

Frequently asked questions



What is the Bubble Rush?

Bubble Rush is a fun run – but it is not a race. The event is not timed, so there is no competition and no pressure to do anything other than have fun! Around the course there are four Bubble Stations, each has a large foam cannon pumping out coloured bubbles. Our participants – we call them Bubblers – walk, run, jog, dance or toddle through the foam.

How long is the course?

Willow Wood Bubble Rush course is 3k long

Is the Bubble Rush timed?

This is not a race and is definitely more about having fun than setting a personal best. However if you want to clock your time please feel free to use your favourite running app or watch.

How long will it take to finish?

The event starts with a group warm up to get you in the mood for bubbles, then you set off in a sea of foam. It can take up to an hour to complete the course, depending on how much fun you're having in the bubbles! At the end of the course pick up your Bubble Rush medal and have your picture taken.

What does the entry fee cover?

You will receive a white T-Shirt to wear through the bubbles – we guarantee it won't be white at the end! Please collect your Bubble Rush T-Shirt on arrival at the event. Every Bubbler finishing the course gets a Bubble Rush medal. You will also be helping Willow Wood to continue to provide its loving care to the people of Tameside and Glossop.

Are teams allowed?

Absolutely!! A team should be a minimum of 4 entrants, but there's no upper limit, so bring the whole office!

What should I wear?

You can wear whatever you like – but be aware that the coloured foam can stain clothing so we recommend that you don't come along in your best clothes. You will be given a white Bubble Rush T Shirt and we definitely encourage colourful fancy dress! You may also want to wear something that will help protect your eyes while running through the bubble stations. There will be some colourful sunglasses on sale but if you're bringing kids with you, we recommend packing some swimming goggles for them – since the bubbles may be deeper than they are tall!

What else should I bring?

A small back pack that you can take with you around the course to carry goggles, water and some wet wipes to clean up excess foam. We suggest bringing a change of clothes and shoes, as well as a towel, so you can dry down after the event.

What's in the foam?

The foam mixture used is completely natural and safe. The dye in the foam gives vibrant colours, however it is a food dye and is water soluble so it's environmentally friendly too. In fact the creamy foam has the same viscosity as water and does not contain any soap at all. Slight stinging in your eyes may occur, however the pH balance is very low. Just be careful when wiping your eyes with your hands if they have frothy suds all over them. We suggest you pack some wet wipes to remove excess foam after you've finished in the bubbles, and having some towels to hand in the car for the journey home – or better still a change of clothes! We have tested the foam mixture on all manner of humans without issue. The mixture that we use is drier than most foam; therefore you won't be soaked and won't be slipping around in the foam.

How deep is the foam?

The bubble stations can be filled to a depth of 4 feet, so we recommend that you carry small children, hold the hand of older children and that they wear eye protection – swimming goggles are fine!

Bubble Commandos will be shooting foam at us with cannons, isn't that dangerous?

Our staff are fully-trained and will not aim the foam directly at your face. They are there to make sure there are plenty of colourful bubbles and help you have a great time, safely.

Can children take part in Bubble Rush?

Kids love Bubble Rush! They are very welcome as long as they can manage the distance and can finish the event. Children under 16 must be accompanied around the course by a parent, guardian or responsible adult. For their safety you should hold your the hand of any child under 5 when walking through the foam. Younger children can be carried.

Can we take part with a Pushchair?

No problem! The foam is completely safe but just be aware that the foam could stain the fabric – so it's OK to park up and carry your little ones through the foam.

Can I run with my dog?

The Bubble Rush team loves dogs but only as spectators. For the safety of all Bubblers we cannot allow any animals on the course.

Are cameras and phones safe?

It's a good idea to take some precautions to protect your device. The foam is water based so if you stay in the foam too long your devices may get wet. Also your hands will get wet so be careful not to drop that new smartphone into the foam.

What is your refund policy?

All entry fees are non-refundable. We do have a plan to keep the bubble fun going in the event of rain, but be aware that because of the foam component of Bubble Rush, if there are heavy rains/winds forecast there is a chance the race will need to be rescheduled.

Have we forgotten anything?

Hopefully we've covered everything – but please ring the Willow Wood Fundraising Office with any other questions!

EVENT DAY INFORMATION

On the day...

Get there in plenty of time to register, collect your T-Shirt and so that you can soak up the colourful atmosphere! There will be merchandise stalls so you can put the finishing touches to your outfit, plus catering, a Face Painter and others.

Before the event...

Our MC will have you dancing and getting warmed up ready for the main event. The warm up will include some simple moves to get everyone going.

At the start line...

Our Bubble Commandos will fire up the foam as you gather with your fellow Bubblers for the start.

On the course...

Run, jog, walk, dance or toddle around the course and through each of our coloured Bubble Stations: Say 'Hello Yellow' ... make yourselves 'Pretty in Pink' ... but 'Don't be Blue' ...or get too worried that 'Green is Mean'

At the finish ...

Pick up your special Bubble Rush finisher's medal, celebrate with your fellow Bubblers and make sure you take plenty of photos in our Selfie Tent.

After the event...

Don't forget to share your 'before' and 'after' photos with us on Facebook and Instagram, using the #BubbleRush2018 #BubbleRush #TeamWillowWood tags, and Tweet us @willowwoodh.

Will I be able to clean up afterwards?

There will be facilities on site so you can change into some dry clothes.