How To Preserve Color in Your Color Run Shirt

**STEP 1: Vinegar Your Shirt**

As suggested on The Color Run, vinegar prevents the colors from fading. Many people choose to soak their Tees in the vinegar, but I prefer the spray bottle approach. I start by filling the spray bottle with vinegar. You can dilute it with a small amount of water but do not over-dilute it.

Once the bottle if filled, place your shirt on a flat platform, like a cardboard with an old towel or newspaper beneath. Ideally, do this outside to avoid creating a mess in the house. Spray each part of the shirt with as much vinegar as possible until it soaks. Let shirt dry.

**STEP 2: Iron the Shirt**

After soaking the shirt with vinegar, you will now need to iron for the colors to be absorbed further. Ideally, turn the T-shirt inside-out before you start ironing. If you are ironing it in the house, ensure that you open the windows to let the smell outside.

Another thing you should consider before you iron the shirt is to allow the excess vinegar to partly dry. For me, I sprayed the vinegar-water blend three times daily, for about five days. I also placed an old sheet over the shirt when I was ironing it. Though there is no harm in ironing it directly.

**STEP 3: Dry the Shirt**

Throwing the vinegar-soaked t-shirt in the dryer promotes further absorption of the colors. You can wrap it in an old, unused towel when you put it in the dryer. Some choose to wash it before drying the shirt, though drying it directly helps to prevent further color fading.

**STEP 4: Cold Wash the Shirt**

Even if the color needs to remain vibrant enough in the shirt, you still need to look presentable enough when you put it on again and not smell bad. Also, keep in mind that you are just from running a 5K race, and you soaked it in vinegar too. This means that the smell will be unbearable in the run.

Color My Party points out that you should use cold water with some mild detergent when washing your T-shirt.