



# Wakefield Pride Day

May 17, 2025

Lions Club

## BED RACE



### Rules and Regulations

1. All teams will use beds provided by the Lions Club.
2. Each team must have 5 members (4 pushers and one rider).
3. All team members must be at least 14 years old.
4. Each participant (guardian if under age 18) must sign a release and liability waiver.
5. Two beds will race at a time, winner moves on to next round.
6. All riders must sit or lay flat on the bed, no standing allowed. The rider must be on the bed as long as the bed is in motion and may not help at any time in the propulsion of the bed. If the rider falls off, the bed must come to a complete stop until the rider is back on the bed.
7. All pushers must be in control of the bed at all times.
8. All 5 team members must cross finish line with the bed.
9. Beds must be beyond the finish line and completely halted before being released by the pushers.
10. Your safety is very important to us. Please wear good running shoes or boots along with suitable attire for the weather conditions. Safety gear such as knee and/or elbow pads are encouraged. Riders are encouraged to wear helmets.
11. NO SNORING!

### Race Information

- Arrive at the Lions Tent by 9:45
- Teams will push beds down Cosmar Street around the turn point and back to the start/finish line to complete the race
- Single elimination contest -- two beds will race at a time, winner moves on to next round. Racing order to be determined by the Wakefield Lions Club bed race committee and announced the day of the race
- A prize will be awarded for the fastest team