

ALBERTVILLE FRIENDLY CITY DAYS



STMA Women of Today

# BED RACES

Enter to win Cash Prizes

Entry Fee is \$25 (which will be donated  
to ([riversofhope.org](http://riversofhope.org)))

**Friday  
June 8th  
2018**

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**7pm**

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**Downtown  
Albertville on  
Main Street**

AFCD Bed Races

PO Box #135

St Michael, MN 55376

Make checks payable to STMA Women of Today

# 2018 ALBERTVILLE FRIENDLY CITY DAYS "BED RACES"

(SPONSORED BY STMA WOMEN OF TODAY)

**RACE DATE:** Friday, June 8<sup>th</sup>

**PARTICIPANTS:** Businesses, families, churches, clubs, etc. are welcome. Since the race is very fast, we would like all participants to be 12 years of age or older. Please make sure to wear running shoes that day. Flip-flops, sandals and bare feet are highly discouraged.

**RACE START:** Promptly at 7:00 PM on Main Street (we recommend that you arrive around 6:30 to find out your bracket location and for the judges to inspect your beds).

**RACE FEE:** \$25 which will be donated to riverofhope.org

**ENTRY DEADLINE:** June 4<sup>th</sup>, 2018

**INFORMATION CONTACT:** Sherri Streff [sherristreff@gmail.com](mailto:sherristreff@gmail.com)

**RACE UPDATES:** Current race information may be found at the City of Albertville: [ci.albertville.mn.us](http://ci.albertville.mn.us) and click on the link for Albertville Friendly City Days, or [www.stmawt.org](http://www.stmawt.org).

Please make sure to check the websites prior to the race for any last minute updates or changes.

## **RULES OF THE RACE**

1. The frame of the bed racer does not need to be of an original bed, but it must mimic a real bed in appearance, with a headboard and footboard. It should be the size of a double bed (at least a full) or larger.
2. Each team must have three to five people per team (1 rider and the rest will be runners).
3. The rider must wear pajamas over their clothing while on the bed.
4. The starting line will be at the railroad tracks near the 152 Club and will run in the direction towards the finish line in front of 4 way stop. Halfway through (it will be marked) the beds must come to a complete stop and complete a "Chinese Fire Drill" of sorts, where the rider must get off the bed and remove their pajamas and hand them to one of the runners. That person must completely and correctly put on the pajamas and return to the bed as a "rider". The previous "rider" becomes a "runner". Once the "rider" has returned to the bed, the race will continue to the finish line.
  - a. All team members must be in contact with the bed at all times except when the pajama exchange is made during the "drill".
  - b. This will be a single elimination race. Two beds will race at once and the winners will race the winners from another race, etc. The last two teams to race will win.
5. All teams are highly encouraged to decorate themselves, as well as, the bed, so that it may be seen by the spectators. Remember, there is a prize for BEST DECORATED, FASTEST and MOST CREATIVE!
6. All teams need to display their team name on their bed so that the judges and the spectators can see them.
7. THE JUDGES' DECISIONS ARE FINAL!

## **BED CONSTRUCTION**

Beds are to have a minimum of four wheels, paying close attention to make sure the bed is stable and safe. Any size wheels may be used and can be swivels, steering or fixed. Fixed wheels are more than adequate.

The bed CANNOT have any other means of propulsion or brakes other than the "people power" of the runners.

Beds CANNOT be pulled, only pushed from the sides and/or the back.

The beds CAN have push bars, but they CANNOT exceed the overall width of the bed.

The mattress and/or box spring must be a manufactured adult size bed (double or larger). The minimum dimensions must be no smaller than 54" X 75" (the dimensions of a double bed). This will be strictly enforced. **NO** youth beds, cribs, coffins, beds of roses, etc.

Mattress must be outfitted with one blanket and one pillow, minimum. ANY violations of the bed construction may constitute a 3 second delay in start time, per violation.

**REMEMBER: Your safety is extremely important to us. Please make sure to wear good running shoes. Accidents may occur such as falling down, scrapes and bruises. Safety gear is recommended to avoid such hazards.**

# ALBERTVILLE FRIENDLY CITY DAYS BED RACE 2018 ENTRY FORM

TEAM NAME: \_\_\_\_\_

CAPTAIN/CONTACT NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_

ZIP: \_\_\_\_\_

PHONE #1: \_\_\_\_\_ PHONE #2: \_\_\_\_\_

E-MAIL ADDRESS: \_\_\_\_\_

SECONDARY CONTACT NAME: \_\_\_\_\_

PHONE#: \_\_\_\_\_

E-MAIL ADDRESS: \_\_\_\_\_

Please return completed entry form via Mail:

AFCD Bed Races  
Attn: Women of Today  
PO Box #135  
St Michael, MN 55376  
Checks written out to:  
STMA Women of Today

# ALBERTVILLE FRIENDLY CITY DAYS BED RACE WAIVER OF LIABILITY-2018

**THIS MUST BE SIGNED BY ALL OF THOSE PARTICIPATING IN THE EVENT AND RETURNED TO BED RACE OFFICIALS THE DAY OF THE RACE. IF NOT SIGNED BY ANY TEAM MEMBER, THEY WILL NOT BE ABLE TO PARTICIPATE IN THE EVENT.**

IN CONSIDERATION OF THE ACCEPTANCE OF MY APPLICATION/ENTRY FORM FOR THE ALBERTVILLE FRIENDLY CITY DAYS BED RACE, I HEREBY RELEASE ALL ASSOCIATED GROUPS; ST MICHAEL/ALBERTVILLE WOMEN OF TODAY, ALBERTVILLE FRIENDLY CITY DAYS COMMITTEE, THE CITY OF ALBERTVILLE, AND ANY PERSON OFFICIALLY OR UNOFFICIALLY CONNECTED WITH THIS COMPETITION, FROM ALL LIABILITY FOR ANY INJURIES OR DAMAGES WHATSOEVER ARISING FROM THIS COMPETITION EVENT.

Please indicate your captain with a star (\*)

PARTICIPANT #1: \_\_\_\_\_

PARTICIPANT #2: \_\_\_\_\_

PARTICIPANT #3: \_ \_ \_ \_ \_

PARTICIPANT #4: \_\_\_\_\_

PARTICIPANT #5: \_ \_ \_ \_ \_

This form **MUST** be turned in to bed race officials the day of the race.