



### **Run The Orange Blast**

The Colour Run is fast becoming known as the happiest 3.5km run on the planet and the happiest, most unique colour-filled run has come to Sedgefield! The Gym will be hosting this fantastic inaugural fun ORANGE walk/run on Friday 3<sup>rd</sup> April at 3pm to celebrate health, happiness and individuality during the upcoming Slow Festival (3-5 April). The only colour which will be used in this particular Colour Fun Run will be orange, the Festival's official colour.

“This Orange Blast is less about running and more about having the time of your life with friends and family members. It's a 3.5km, un-timed race in which participants are doused from head to toe in coloured powder at 'colour stations'. And yes, the powder is safe, it is simply food grade cornstarch and is 100% natural!” said Bronwyn Lloyd, organiser of the event.

With only two rules, the idea is easy to follow; 1.) Wear white at the starting line and 2.) Finish plastered in colour! The fun continues at an unforgettable finish with music, massive colour throws, jumping castles, face painting for kids and more.

The cost to enter is R100 for adults, R80 for children of 6 – 12yrs and no charge for children 5yrs and under. Enter by email to [sedgefieldgym@gmail.com](mailto:sedgefieldgym@gmail.com) and visit our facebook page ([www.facebook.com/events/427156217459438/](http://www.facebook.com/events/427156217459438/)) for information. The first 100 entrants will receive a goodie bag to the value of R100- R 150.

Contact Bronwyn Lloyd at The Sedgefield Gym for more info, 082 306 0509.

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