



Children's  
Tumour  
Foundation  
CONQUERING NF

# CONQUER NF IN COLOUR

FAQS

# REGISTRATION

## HOW MUCH DOES IT COST TO REGISTER?

Our early bird rate of \$30 (adult) and \$25 (child) will be available until 9 October. The entry fee will increase to \$45 (adult) and \$35 (child) from 10 October 2022.

## WHAT IS INCLUDED IN THE ENTRY FEE?

You will receive entry to any of the three races, a pair of blue or green sunglasses and a white branded tee. You will also be provided 100g blue powder + 100g green powder packet to throw at the start of the race. This can only be used on the oval.

## DO I HAVE TO BE VACCINATED FOR COVID-19 TO PARTICIPATE?

NSW Health no longer requires individuals to show evidence that you are fully vaccinated at most premises in NSW; however, the health and safety of our attendees is our highest priority.

The event will be held in accordance with all Wentworth Park's safe measures in place at the time of the event. The venue, council and state plans will be monitored for updates to restrictions and regulations. Any requirements will be communicated by email.

## IS THERE AN AGE LIMIT FOR CHILDREN TO ATTEND?

There will be no charge for children under the age of 4. Children under the age of 4 may still attend, but will not receive a free shirt and sunglasses.

These items can be purchased on the day if required. For their own safety, anyone not registered (and under 4) will not be able to go on certain parts of the course; however, they will be allowed onto the oval to throw chalk at your discretion.

## WILL THE EVENT MERCHANDISE BE POSTED TO ME?

To keep costs low, we will not be pre-posting packs. You will be able to pick up your entry pack on the day from the registration area. This will include any additional merchandise you may have earned through your fundraising efforts or purchased at the time of booking.

## WILL MERCHANDISE BE SOLD ON THE DAY?

We will endeavour to have additional apparel for sale on the event day, including sunglasses (\$10), event tee shirts (\$10), socks (\$15) and hats (\$20).

## WHERE IS THE EVENT BEING HELD?

The event is being held at Wentworth Park. The main entrance to the event is on Wattle Street, Glebe, opposite Ultimo Trade Centre Building (42 Wattle Street, Ultimo NSW 2007).



# EVENT DAY

## WHAT TIME DOES THE EVENT START?

Pre-registered participants will be able to enter the grounds and pick up their merchandise packs from 830am.

The race will commence at 930am for all races at this stage, depending on number of registrants. Anyone participating in the 10km challenge will be at the front of the pack, followed by those running the 4km family fun run. Those doing a single lap (2km) will be at the back of the pack to ensure their safety, as we expect many will have small children.

We will kick off the event with a warm up and giant colour explosion.

## WHAT SHOULD I WEAR AND BRING ON THE DAY?

We recommend wearing clothes you don't mind getting dirty! Sports attire is appropriate. You will be provided with a white tee to run in on the day as part of your registration.

We will have a bag check-in on the day for anyone needing this, but please keep it light. It is important to note, that we don't take any responsibility for your belongings.

## CAN I BRING A PRAM?

Yes, you can bring a pram as the run route is very flat and accessible; however, we would advise against taking the pram on the oval if you do not want it to be covered in chalk. If you do decide to take in on the oval, only prams with wide tyres will be permitted to protect the grass.

## CAN I BRING MY DOG?

Dogs are not permitted on site, although this does not apply to any companion animals that may be required on the day. Please advise on your registration if this refers to you.

## IS THERE PARKING ON SITE?

There will be parking on site for event staff and volunteers only as we will be utilising the remaining parking space for the NF Village. Ample street parking is available in the surrounding area, on Wattle Street and Wentworth Park Road.

## HOW DO IT GET THERE?

The entrance to the event is on Wattle Street, Glebe. It is opposite Ultimo Trade Centre Building (42 Wattle Street, Ultimo NSW 2007) and next to Fort Street Public School.

There are several options for public transport, including:

- Central train station is approximately 2km from the venue, and a 25min walk.
- Wentworth Park light rail station is approximately 300m away, and is a short 4 min walk.
- A water taxi/ferry dock is located at the Fish Markets opposite the venue.



# EVENT DAY

## ARE SPECTATORS ALLOWED?

Spectators are encouraged to line the race course along the perimeter of Wentworth Park and cheer on all their friends, family, and other participants. Please ensure you do not disrupt the sports events taking place on the field.

Spectators are also welcome inside the oval and in the NF village, though can only participate if registered. Registrations will be open on the day of the event if you would like to join the colour fun!

## WHAT IF IT RAINS? WHAT IS THE EVENT CANCELLATION POLICY?

We will make every effort to ensure this event runs as planned. However, as this fun run will take place entirely outside, we reserve the right to change the format, postpone or cancel it in the unavoidable case of bad or extreme weather. We will contact participants by SMS and email as soon as possible, but no later than the evening prior to the event. Due to the upfront costs of planning any event, in the case of a cancellation, ticket prices are unfortunately non-refundable.

## WHAT HASHTAGS CAN I USE ON SOCIAL MEDIA?

The hashtags we use are: #conquernf #conquernfincolour #getchalked #seriouslyblueandgreen #ctfaustralia

Our handle is @ctfaustralia for Facebook and Instagram

## CAN I VOLUNTEER TO HELP ON THE DAY?

Yes! We would love your help.

If you do not feel the running vibe, perhaps you could support the event in other ways. We have a number of roles available, including:

### Course Marshals

Course marshals are placed on the "external" run course. This is the part of the event that ventures outside the Wentworth Park Greyhound facility.

### The Soakers

Douse the participants in preparation to the colour.

Stand on the oval inside the Park and "water the entrants".

### Colour Artists

These volunteers literally bring colour to the event. With hundreds of kilograms of colour powder to distribute, the aim is to make every participant blue and green.

