

What is a Powder Fun Run?

You'll find that this race is a lot like your average race. There is one minor difference however, it's brighter and more fun. You see, participants will get splashed with non-toxic, safe, and environmentally friendly color powder as they run/walk the 5K course to a colorful finish.

What should I wear as a participant?

Wear white to show off your new colorful self.

How is the color administered? Is it safe?

The color administered via a powder. Is it safe? It's pretty much like having a color powder food fight (yes, it's safe).

Do the "Color Zones" affect runner vision or breathing?

As with most any substance, you will want to avoid getting it in your eyes. Our color throwers are instructed to aim low, however some runners and walkers might chose to wear glasses or goggles for their eyes and a bandana or mask for their mouth.

Will the color affect the insides of cars?

It's a lot like driving home from the beach in your swimsuit. If you bring a few towels for the inside of your car you'll be fine.

Are cameras and phones safe to have in the color zones?

If you want to bring your phone or camera that's fine, but we suggest you cover them with plastic wrap.

Sullivan West Central School
PO Box 309
Lake Huntington, NY 12752

Race Director: Susan Zieres
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All Proceeds Benefit Sullivan West
SADD, Student Council, & PTSO

A race to support the mission of
SADD!!



Sullivan West SADD 5K Powder Fun Run/Walk

*Sullivan West Central School
Lake Huntington, NY*

May 19, 2013

Registration Begins: 8:00 am

*Race Time:
10:00 am.*

Students Against Destructive Decisions

Sullivan West Powder Fun Run/Walk

Mild rolling hills through the small town of Lake Huntington and around the lake.

- ◆ Run/Walk for all ages
- ◆ Free T-Shirt w/ Preregistration
- ◆ Professional Chip Timing
- ◆ USATF Certification by Brian Cavanagh
- ◆ Online Registration - www.active.com
- ◆ Don't forget to wear white
- ◆ Supporting prevention programs for Sullivan West Youth



Directions

From the South:

Follow Route 17 West to Monticello and take the Monticello Raceway Exit 104 and get on 17B. Follow 17B for approximately 15 miles through White Lake and Bethel to the traffic light in Fosterdale. At the traffic light, take a left. Follow Route 52 West for approximately 1.8 miles to Lake Huntington. School driveway will be on the right hand side. Follow the driveway to the back of the building.

From the East:

Follow Route 52 West from Liberty through Youngsville, through Jeffersonville to the traffic light in Fosterdale. Go straight through the light and follow Route 52 West for approximately 1.8 miles to Lake Huntington. School driveway will be on the right hand side. Follow the driveway to the back of the building to the left.

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Sullivan West Central School Powder Fun Run Registration

Name (Please Print Clearly)

Address

City, State

Date of Birth

Age on 5/19/13

E-mail

Phone

Entry Fee:

Online Registration: \$20.00 _____

(www.active.com) Deadline May 13, 2013

Pre Registration by Mail: \$20.00 _____

(Deadline May 10, 2013)

Day of Race: \$25.00 _____

Male Female

T-Shirt Size: Small Medium Large XL

Make checks payable to Sullivan West SADD. Mail to:
Sullivan West Central School, PO Box 309,
Lake Huntington, NY 12752