

Build a Bed Guidelines and Rules of the Road

- A limited supply of pre-made beds is available for rent from Queen City Rotary on a first-come, first-serve basis. Be sure to register early if you desire to rent a bed. There are “How To” instructions on the Queen City Rotary website for making your own bed, if desired. This is just one example of how you could build your team bed – feel free to come up with your own design following the guidelines below.
- All Beds must have a mattress that is twin size/hospital size or larger and the height of the bed should be reasonable and allow for stability against overturning.
- The team must have the ability to steer the beds as they course will involve turning and maneuvering the bed. The bed may have a push bar, but it is not required.
- Race teams consist of five (5) people. One member of the team must ride in the bed at all times.
- The bed must have four wheels that are in contact with the road at all times. Wheels can be no larger than twenty (20) inches in diameter and must be at least four (4) inches in diameter.
- NO motorized mechanisms of any kind (engines, brakes, etc.) are allowed.
- The bed shall have no sharp edges or protruding sharp objects and participants must take care that the individual riding can safely remain on the bed through out the race.
- Safety gear such as helmets, elbow pads, kneepads, etc. are recommended.
- Individuals competing must weigh at least 100 pounds, and all participants under the age of 18 MUST have a parent or guardian sign the application and waiver of liability.
- Your team costumes and bed decorations should be fun and entertaining, but should not inhibit your team from safely maneuvering the bed.

The objects is to create a “bed” that can be easily maneuvered, be sturdy enough to hold an individual weighing 100 pounds, but have as little excess weight as possible, as you are trying to safely run through and win the race!

Good Luck! And remember: SAFETY is the highest priority when putting together and racing the bed.