

# Coed Glas Rainbow Run 2026 Information

## WHAT IS THE RAINBOW RUN?

We'll be setting up a course, around part of the school field, on the day of the Coed Glas Summer Picnic (Friday 19 June). You can run, jog, walk or skip around the course, with different coloured powder paint thrown at various places...it's just about having fun with family & friends and getting coloured messy in the process!

The powder is totally safe for kids - it should wash out of clothes, but we advise wearing something old that you don't mind getting rainbowed! And if it's white to begin with, all the better as the coloured powder will show up perfectly! Glasses or goggles are also recommended for added protection, please bring these along with you.

## HOW LONG IS IT?

We'll be holding the Rainbow run over the course of 30 minutes (5-5.30pm). How long you take is up to you and feel free to go round again once everyone has had a turn. We'll also try to do a fun group photo at the end 😊

## HOW WILL RUNNERS BE GROUPED?

We'll ask that runners gather by age/year group so we can let our youngest children and their adults go first. Don't worry though, we'll set off each group once the one before has finished so there won't be long to wait. Once everyone has had a turn there will be chance to go again for those that want to and a group photo at the end.

## DO I NEED TO RUN WITH AN ADULT?

For safety, we request that children in Yr1 or younger run with an adult. Children in all year groups are welcome to bring along one adult or older sibling to join in the fun, just select the child plus one option when booking.

## HOW DO I BOOK?

Bookings are going to be taken through Parent Pay, very similar to class trips. Look out for the Dojo or Arbour messages with more information.

## CAN I BOOK ON THE DAY?

As we need to pre order & pay for the powder in advance, we aren't able to accommodate lots of last minute bookings - sorry 😞 We may have a few spare places, but to avoid disappointment please book by Wednesday 17 June. Please do ask any questions to the organisers now if your kids / you have any concerns - we're more than happy to talk you through it in more detail.

## HOW MANY PEOPLE CAN TAKE PART IN THE RUN?

It has been very popular for the last couple of years, we are able to accommodate up to 300 participants this year. If bookings reach this number quickly we may be able to increase it further but only up until our deadline to order extra powder on Friday 8 June.

## IT'S FUN - DON'T JUST TAKE OUR WORD FOR IT:

Lots of schools across the world have been doing similar runs and the feedback speaks for itself - kids love it as do