

THE RULES:

1. Bed Design

- a. Beds should measure at least 3 feet by 6 feet but no more than 6 feet by 8 feet, handles included. The bed may have push bars.
- b. Beds should include a mattress and must have one blanket and pillow.
- c. The frame of the bed does not need to be an original bed, but must mimic a real bed in appearance with headboard and footboard.
- d. Beds should be designed with four functional wheels making contact with the road surface at all times. Wheels of any size may be used. You may have swivels, steering or permanently fixed wheels.
- e. The bed cannot have any means of propulsion or brakes other than provided by the runners. Human power only.
- f. Any violations of the bed construction will cost a team a 3 second delay at the start.

2. The Racing Teams

- a. Racing Teams shall consist of one rider, four runners/pushers
- b. All team members must be at least 18 years old.

3. Safety

- a. All Bed Racers MUST sign the Waiver of Liability and acknowledgement of the Bed Race Rules and regulations before participating in the race.
- b. Racers are responsible for their own insurance.
- c. All teams should be properly attired.
- d. All runners/pushers should wear athletic shoes suitable for street running.
- e. Bed riders must be appropriately outfitted with safety gear.

4. During the Race

- a. Bed riders must sit or lay flat on the bed.
- b. Beds must be pushed (not pulled)
- c. All runners/pushers must be in control of the bed until it comes to a complete stop.
- d. Teams shouldn't interfere or impede the progress of an opposing team.
You need to wear running shoes. Each team must have five participants. (4 runners, 1 rider)

5. General Race Information

Costumes will be rewarded in points by judges.
The starting Line is at the Long Lake Town Bridge and Rice Road.
Two beds will race at a time in heats.
At finish line, clear your bed immediately as we will need to let traffic through.

Town truck and town staff will pick up your bed and return it to the starting line to race 2nd heat.

Scoring has components including:

Best Heat – overall time.

Costumes – shave 1 second off the time

Themed Bed – Best in Show – shaves 1 second off time

Plaques & Prizes Awarded for

1st

2nd

3rd

“Best in Show” by judging Panel