



# PHOENIXVILLE BED RACES

SATURDAY, NOVEMBER 2<sup>ND</sup> • 11AM - 2PM • REEVES PARK

---

## RULES & BED BUILDING GUIDELINES

Please carefully review the rules and guidelines for the Phoenixville Area Bed Races.

Any bed or team that does not comply with the below rules or guidelines will be disqualified.

*Help us make this event a fun and safe experience for everyone!*

## RULES

- A full team is required (four pushers/runners and one rider) in order to race.
- The rider must stay on the bed and must wear a helmet during the race.
- Beds may not be pulled, only pushed from the sides and/or back.
- Pushers/runners are responsible for stopping their beds and maintaining an overall safe operation of propelling the bed along the course.
- Pushers/runners must wear footwear suitable for running.
- All members of the race team must cross the finish line together to qualify. The rider is the only one to be on the bed.

## BED BUILDING GUIDELINES

### Overall Design:

- Beds should be built as close to regular twin bed size as possible. It does not need to be an actual bed, but must mimic a bed.
- Beds must have a headboard and foot board as part of the design, plus a pillow and blanket.
- Each racing bed must have a solid bed base so there cannot be any way for a rider to slip through. It should have some sort of soft "mattress," whether it is an actual twin-size mattress, or thick foam padding. No water beds.

### Specifications:

- Minimum bed size: 35" wide by 70" long.
- No part of the bed, including push bars may exceed 55" width by 80" length.
- Clearance: no less than 10 inches and no more than 30 inches from the ground to the support frame.
- Maximum height of the bed (including decorations) may not exceed 80" from the ground.
- Push bars, if used, can't extend more than 10 inches out (and are included in total max dimension)
- Beds must have four (no more, no less) load-bearing wheels, so situated to make the bed stable and safe. All wheels must touch the ground; wheels can be any size.
- Bed cannot have any means of propulsion other than the team pushing it. No motors. No steering mechanism. No brakes. Human power only.
- Nothing sharp may be part of the bed. No jagged or sharp edges allowed.
- Any violations in bed design will have penalties (up to and including disqualification). Beds that are not constructed according to the rules will be required to be modified to adhere to the rules in order to race.

***Keep in mind that the race course has a turn around point. Beds need to be able to turn.***

### Decoration:

- Be creative! Beds can be decorated in any way that is in good taste/not obscene.
- Participants are encouraged to wear costumes in the theme of their bed. Costumes aren't required, but team costumes will be considered in the decision making process for which team is chosen as "Best Overall Theme".
- The team name must be displayed and securely attached to the bed so that it is easily visible by onlookers and race officials.

CONTINUED ON NEXT PAGE >>>



# PHOENIXVILLE BED RACES

SATURDAY, NOVEMBER 2<sup>ND</sup> • 11AM - 2PM • REEVES PARK

---

## **Decoration (CONTINUED):**

- Names, advertising, slogans and logos may be part of the bed provided they are securely mounted and don't interfere with safe operation of the bed. It is the team's responsibility to ensure that these stay attached during the parade and throughout the race.
- When designing and decorating your bed, consider that pushers must be able to see the course in front of the bed while they are pushing.

## **BED BUILDING GUIDELINES**

- Bed pushers (runners) must be at least 16 years of age to participate with parental/guardian consent.
- Riders must be at least 13 years of age to participate with parental/guardian consent.
- Each team member (including alternates) must sign a Waiver of Liability and any team member younger than 18 must have parent/guardian permission.
- Each racing team for the Phoenixville Bed Races will consist of 5 people- one rider and four runners/pushers.
- Each team can have up to two alternate team members who can be activated in case of emergency.
- Team racers, including alternates may only be registered with one team. Team "positions" (running/riding) may be swapped out between heats.
- Entrants are responsible for all bed/team costs. This includes the entry fee and fundraising minimum, which are non-refundable.

## **SAFETY**

### ***YOUR SAFETY IS VERY IMPORTANT TO US!***

- A protective helmet must be worn by the rider during the race. This requirement will be enforced by race officials. Bed riders without helmets will be disqualified.
- Pushers should wear good running shoes along with suitable attire for the weather conditions. No flip flops or other open-toed shoes. Be aware that accidents may occur such as falling down on pavement, scrapes, bruises, tripping, collisions, etc. Safety gear to avoid and/or protect against such hazards is recommended.
- There must be no deliberate obstruction of beds during the race.
- All participants will receive the Waiver of Liability upon confirmation of registration. Waivers of all team members are required to be turned in two weeks before the event.

## **ADDITIONAL RULES**

- All participants will conduct themselves according to the highest standards of sportsmanship – particularly in regard to other competitors. Race competitors must obey instructions from the police & race officials, e.g. starters, timekeepers, etc.).
- No alcoholic beverages will be allowed at the bed race site.
- All decisions by race officials are final.
- Additional information with details of event-day schedule will be forwarded upon team registration.

**Questions? Email [info@pxvbedraces.org](mailto:info@pxvbedraces.org)**