

FLAGLER FUN COAST BED RACE



RULES:

1. There is a **non-refundable entry fee** of \$100 (\$50 students) per team. All bed and team costs are paid by the Team. Teams are encouraged to find sponsors for their bed entries. Sponsorships can be advertised as part of the bedding, clothing, on the bed, etc. Teams with the most money raised in sponsorships can compete for the Fat Sack Trophy.
2. Participants will design, build and decorate their own bed according to the specifications given. Any number of people can participate in building and decorating the bed.
3. **All entrants to the race, including the rider of each bed, must report as a team to the staging area no later than 2:45 PM. Tardiness to the staging area may result in disqualification.**
4. **Teams** are responsible for the transportation of the bed to and from the race. Judging for decorations will occur in the staging area prior to the parade beginning at 3:00 pm and the race will begin immediately following the parade at 4:00 PM. All decorations must be securely fastened for the parade, but must be removed prior to beginning the race.
5. Each team will consist of five (5) members: one rider, four pushers. Team members must be 15 years old and above. (15 – 17 year olds must have waiver signed by parents to participate.)
 - a. Runners must be (15) years of age or older and riders must be (15) years or older.
 - b. ALL team members must sign the waiver of liability on the registration form and media waiver.
 - c. **No substitutes will be allowed at any time during the race. (2 additional team members can be designated to assist getting beds around turns at intersections.)**
 - d. **Except for the nominated passenger, riding on the bed by anyone else is strictly forbidden.**
 - e. **Race competitors must obey instructions from the Head Bed Bugs (Race Officials e.g. Starters, Timekeepers, Marshals, and Route Officials, etc.)**
6. **Pushers** must keep their bed from interfering with competing beds and they are responsible for stopping their beds completely before letting go.
 - a. Beds should be able to move in a straight line.
 - b. The bed must have no means of mechanical propulsion
 - c. During the race the pushers must have at least one hand on the bed at all times.
 - d. The rider must remain seated on the bed at all times. **“NO STANDING ON THE BEDS”.**
 - e. There must be no deliberate obstruction of other beds during the race.
 - f. There will be 2 teams released at a time and will be timed from start to finish.
 - g. The teams with the 3 fastest times will be the 1st, 2nd, 3rd place beds. The team with the slowest time will be the “Sleeping In” award.
 - h. All times will be announced at the end of the Race, prior to Awards Presentations.
7. Pit Stops during race will be: 1. **“TOXIC WASTE STACKING CANS”** (2 team members will work together to use pickers to lift and stack cans into a pyramid – largest 3 on the bottom, 2 mid sized cans next and smallest one on top. Team cannot touch the cans with their hands must use pickers only. Once completed they will continue to the next pit stop.) 2. **FILL’ER UP** (rider gets out of bed, sits on chair holding a cup with a ping pong ball in it, Pushers will use squirt guns from no closer than 6 ft to fill a cup with water until the ping pong ball floats out or is shot out at which time the rider returns to bed and

they continue to the next pit stop.) 3. **FEED ME** (rider sits in bed, pushers stand beyond a designated area and throw 2 Pepperidge Farm Gold Fish Crackers each at the rider till rider catches one in their mouth, then they proceed to the next pit stop.) 4. **STUFF THE PILLOW** must bring bed to complete stop, team members will take a pillow from the table and find the appropriate sized pillow case from a basket. They will then put the pillowcase on the pillow. Once done, they will then take the pillowcase off, put the pillow back on the table and the pillowcase back in the basket. Once completed they will continue to the finish line.

8. **There will be a team meeting prior to the race and parade. A representative from your team will be required to attend.**
9. All runners and riders must wear appropriate shoes. No bare feet or sandals or open toe shoes allowed. It is suggested that for safety, riders wear a bicycle helmet or appropriate safe head gear.
10. Team Members should be dressed representing the Bed Race theme which is Zombie inspired.
11. There is a specific route for the Bed Race and specific instructions:
 - a. After the starting gun two beds at a time will be released to complete the course. Once the first two beds have completed the course, the next two beds will be released, etc.
 - b. The starter will line up beds two abreast with the front wheels and runners completely behind the start line before releasing beds.
 - c. During the race, the rider must remain in the bed until it comes to a complete stop. Should the rider exit the bed before it comes to a complete stop, the rider will be required to get back onto the stopped bed and then get out again with the bed at a full stop. Failure to do so will result in disqualification.
 - d. The Bed Race will be time sensitive, 2 beds at a time will be released and will proceed through the four pit stops and back to Finish Line. Then the next two beds to compete will go, etc, until all beds have raced the course.
 - e. At the Finish Line, the runners racing the bed must maintain control of the bed until and after it has crossed the Finish Line.
 - f. In the event of a tie, there will be a run off race to determine placement.
12. **There will be parade prizes for Most Undead, Most Creative, Funniest, “People’s Choice”, and “What were you Thinking?”.**
13. **Race Prizes for 1st Place Gold, 2nd Place Silver, 3rd Place Bronze, and Dead Last, Wooden.**

Each team can have an unlimited number of supporters acting as “grunts”, “biters”, or “grabbers” (Pit Crew and Cheerleaders).

They can parade with the bed; however, they cannot be actively involved with the race itself.

There is also a traveling trophy “The Fat Sack” that will be given to the team that collectively raises the most amount of money.

This trophy will travel each year from last year’s winner to this year’s winner and so forth.
14. **Team Captains and their teams, must be at the designated meeting location 15 minutes before the posted start time for Pusher’s Meeting.** During this time, beds will be inspected to verify that the rules have been followed.

It is the intent of **Flagler Fun Coast Bed Race Officials** that everyone be involved and have a great time.

The safety of everyone involved is our number one priority.

Those participants found to conflict with the intent of the above rules will be disqualified without a refund.

Senior race officials will make disqualification determinations.

BE IMAGINATIVE AND HAVE FUN!!!

BED SPECIFICATIONS

1. Each team must provide a bed, decorated in the theme for the event and sponsored by a local organization, family or group.
2. Beds must include a mattress, (*actual or **homemade** of some materials*, full bedding; sheets, pillow and blanket/comforter, ***use your imagination***).
Beds must be fully made. (a sleeping bag does it all!!)
All materials must make it across the Finish Line at the same time as the bed.
Parade decorations must stay clear of the wheels and not drag on the ground.
3. ***All decorations, bedding and costumes, etc. must be in good taste. (This is a family affair)***
4. The bed must have four wheels. All wheels must touch the ground at the same time, no lopsided construction!!!
5. Steering mechanisms are **NOT** allowed, however, because beds have to negotiate intersections and turn, wheels may swivel.
No sharp or dangerous objects may protrude from the bed.
6. A push rod can be used on each corner not to exceed 6 inches in length, to assist the pushers in moving the beds forward.
Use a tennis ball or similar padding on the end of the push rods, for safety.
7. Any bed that collapses or loses a wheel will be disqualified. If the bed breaks down at the Finish Line, all pieces of the bed must make it across at the same time to remain qualified.

NOTE: One of the best parts of the race is building your own bed and racing it.

Be imaginative, have fun, if it looks like a bed, has four wheels on the ground, it qualifies.