



RUNNING OF *THE BEDS*

Fundraiser for Flourish: A Furniture Bank



- * Design your own racing bed
- * Compete for unique awards
- * Costumes/PJs encouraged
- * Furnish homes for families





HOW IT WORKS

THE TEAM

TEAM RULES

- * Each team must register online with information for each team member
- * Team registration is free but each team must raise \$500 or more for Flourish through donations and sponsorships. There will be an award to the team that raises the most funds for Flourish!
- * Flourish will provide you with a link to a fundraising page where donations can be collected for your team. Sponsorships count toward team fundraising goal.
- * Only 20 team spots are available. Reaching your fundraising goal of \$500 locks in your spot in the race.
- * Each team must provide 5 team members the day of the event, one runner for each corner of the bed and one person that must sit or lay on the bed throughout the race.
- * All team members must sign safety waiver to participate. Racers must be at least 14 years of age. Racers younger than 18 years old must have a waiver signed by a parent.
- * Each team will construct a Race Bed. See Bed Construction for specifications. Team will be responsible for cost of construction materials and supplies



HOW IT WORKS

THE RACE

RACE RULES

- * Four runners, one at each corner of the bed, must push the bed foot-first and remain in contact with the bed throughout the entire race. The rider must be oriented foot-first and remain on the bed at all times. A full five-person team is required to race.
- * Beds must be raced foot-first. (The foot of the bed facing forward.) Beds must be pushed, not pulled.
- * Runners are responsible for maintaining overall safe operation of the bed at all times including propelling the bed and stopping the bed. Operations deemed unsafe by the judges may be cause for disqualification.
- * The bed and all team members must be present for Bed Inspection and the Parade of Beds
- * All members of the team must cross the finish line to qualify
- * All participants will conduct themselves in accordance with the highest levels of sportsmanship at all times - particularly with regard to other competitors. Abusive language or gestures will be grounds for disqualification.
- * All ruling by the judges are final
- * Team members are responsible for the transportation of the bed
- * Racers will be disqualified if either racers or bed touch the cones/rope boundary or the center chalk dividing line.



HOW IT WORKS

THE BED

BED CONSTRUCTION RULES

- * The Racing Bed does not need to be made of an actual bed frame. However, it must visually represent a bed and include a twin-size mattress. (minimum: 35" x 70")
- * Mattresses can optionally be donated to Flourish at the end of the race. If you intend to donate, wrap your mattress in plastic or other protective material during the race.
- * Wheels must touch the ground and be load-bearing. They do not have to be the same size.
- * No motorized or mechanized means of propulsion, only human power
- * Decorate your Racing Bed however you want - be creative! Teams are encouraged to wear costumes that go with their theme

SAFETY RULES

- * All team members must wear protective helmets and closed-toed shoes. Riders must wear helmets at all times. All participants must sign a safety waiver, and minors must have waiver signed by a parent or guardian.
- * Be aware that accidents may happen such as falling down, tripping, or collisions. You are encouraged to wear safety gear as deemed appropriate. No physical contact may occur between teams during the race. Beds and riders must be oriented foot-first during the race.
- * Ensure runners can see the road ahead when designing your Racing Bed
- * Observe all posted signs and warnings as well as obey all instructions provided by Flourish staff, volunteers, and public safety authorities
- * Persons that have physical limitations, are suffering any illness, or are pregnant should not engage in the bed race unless they have consulted their physicians.



GET INSPIRED *EXAMPLES*



Racing beds do not have to be made from an actual bed.

Get creative - costumes and themes are encouraged!