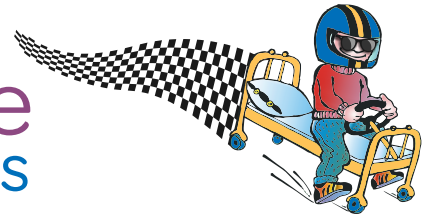


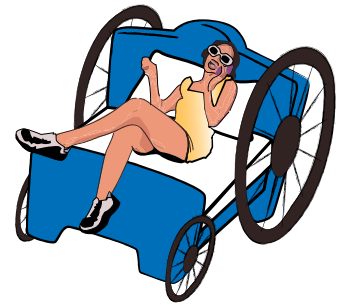
SATURDAY,
OCTOBER 12, 2024
600 SE FLAGLER AVE.
STUART, FL

5TH ANNUAL
Family Promise
of Martin County **Bed Races**



TEAM RULES

1. Five (5) people per team. Substitutions may be allowed at the discretion of judges due to medical issues.
2. Beds must at least twin mattress size and be constructed in a fashion that all pushers are able to see the course in front of the bed.
3. One member must be riding on the bed for the entire race.
4. All racers must be at least 10 years of age.
5. All four pushers must be in contact with the bed when crossing the finish line to qualify.
6. Use of helmets, kneepads and athletic shoes is encouraged.
7. Shoes required.
8. All bed costs are borne by the entrants. This includes the entry fee.
9. Failure to report for bed inspection by 9:15am will mean **disqualification and forfeiture of entry fee.**
10. Every team member **MUST** sign a race waiver.



RACE DAY INFORMATION

1. Race Track: 600 SE Flagler Ave Stuart Fl 34994
(next to Sailfish Ball Park, same road as the Stuart Water Tower)
2. Bed Drop-off and Pickup is located in the parking lot nearest the Ball Park.
3. All races will be run in Heats of 2 beds each. All teams will run in a minimum of 2 heats. Heats will be chosen prior to race.
4. Lane assignments will be determined prior to the race at random.
5. Each race team will stay in their lane throughout the race.
Interference with another team may result in a five second penalty.
6. The two (2) fastest teams will race for 1st and 2nd place.
The fastest time from the final will become the overall winner.