**FAQs continued**

**Where and what is it?**

**Where is the Bubble Rush being held and how do I get there?**

The Bubble Rush is being held at Stewart Park, Middlesbrough. Access to Stewart Park is via the main gates on Ladgate Lane, Middlesbrough TS4 (not via Stokesley Road or The Grove). There will be limited parking on the day at the venue, however there will be an overflow car park opposite the main entrance. Marton Railway Station is the closest train stop to Stewart Park and is just a 2-minute walk away. The venue is also on several main bus routes including the number 63 from Middlesbrough to Redcar and back – up to date timetables and services can be found at [www.arrivabus.co.uk](http://www.arrivabus.co.uk)

**What time does the Bubble Rush start?**

The gates will open at 10am with a colourful Clubbercise warm up at the start line at 10:30am, followed by the run at 11am.

**How long is the route and do I have to run?**

The route is 5km (3 miles). It is two laps course which means even more bubble fun!
Whether you run it or not is up to you! You can run, walk, jog, skip or dance, as long as you finish covered in bubbles, your work is done.

**Who can take part?**

**Can children take part?**

Yes, children under 16 can take part. We ask that all children are registered before the event and are accompanied by a registered paying adult too.

**I am pregnant can I take part?**

Unfortunately, we don’t feel it would be safe for you to take part whilst pregnant. But pushchairs are welcome, and there’s no minimum age limit, so we hope we’ll see you in the bubbles next year!

**Can I bring my pet?**

No animals are allowed on the course - this is for the health and safety of our participants, and the dog’s. This includes dogs that can be carried. We ask that spectators with dogs keep them on a lead and don’t allow them to go in the bubbles. Our course marshalls have instructions to ensure no dogs go into the foam.

**Can my friend/relative sign up on the day?**

No – all participants must be registered prior to the event by visiting [www.teessidehospice.org](http://www.teessidehospice.org) or calling 01642 811145.

**Is the event wheelchair/pushchair friendly?**

Yes, however we do advise using rain covers when in the bubbles to protect wheelchairs and pushchairs.

**Is the event suitable for a mobility scooter/motorised wheelchair?**

Yes, however please bear in mind that ground conditions on the day may make the course unsuitable. Usually motorised wheelchairs cope OK with the bubbles – the foam is quite dry so it should be no different to using the chair on a rainy day. For the safety of all our event participants we would ask that you get in touch before signing up, so that we can make suitable arrangements if needed.

**Can spectators attend?**

Absolutely! The more the merrier, but we cannot guarantee spectators will stay clean!

**What should I wear?**

**What should I wear and will it get ruined?**

There are no rules, well fitted trainers are recommended, but please don't wear your best pair. Please also bear in mind you will be covered in coloured bubbles and we cannot accept liability for any property permanently stained.

If you really want to look the part at this fantastic event, you can order your event t-shirt at [https://www.teessidehospice.org/events/brt-shirt/detail. T-shirts are £5](https://www.teessidehospice.org/events/brt-shirt/detail.%20T-shirts%20are%20%C2%A35) including p & p and must be ordered by Friday 23rd August to arrive in time for the event.

**Are there changing facilities on the day?**

There are no changing facilities at the event so we recommend you leave a towel in your car to cover your seat and bring spare clothes to put over your running gear. We cannot be held responsible for any damage to your vehicle, public transport or property from the coloured bubbles. There are a limited number of portaloos at the event.

**Is there any storage?**

No – please arrive with limited personal belongings or leave them with friends/family who are coming to watch.

**Do I have to raise sponsorship?**

**Do I have to raise sponsorship?**

We rely on sponsorship and donations to provide our care - without this support we would not be here. We ask all our Bubble Rush participants to raise a minimum sponsorship of £20.19. You can start your fundraising today by visiting http://support.teessidehospice.org/event/bubble-rush-2019 - it's quick and easy!

**Can I bring my sponsorship money on the day?**

Yes and we encourage it! Simply pop your sponsor money and sponsor form(s) into the Quick Deposit envelope provided in your event pack and take to the **Sponsor Money Drop Point** within Stewart Park on the day. If you raise the minimum of £20.19 we will give you a fun FREE pair of glasses to wear during the run.

 **Health & Safety**

**Is the coloured foam safe?**

The foam mixture and colouring has to be safe for humans to run through and digest. The colouring is a synthetic food colorant and is water-soluble. The bubble mixture is water-based and is milder than the bubbles used in household soap, shower gel or washing up liquid – we create the bubbles by blowing air through the mixture at high velocity. The resulting foam is very light and disperses quickly. The foam is also suitable for people who are affected from nut allergies and is gluten free and vegan friendly. If you have a skin allergy or respiratory condition, we would recommend that you consult your doctor for advice.

**Should I bring my camera or smartphone to the event?**

We will have photographers taking photos on the day but if you wish to bring a phone/camera, it is at your own risk. We suggest putting your phone/camera in a ziploc-type bag or sealed sandwich bag to protect it from the bubbles, as we can’t be held responsible for any damage to property on the day.

If you have any further questions please call 01642 811145, Mon – Fri 9am – 5pm.

**Share, share, share**

We’d love to see your photos and videos from the Bubble Rush! Simply tag us on Facebook, Twitter and Instagram so that we can find them and give you a share, retweet or shout out. Let’s get the whole of Teesside uniting for hospital care!

**Key Facts**

**Date & Time**

Sunday 15th September 2019 at 11am

**Venue**

The Grove, Marton-in-Cleveland, Middlesbrough TS7 8AR

**Dress Code**

Wear the most colourful clothes you can wear! Please remember that the race will include bubble foam so please wear clothes that you don’t mind getting ruined.