



REV. 6/9/2026

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.



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### 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.
- 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.
- Failure to stop when directed will result in disqualification.



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- 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.



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## 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

### 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.



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**LONG LAKE BED RACE ENTRY & LIABILITY WAIVER**

Presented by the Town of Long Lake

Saturday, July 4, 2026 at 5:00 PM

**AGREEMENT & SIGNATURE**

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

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

**TEAM MEMBERS**

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



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



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**LONG LAKE 4<sup>TH</sup> OF JULY BED RACES 2026  
EACH TEAM MEMBER MUST SIGN THIS WAIVER TO PARTICIPATE**

Participant's Name \_\_\_\_\_

I understand that the **LONG LAKE 4<sup>TH</sup> OF JULY BED RACES 2026** sponsored by the Town of Long Lake is an outdoor recreation activity with potential risk and I have freely chosen to participate. I, the undersigned, understand that participants will be participating in an activity which carries significant, potential risk. I understand that, in addition to dangers of traveling on the road, there are hazards associated with various environments and that my actions – such as leaving the group – in relation to these hazards can result in serious consequences or injury. I agree that as a participant, I must take an active role in understanding and accepting these risks, conditions and hazards and conduct myself in a manner that will help me to reduce and/or avoid them.

In consideration for the opportunity to participate in this activity, I have and do hereby release and hold harmless, the Town of Long Lake and all of its officers, employees and agents from all claims and liability from negligence arising from participation in the activity. I further agree to hold harmless, the Town of Long Lake and each named organization's employees and agents for all defense costs, including attorney's fees and other costs in connection with my or my child's participation in this activity.

Participant's Signature \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian (if under 18) \_\_\_\_\_ Date: \_\_\_\_\_

Emergency Contact:

Contact (Print Name) \_\_\_\_\_

Telephone # \_\_\_\_\_

If unavailable, please contact \_\_\_\_\_ @ \_\_\_\_\_



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Long Lake, NY Bed Race Questionnaire—Please return with application & waivers

This information will be used by our MC during the event. We'd love the info to entertain the crowd, so please share as much info as you can about your team, your Bed Race History or any fun facts!

Team Name & Members Names:

Have you been in the bed races before? If so how many times and have you ever won?

Why is your team participating these races?

What inspired your bed design and theme?

What makes your bed stand out?

What is your team strategy, if any?

What is the average age of your teammates?

Add up how many years old your team would be if you added all your ages.

Did you lose sleep at night, mentally preparing for the bed races?

What is your favorite meal to eat prior to the races?