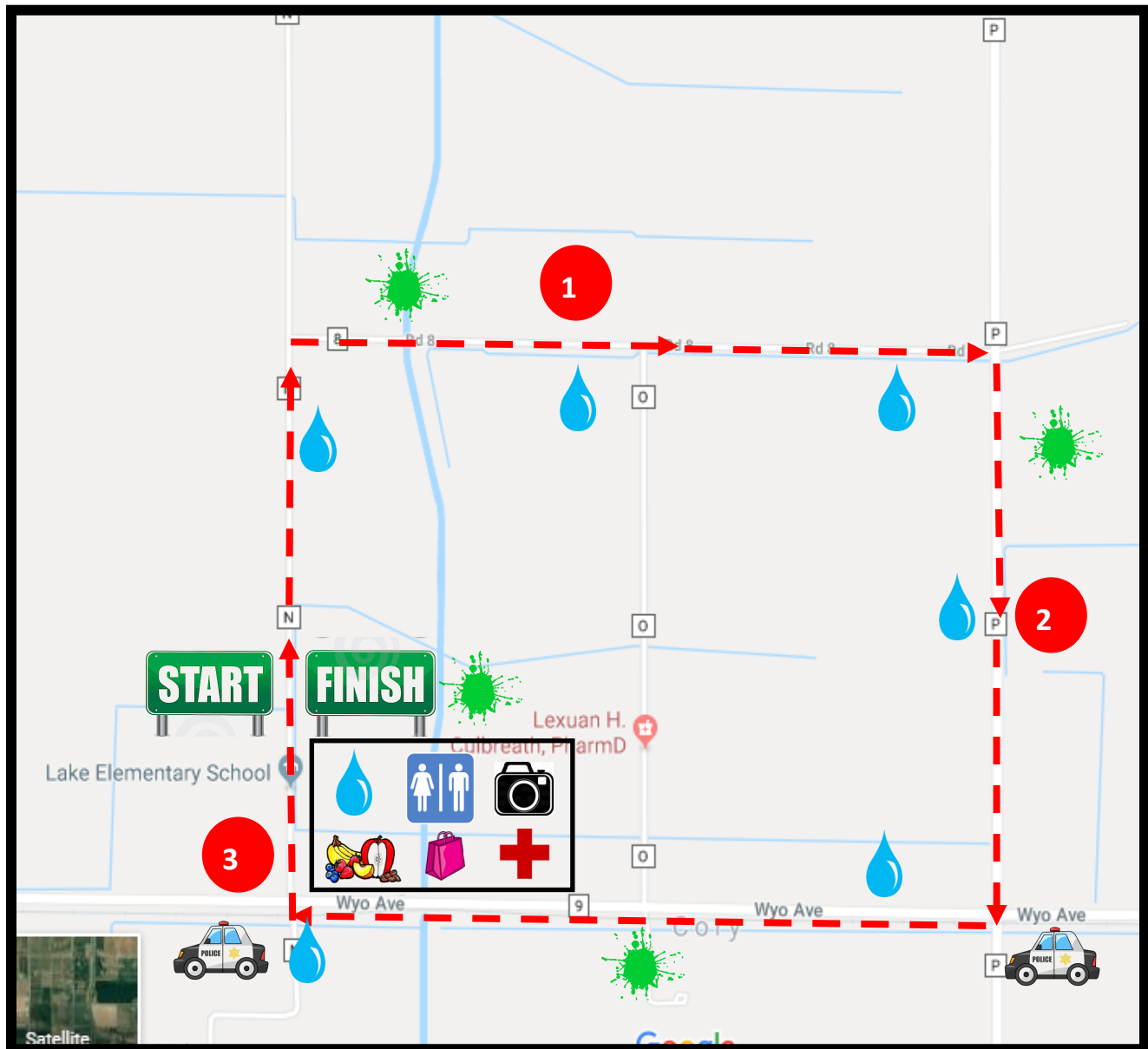
# RACE DAY SCHEDULE OF EVENTS

- 9:00 a.m.—Day of Registration Begins & Pre Registration Check-in
- 9:30 a.m.—Participant line-up at the START Line
- 10:15 a.m.—Cool Down and snacks available

**MAKE SURE YOU VISIT THE PHOTO BOOTH AND 4-H SWAG BOOTH**

# Glenn County 4-H

## Color Me Green Run 2018



**Sunday, March 25, 2018**

9:00 Registration

9:30 a.m. Start \* Lake Elementary School  
County Road N & County Road 9 (Wyo Ave.)



# RACE MORNING

Arrive early! When you arrive at the school, please park in the designated parking area across from Lake School next to the railroad tracks. Allow plenty of time to get your “Color Me Green” T-shirt, stretch and get prepped for the start.

## WARM UP AND COOL DOWN

Warming up and cooling down generally involve doing your activity at a slower pace and reduced intensity. Together, they may help reduce muscle soreness, lessen risk of injury, and improve athletic performance.

### Warm Up

Warming up just before a walk or run at a comfortable pace and low intensity helps prepare your body for aerobic activity. The warm up gradually raises body temperature, increases heart rate, and increases blood flow and oxygen to muscles. Usually a warm-up includes light cardiovascular exercises combined with stretches.

To warm up for a run, start gently and move toward a faster walk for 5-10 minutes. Slow to faster walking is an ideal low-intensity activity to ease your body from being stationary into workout mode. The walking takes the muscles, tendons, and joints through the range of motion similar to brisk walking/running. Note, the more intense the activity, the longer the warm-up. Perform dynamic stretching activities after the warm-up (see stretching section below).

### Cool Down

Cooling down after a run or walk allows for a gradual recovery of pre-exercise heart rate and blood pressure. Generally, 5-10 minutes from quick to slow jog to walk is a sufficient cool-down. As in the warm-up, the more intense the walk or run the longer the cool-down. Perform static and /or easy dynamic stretches after the cool down.

