



## NORTH SHUSWAP LIONS CLUB

### BED RACE

February 16, 2025

In conjunction with the North Shuswap Chamber of Commerce, the North Shuswap Lions Club welcome you to the 2025 NSLC Bed Race, Sunday February 16, 2025.

Attached is the Bed Design, Team information, Safety information, and race Rules.

#### A. BED DESIGN

- a. May be an existing single, double, queen, or king size box spring and mattress. Minimum frame size will be 36" x 75" (single mattress) if the frame is being built especially for the race.
- b. Beds must have a headboard, and mattress that lays flat on the bed frame.
- c. Beds may have "push bars" (recommended) on each of the four (4) corners. Push bars may not extend more than 18" (457mm) from the bed frame with no sharp edges.
- d. Beds must be designed with four functional wheels/castors, each wheel must make contact with the road surface at all times, so as to make the bed stable and safe. Wheels may be fixed or swivel. There isn't any type or size limit of wheels.
- e. Bed must not have any means of mechanical propulsion, only human power. No steering devices or braking devices are allowed.
- f. All beds will be inspected at the "staging" area for safety and Compliance of the rules. Beds that do not pass inspection will have an opportunity for correction. If a correction cannot or is not made, the team will be disqualified.

#### B. TEAMS

- a. Race Team must consist of five (5) people total; four (4) pushers and one (1) rider. There is a minimum age requirement of fifteen (15) years of age to participate.
- b. Each participant (or guardian if eighteen (18) years old or under) must sign a release and liability waiver upon registration. Registration can be done over the phone to Dave Maberley at (403) 651-0116. Nonetheless, the waiver form must be signed prior to the start of the event.
- c. The "Bed Rider" must wear a protective helmet during the actual race.
- d. All Team captains MUST attend the pre-race meeting. NO EXCEPTIONS (all Team members are encouraged to attend).
- e. All Team members must be present to be included in the parade judging for the Best Costume. If you are using a "loaner" bed, it is not part of the judging.

#### C. SAFETY

- a. All bed racers MUST sign the Waiver of Liability, and acknowledgement of the Rules & Regulations prior to the start of the event.
- b. All beds will be inspected in the "staging" area for safety, and compliance of the rules. Beds that do not pass inspection will have an opportunity for correction. If a correction cannot or is not made, the Team will be disqualified.
- c. All Teams' members must wear closed-toe shoes.
- d. Safety gear, such as kneepads/elbow pads, are encouraged.

- e. **There is to be no alcohol or cannabis consumed by participants during the race venue, as this a “family” rated event.**

#### D. DURING THE RACE

- a. Beds can only be pushed from the back and/or the sides. Beds cannot be pulled.
- b. Bed riders must sit or lay flat on the bed. *This is not a surfing competition, so no standing or kneeling will be allowed.*
- c. The rider must be facing the direction of travel. 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, either sitting or laying flat.
- d. All runners/pushers must be in control of their bed until it comes to a complete stop. The bed must be beyond the finish line, and completely halted before being released by the pushers. Teams releasing their beds before they are at a complete stop, may be disqualified.
- e. Teams shall not interfere or impede the progress of an opposing team, and cannot cross the dividing lines of the course lanes.
- f. Team members are not permitted to be under the influence of alcohol or cannabis during the race.

#### E. BED RACE RULES

- a. Each Team will be paired with another team to compete in the heats. Team pairings will be random as determined by the race officials, and will be announced the day of the race.
- b. First across the finish line, completely, wins the heat and will advance to the next round.
- c. Double knockout elimination rules will apply.
- d. In the event that a qualifying Team should be disqualified, the second (2<sup>nd</sup>) place Team, from their preceding preliminary heat, shall advance to the next round.
- e. Teams will compete on a one hundred (100) meter (328 feet) course; fifty (50) meters down to their lane barrel and then fifty (50) meters back to the finish line.
- f. Each Team will go to the right around the lane barrel, so as not to interfere with the opposing team.

#### F. PARADE & COSTUMES

- a. Prior to the races beginning, there will be a parade of all entries going down the course and back to the starting line. Entries will be judged at this time for the Best Overall Theme.
- b. Participants are encouraged to wear “theme” costumes.
- c. Be creative. Team costumes must be in good taste/not obscene.
- d. This is a family event, so Team costumes and language must be kept “G” rated.

#### G. SCHEDULE

- a. Sunday, February 16, 2026
- b. 2:30 pm Arrival/unloading of beds into staging area
- c. 3:00 pm Bed Inspection
- d. 3:20 pm Bed Team Meeting (to review Rules)
- e. 3:40 pm Parade of Beds and Teams (for judging)
- f. 4:00 pm Races Start
- g. 5:30 pm Bed Race Over, and Awards

*This schedule may be modified, pending number of entries.*

#### H. INSPIRATION / IDEAS

- a. Google “Bed Race Images”
- b. YouTube; Bed Races

I. REGISTRATION

- a. All entrants must be pre-registered by noon (12:00 PM), Sunday, February 9, 2025, by sending your registration form to [mabesda@telusplanet.net](mailto:mabesda@telusplanet.net) , or by contacting Dave Maberley at (403) 651-0116.

If there are any questions, or requests for registration forms, contact Dave Maberley at (403) 651-0116, or [mabesda@telusplanet.net](mailto:mabesda@telusplanet.net) .