### Registration and Merch

You are the welcome committee. The first point of contact for participants as they arrive or sales people selling as much merchandise as you can.



# COLOUR POWDER

## IS THE COLOUR POWDER SAFE?

The colour/holi powder is made of 98% corn starch and 2% food-permitted colours. Made in India, it's non-toxic, non-flammable, skin safe, environmentally friendly and bio-degradable. The manufacturer is an ISO 9001-2005 certified Crisil-rated company producing the highest quality product. The powder is not considered hazardous. If you would like a copy of the safety data sheet, please email [fundraising@ctf.org.au](mailto:fundraising@ctf.org.au)

## CAN WE INHALE THE COLOUR POWDER?

It's a lot like breathing in dust and dirt, extensive exposure is not recommended. People with lung issues such as asthma are advised to be careful in their decision to participate.

## DOES THE POWDER WASH OUT OF CLOTHES?

Although colour powder washes out very easily, we advise you wear clothes that not important or expensive. Leather and suede especially are known for easily absorbing colour powder. If you want to keep the colour in your t-shirt, spray with vinegar. However, the colour powder will wash out after several washes.

## WILL THE POWDER STAIN HAIR OR SKIN?

As water will be added to the event there is a potential of staining hair, however, it will wash out over time. Scrub up!

## WHAT IF COLOUR POWDER GETS IN OUR EYES?

We advise our volunteers to throw the powder at the torso, however, wind and other factors can cause the powder to spray onto the face. Don't be concerned if it does, because the powder is non-toxic and a simple rinse with water will cleanse any powder from your eyes. We do advise that you avoid rubbing your eyes, and wear the sunglasses provided during the event to prevent accidents.

## IS THE COLOUR POWDER EASY TO CLEAN UP?

The colour powder is biodegradable and environmentally safe. It will disappear with a little water.

## IS THE COLOUR POWDER NON-FLAMMABLE?

Yes, absolutely. The colour powder is certified as non-flammable.

## CAN ASTHMATICS PARTICIPATE?

People with lung issues such as asthma are advised to be careful in their decision to participate. Parents will need to make an informed decision based on the colour powder profiles.

## WHAT IF I DON'T WANT TO BE HIT WITH COLOUR?

Anyone who does not want to be hit with colour will be encouraged to run on the inner edge of the oval to avoid this. We will also provide red tape to be placed around your arm to alert our volunteers.



# THE CAUSE

## ABOUT THE CHILDREN'S TUMOUR FOUNDATION

The Children's Tumour Foundation is the leading charitable authority for people impacted by neurofibromatosis (NF) in Australia.

As the only non-clinical service provider, we work to ensure anyone regardless of location, NF type or financial position can access balanced information and personalised support free of charge, while also enabling important connections with community and healthcare professionals.

Our vision is a life without limitations for everyone living with NF and we do that by:

**Leading Change:** we advocate and work collaboratively to make NF a national priority.

**Support and Inform:** we provide personalised, accessible support and resources free of charge to every person impacted by NF in Australia. This includes access to NF camps, virtual meet ups, community information days, NDIS support letters and national phone support.

**Advance Research:** we collaborate to progress promising Australian NF research by investing in new technologies, studies and clinical trials.

## WHAT IS NEUROFIBROMATOSIS(NF)?

EVERY 3 DAYS A CHILD IS BORN WITH NF IN AUSTRALIA

NF is a lifelong genetic condition that causes tumours to form around nerves, under the skin and deep in the body.

Progressive and unpredictable, these tumours can lead to physical differences, blindness, deafness, learning difficulties, chronic pain, and scoliosis and in 10% of people living with NF, they can become cancerous. There is no cure and treatment options are limited.

NF can affect anyone regardless of ethnicity or gender.

For more information, head to [www.ctf.org.au](http://www.ctf.org.au)

## DOES THE CHILDREN'S TUMOUR FOUNDATION ONLY SUPPORT CHILDREN LIVING WITH NEUROFIBROMATOSIS?

NF is most commonly diagnosed in children, but it is a lifelong genetic condition. The Children's Tumour Foundation supports EVERYONE living with NF, including family, friends and carers.

# THE CAUSE

## WHERE DOES THE MONEY GO?

The money raised is invested into critical support services that ensures everyone impacted by neurofibromatosis in Australia, regardless of location, type or financial position can access balanced information and support when they need it.

Funds raised from Conquer NF in Colour will go towards sustaining a range of programs and services that address the physical, emotional and psychological impact that NF can have on a person or family.

This includes access to resources, NF camps and community days, as well as support to secure NDIS funding, personalised health kits and NF Clinical Nurse specialists in two major hospitals - one in Sydney and one in Melbourne.

To date, more than \$500,000 has been invested into this position at the Sydney Children's Hospital, Westmead, helping more than 400 families with complex NF access specialist teams.

**Thanks to fundraisers like you, this support is free.**

As well as direct family support, we are committed to ensuring a better future for all people impacted by NF through advocacy and research.

## ARE DONATION TAX DEDUCTIBLE?

Absolutely! The Children's Tumour Foundation of Australia is a registered charity with deductible gift recipient status, so any donation of \$2 or more is fully tax-deductible.

Please note donations are only tax-deductible when the donation is a true gift only, and not to funds raised through fundraising activities where there is a material benefit or advantage, such as the sale of raffle tickets or merchandise.

Donations in this case are not tax-deductible.

**THANK YOU FOR SIGNING UP TO  
#CONQUERNFIN COLOUR**

For more information, or for help with your fundraising, visit [ctf.org.au/colour-run](https://ctf.org.au/colour-run), email [fundraising@ctf.org.au](mailto:fundraising@ctf.org.au) or call 02 9713 6111