### Stretching

Dynamic Stretching after the warm-up but BEFORE exercise helps prepare muscles for the movements they will be required to carry out during the activity. This type of stretching uses controlled leg movements to improve range of motion, loosens up muscles, raises body temperature, and increases heart rate and blood flow.

While doing dynamic stretching remember to maintain good posture: stand tall, like a string is attached to the top of your head gently pulling upward; tighten abdominals by pulling the bellybutton inward and rib cage downward; pull shoulders back and down, and keep arms relaxed.

Here are some suggested dynamic stretches to help prepare one for a walk/run. Do each of these movements for about 20 seconds:



## Forward / Backward Arm Swings

Stand straight with feet shoulder wide apart. Swing both arms upward with fingers slightly extended and palms facing down. Continue this swinging up and back for about 20 seconds. DO NOT swing your arms up in front of you higher than your shoulders.



## Walking Lunges

Move one foot high knee and forward, an exaggerated step. Plant foot on the ground and continue to move your hips down until your knee is directly above your ankle. Do not move your knee forward of your ankle. Repeat on the other side.



## Forward / Backward Leg Swings

Stand with hands on hips. Engage core slightly, flex right foot, and swing right leg front to back. Keep upper body still and eyes forward. Continue for about 10 seconds per leg.



## Side - to - Side Leg Swings

Stand tall with arms out to the side (if desired, hold onto a stationary object for balance). With one foot planted on the ground, raise opposite leg and swing it back and forth across the body like a pendulum. Continue for about 10 seconds on each side.





### Butt Kicks

Jog in place while bringing each heel up to your butt. Keep your knees pointed towards the ground.



### Hip Flexor

Stand with feet hip-width apart. Lunge forward, keeping knee in front of ankle, until you feel the stretch down the back of your thigh and across hips.



### Calf Stretch

Stand with feet hip-width apart. Bend left leg and put right foot out in front. Push hips back to feel stretch.



### Quadriceps Stretch

Stand with feet hip-width apart. Take one foot behind and hold. Lean forward slightly to feel the stretch down the front of the thigh.



### Torso Stretch

Stand facing the back of a chair; place hands on top. Step backward to extend your arms and spine. Relax your head, keep your legs straight, and sink your spine down so your upper body is parallel to the floor. Hold for one minute while taking long, slow breaths—inhale for three counts through your nose, then exhale three counts through your mouth.



### Iliotibial Band Stretch

Stand with feet hip-width apart. Cross right foot behind left foot, lift right arm above head and bend slightly to the left. Hold for 20-30 seconds, switch sides and repeat.

## HYDRATION

When you're thirsty, choose water! For the Color Me Green Run 5K run and physical activities in general, water is particularly important. Hydrating yourself helps your body regulate temperature and promote healthy muscle function. After all, the human body is 60% water by weight, and dehydration can lead to muscle fatigue. So choose water! Some tips for staying properly hydrated include the following:

1. **Use a reusable water bottle and keep it in your bag or a convenient spot.** When the weather is hot, consider using a freezer-safe bottle so you can freeze your water overnight to have cool water during the day.
2. **Add slices of lemon or your favorite fruit to add taste to your water.** Fruit-infused water is particularly refreshing when chilled!
3. About two hours before exercising, it is recommended to drink approximately 17 ounces of water. In addition, drinking water at regular intervals throughout your workout will help your body replenish fluids lost through sweating.
4. **Incorporate more fruits and vegetables in your meals and snacks.** Along with having vitamins and minerals, fresh produce are an excellent source of water.

For more resources, see the Water for Better Living page on the UCANR 4-H website for an informative video and activities to learn more about hydration ([http://4h.ucanr.edu/Projects/HealthyLiving/Water\\_For\\_Better\\_Living/](http://4h.ucanr.edu/Projects/HealthyLiving/Water_For_Better_Living/)). The CDC and WebMD also have hydration resources at <https://www.cdc.gov/healthywater/drinking/nutrition/> and <http://www.webmd.com/diet/features/6-reasons-to-drink-water#1>.

# CLEANING UP

You'll want your memories of the Color Run to stay with you forever, but if you want the color to wash out of your hair and skin ASAP here are a few tips....

## Before The Color Run

- Oiling your hair well on race morning will make it easier to wash out the color later. Coconut oil or olive oil works best. A good leave in conditioner will do the trick as well. This is a particularly useful tip for runners with light colored or highlighted hair.
- Wear a good sunscreen and lip balm.
- Though the color will wash out of just about everything, you may not want to bring your fancy stroller, or your \$500 running shoes, or your white suede pants...

## After the Color Run

- You just ran the craziest 5K of your life! Congratulations! You deserve a nap, but not quite yet. Take a few minutes to clean up or your color might end up all over your house!
- Dust off as much dry powder as you can before you apply any water. Most of the color will evaporate like magical fairy dust.
- Cleaning your hair: Dust any loose powder out of your hair. Rinse out the oil/conditioner you wisely applied before the race with cold water. Most of the color should come right out. Now wash your hair as you normally would. It is not uncommon for hints of some of the color to stick around for a few washes. Wear it like a badge of honor!
- The color is probably not coming all the way out of your white cotton shirt. You should be proud of that. But just about everything else should clean up fine. Remove all excess powder before adding water. Wash your Color Run gear separately, with COLD water.



# THANK YOU

We would like to thank all those who have helped make our first annual Glenn County 4-H Color Me Green Run a huge success! Thank you to the event committee and all the volunteers who helped with preparations, packet pick up and race day, and last but not least we thank YOU... our fearless Color Runners!



# 4-H GROWS HERE