



Nebraska City
Pioneer Athletic
Booster Club



Bed Building Guidelines

- The frame does not have to be an original bed, but it must mimic a real bed in appearance by having a headboard, footboard, and mattress. The mattress must be an adult size and be at least 6" thick.
 - * OKAY: twin, double, or queen (air mattresses are permitted but must be same size as bed and fully inflated at least 6" thick)
 - * NOT OKAY: youth bed, bunk bed, crib mattress, futons, coffins
- Push bars are allowed but may not extend 12" beyond the edges of bed. All push bars are to be designed for safety with no sharp or jagged edges.
- Beds must have four wheels, no more or less, and must make contact with the ground at all times. You may have swivels, fixed, or a combination of different styles.
- No bed may have any motorized or mechanical means of motion, no steering wheels or brakes. All means of motion are limited to the race team members.
- Beds must be constructed to ensure safe operation and safety of team members, other competitors and spectators. Make sure all parts of the beds are securely attached, including decorations. No glass, sharp items or obscene items please.
- Beds must have visible signage displaying their team name and/or theme.
- Any bed that does not adhere to the above guidelines is at risk for disqualification. On-site modifications to non-conforming beds may be required in order to participate. Team members must obey all decency laws for public appearances.

Rules for Bed Races

Too many rules? Just call us, we'll explain it in 1 minute or less!

- **Each team will consist of 5 members** (4 pushers and 1 rider). Beds may only be pushed, from the back and/or sides. No pulling is allowed. Every team member must be at least 13 years old and must sign a liability waiver.
- **Beds must be decorated for judging and races so get creative.** Costumes and/or team uniforms are also encouraged! Prizes will be awarded for Best Decorated Bed and Best Team Spirit/Most Entertaining (but not most spirits—consumption of alcohol will not be permitted).
- **All entries are encouraged to participate in the 1:00 p.m. Arbor Day Parade to tout their beds and teams!** Teams should arrive no later than 12:30pm at 16th Street & Central Avenue at the Rowe Complex Parking Lot on the west side of building. *(Traffic will be congested and streets will be blocked off so plan accordingly - Beds can be dropped off earlier any time after 11:00am to avoid traffic congestion).*
- Beds will walk at the end of the parade and will stop between 9th and 10th Street on Central Avenue and racing will begin as soon as final inspections are completed.
- **Beds will start at the 1st crosswalk at 9th Street on the west side of the intersection.** Racing will end between the 7th and 8th Block of Central Avenue (near the Sunken Parking Lot). At the intersection of 8th Street and Central Avenue, teams will need to come to a complete stop (within the four crosswalks), and perform a “Chinese Fire Drill”, with every team member circling the bed at least once (including the rider). The two teams racing will switch lanes (left to right, right to left), and will continue to the finish line between 7th & 8th Street on Central Avenue. Beds will race two at a time and will be timed for the fastest finish times to determine the winner. Total length of race is 1 1/2 blocks. Each team must not cross the yellow center line EXCEPT during the switch at the intersection of 8th Street and Central Avenue where the teams switch sides of the road.
- All decorations must be left on the bed for racing, unless determined by the judges that for safety reasons must be removed.
- **Judges will inspect the beds beginning at 12:30 p.m. to determine if all bed guidelines have been followed.** If the judges deem any of the regulations have not been followed, teams will have until race time to make corrections. Judges will inspect those beds again and if needed, beds may be disqualified for safety reasons. All judge's rulings are FINAL. Nebraska City Pioneer Athletic Club members/Nebraska City Tourism and Commerce, and the race judges reserve the right to disqualify any beds or teams, at any time, for rule or guideline violations. Your safety is important to us.
- **We strongly encourage team members to wear appropriate shoes and protective gear.** Accidents may occur such as falls, scrapes, bruises, tripping, collisions, etc. Safety gear to avoid such hazards is strongly recommended.
- **Teams will race two at a time separated by the yellow center line and will compete for the best time.** Teams must not interfere with opponents in any way during the event and must conduct themselves according to the highest standards of sportsmanship (although showboating is encouraged).
- **Races are timed based on the crossing of entire bed and team across the finish line.** All team members must cross the finish line with their bed. Any bed that collapses, loses a wheel, or member of a team does not cross the finish line, team will be disqualified. Please retrieve lost pieces or teammates.
- Teams are encouraged to find supporting sponsors to assist with entry fees and other costs, but it is not a requirement.
- **Following the final race, the presentation of awards will take place in front of the Sunken Parking Lot on Central Avenue.** Awards will be given for : “Best in Bed” - Best Decorated Bed, “Dream Team” - Fastest Bed/Team, “Slumber Party” - Best Team Spirit/Most Entertaining Team, “Sleep Walker” - Slowest Bed/Team.
- **IMPORTANT: On the day of the race, races will go on rain or shine; however, if severely inclement weather occurs, the race may be cancelled for the safety of all.**
- **No entry fees will be returned.**
- **MOST IMPORTANT RULE ~ HAVE FUN AND BRING YOUR FRIENDS AND FAMILY TO CHEER YOU ON!!**