What is the AU Wellness 5K Color Run/Walk?

A fun community event that celebrates health and happiness! The 5K is approximately 3 miles and at every kilometer mark you will have the option of being splattered with color or not.

How will AU distinguish between those that want to participate in the coloring portion of the event and those that don’t?

Those that want to be splattered will be issued a white t-shirt and those that don’t want the color will be issued a colored t-shirt.

If I choose to participate in the color-portion of the event, what should I wear?

There is no guarantee that the colors will wash out of your clothes, so wear something that you don’t mind getting messy!

How is the color administered?

As you pass the mile markers volunteers will toss the colored powder on you.

What is the color made out of?

Corn starch and food coloring.

Will the powder affect vision or breathing?

The color-throwers are encouraged to toss the color as low as possible so they aren’t intentionally getting the powder in participant’s faces. Some people do choose to wear goggles and/or a bandana over their mouth and nose to help reduce breathing in the residual powder.

How does the color affect the inside of vehicles?

Most people bring towels or bags to sit on- just in case!

How to I protect my phone?

It is suggested that you wrap it in plastic, either a baggie or plastic wrap, to add an extra layer of protection...especially if you want to take pictures!