



**Team Name:** \_\_\_\_\_

**Captain/Contact Person:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**City/State/Zip:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

**Email:** \_\_\_\_\_

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## **EVENT RULES**

### **2026 July 4<sup>th</sup> Bed Race Rules**

#### **1. Bed Design**

- Beds must measure at least 3 feet by 6 feet and no larger than 6 feet by 8 feet, including handles. Push bars are permitted.
- Each bed must include:
  - A mattress, One blanket, One pillow
  - The frame does not need to be an actual bed, but it must *resemble* a real bed and include both a headboard and footboard.
  - Beds must have four functional wheels that remain in contact with the road surface at all times. Wheels of any size may be used. Swivel, steering, or fixed wheels are all permitted.
  - Beds may not have any propulsion or braking systems other than those provided by the runners. Human power only.

#### **2. Racing Teams**

- Each team must consist of five participants:
  - Four runners/pushers AND One rider
  - Riders or participants under 18 years old may participate only if a parent or legal guardian signs a waiver.
  - All riders are required to wear a helmet.



### 3. Safety

- All participants must sign a Waiver of Liability and acknowledge these Bed Race Rules and Regulations before participating.
- Participants are responsible for their own insurance coverage.
- All teams must be appropriately attired.
- Runners/pushers must wear athletic shoes suitable for street running.
- Riders must wear appropriate safety gear, including a helmet.
- Parent or legal guardian must sign waiver if participant is under 18. Team must have a minimum of 3 adults over 18 participating.

### 4. During the Race

- Riders must remain seated or lying flat on the bed during the race.
- Beds must be pushed, not pulled.
- All runners/pushers must remain in control of the bed until it comes to a complete stop.
- Teams may not interfere with or impede the progress of opposing teams.
- Beds must **remain in their assigned lane and under control at all times.**
- If a bed strikes a spectator or collides with another team, the team will be disqualified and removed from the race.
- If a bed crosses the double yellow lines, the team must stop immediately, return the bed to its lane, and then continue racing.
- If a team is unable to complete a heat due to actions by the opposing team, race officials will make every reasonable effort to provide the non-offending team with a rematch. Due to traffic restrictions, a rematch cannot be guaranteed.
- The race is conducted on NYS Route 30. Traffic will be allowed through the course approximately every 10 minutes, or as directed by race officials and law enforcement. All participants must follow instructions and clear the course promptly when directed.
- If additional heats are required, beds will return to the starting area in a single lane as directed by race officials.

### 5. General Race Information

- Costumes and team themes are considered for Best in Show Prize
- Prizes awarded. You may have your photo “taken” with the trophy but..  
**\*\*YOU MAY NOT TAKE THE TROPHY HOME AFTER WINNING THE RACE\*\*\***
- The starting line is located at the Long Lake Town Bridge
- Two beds will race at a time in head-to-head heats.
- If a bed leaves its lane or crosses the double yellow lines, the team must stop and reposition the bed before continuing.



## LONG LAKE BED RACE ENTRY & LIABILITY WAIVER

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Presented by the Town of Long Lake

Saturday, July 4, 2026 at 5:00 PM

- Failure to stop when directed will result in disqualification.
- At the finish line, teams must remove their beds from the course immediately so traffic can resume.
- There may be brackets and teams may have to run more than once\* Dependent on number of entries

### Final Note

- Safety is the top priority.
- Race officials reserve the right to disqualify any team for unsafe behavior.
- All decisions made by race officials are final.



## **LONG LAKE BED RACES**

### **ASSUMPTION OF RISK & RELEASE OF LIABILITY**

I understand that participation in the Long Lake Bed Races involves inherent risks, including but not limited to: falls, collisions, contact with other participants, spectators, or vehicles, road surface hazards, equipment failure, and weather conditions.

I voluntarily assume all risks, known and unknown, associated with participation.

On behalf of myself, my heirs, and assigns, I hereby release, waive, and discharge the following parties from any and all liability for injury, illness, death, or property damage arising out of or related to participation in this event:

- The Town of Long Lake
- The Town of Long Lake Parks, Recreation & Tourism Department
- The State of New York
- Event sponsors, volunteers, and affiliated organizations
- Any officers, employees, agents, or representatives of the above

I agree to indemnify and hold harmless these parties from any claims brought as a result of my participation.

I certify that I am physically able to participate and will comply with all event rules and safety instructions.

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### **MEDIA RELEASE**

I grant permission to the Town of Long Lake to use photographs or video of this event that may include my image for promotional and public information purposes, without compensation.



**AGREEMENT & SIGNATURE**

To participate, all team members must sign below.

**Entry Fee: \$25 per team** (due with registration)

Team Captain Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**TEAM MEMBERS**

- 1. \_\_\_\_\_ (printed) \_\_\_\_\_ (signature)
- 2. \_\_\_\_\_ (printed) \_\_\_\_\_ (signature)
- 3. \_\_\_\_\_ (printed) \_\_\_\_\_ (signature)
- 4. \_\_\_\_\_ (printed) \_\_\_\_\_ (signature)
- 5. \_\_\_\_\_ (printed) \_\_\_\_\_ (signature)



**PARENT / GUARDIAN CONSENT (REQUIRED FOR PARTICIPANTS UNDER 18)**

I certify that I am the parent or legal guardian of the minor listed above and give permission for their participation in the Long Lake Bed Race. I have read and agree to the terms of this waiver on their behalf.

Name of Minor: \_\_\_\_\_

Parent/Guardian Name (printed): \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_