



2023 Bed Race • April 22 TEAM ENTRY FORM

**Please type or print clearly*

Team Name: _____

Team Category (Adult or Youth): _____

If youth team, name of the adult sponsor: _____

Team Captain: _____

Contact Information for Team Captain or Adult Sponsor (choose one)

Phone: (home) _____ (cell) _____

Mailing Address: _____

Email Address: _____

Team Members:

Email Address:

T-Shirt Size:

1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____
4. _____	_____	_____
5. _____	_____	_____
6. (Alternate) _____	_____	_____

We need each team member's e-mail address to send them a link to use for fund raising.

Complete pages 1 and 5 and mail, with entry fee of \$250 per team to:

Family Promise of Gwinnett County, Inc.
P.O. Box 464971
Lawrenceville, GA 30042 (Please do not send cash)

OR

E-mail completed form to clove@familypromisegwinnett.org and pay your team entry fee online at



2023 Bed Race • April 22

BASIC INFORMATION

1. Entry Fee: \$250 per team (includes event T-shirt).
 - Deadline to enter is April 14.
 - Space is limited to 20 beds.
2. Team Categories:
 - Youth (age 16-22)
 - Adult (age 23 +)
3. Awards for:
 - Fastest Bed – youth
 - Fastest Bed – adults
 - People’s Choice (chosen by Bed Race observers voting for their favorite)
 - Team Fundraising (team that raises the most funds)
 - Board’s Choice (chosen by Family Promise Board members for creative bed design)
4. Schedule on April 23:

Time	Event
9 – 10 a.m.	Unload beds and register
10:30 a.m.	Parade of Beds
11 a.m.	Race heats begin
Noon	Race finals
12:30 p.m.	Closing ceremony/awards

Registration is at the corner of Perry and Pike Streets in front of the Feet Fleet. The parade of beds also begins at this location.

2023 Bed Race • April 22

BED CONSTRUCTION GUIDELINES

1. Bed must be twin size or larger. For safety reasons, it cannot be a home-made plywood bed or frame mounted on bicycles. Bed must not be higher than 8 feet.
2. Beds must have box springs or mattress (no air mattress).
3. Push bars (handles) are allowed, but may not extend more than 16 inches away from the bed frame. They must be designed for safety with no sharp or jagged edges allowed.
4. The bed must be constructed in a fashion that all pushers can see the course in front of the bed.
5. Beds must have four wheels (4-inch minimum but larger wheels are easier to roll). All four wheels must have contact on the ground at the finish line. All wheels must be load-bearing but do not have to be the same size.
6. Steering mechanisms may be used. No bed may have motorized or mechanical means of motion. All means of motion shall be limited to race team members.

Examples from 2018





2023 Bed Race • April 22

TEAM RULES

1. Six (6) people per team. A single substitution is allowed.
2. One member (who weighs at least 100 pounds) must be riding on the bed for the entire race.
3. All four pushers must be in contact with the bed when crossing the finish line to qualify.
4. Use of helmets, kneepads, and athletic shoes is encouraged.
5. All bed costs are borne by entrants. This includes entry fee.
6. The use of alcoholic beverages or illegal drugs is prohibited.
7. Failure to report for bed inspection prior to race time will mean disqualification and forfeiture of entry fee.
8. Every team member **MUST** sign a race waiver. Parents or guardians must sign for youth participants ages 16 and 17.

RACING INFORMATION

1. Race begins on Clayton Street and ends on Perry Street. Course distance is 228 yards and includes two turns on an incline.
2. Races will be run in heats of two beds each. Heats will be chosen prior to race day registration.
3. On race day, teams will draw for lane assignment for first heat. Lane assignments for category finals will be determined prior to race.
4. Race teams will start in staggered lanes.
5. Each race team will stay in their lane throughout the race. Race team interfering with another team will be disqualified and the interfered team has the option of a restart.
6. The two fastest teams from each category will race for first and second places in their categories. Fastest category time from the finals will become the overall winner.



Please complete pages 6, 7, and 8 for each team member and bring them with you on April 18.

2023 Bed Race Waiver & Release Form

- 1. Applicants age 18 and over, complete Part A only.**
- 2. Applicants age 16 & 17 must have parent or guardian complete Parts A and B.**
- 3. ALL Applicants/Racers must complete this form and bring proof of identification on race day. No one will race without notarized form.**

Part A – WAIVER & RELEASE FROM LIABILITY

In consideration of being permitted to enter for any purpose any RESTRICTED AREA (herein defined as the areas to which admissions by general public spectators is prohibited), or being permitted to compete, officiate, observe, work for or for any purpose participate in any way in the event, EACH OF THE UNDERSIGNED, for themselves, his/her personal representatives, heirs, next of kin, acknowledges, agrees and represents that he/she has or will immediately upon entering any of such restricted areas, and will continuously thereafter, inspect such restricted area or areas and his/her participation, if any, in the event constitutes an acknowledgement that he/she has inspected such restricted area and has reviewed the conditions, requirements and the location of the event, and that he/she finds and accepts the same as being safe and reasonably suited for the purpose of his/her use and he/she further agrees and warrants that if at any time, he/she is in or about restricted areas or the location of the event and he/she feels anything to be unsafe, he/she will immediately advise the officials of such and will leave the restricted area(s) and/or will withdraw from the event.

1. HEREBY RELEASES, WAIVES, DISCHARGES AND COVENANTS NOT TO SUE

Family Promise of Gwinnett County Incorporated, Gwinnett County Consolidated Governments, City of Lawrenceville, the promoters and sponsors, other participants, operators, assigns, heirs and the next of kin for any and all damage, and any claim or demands therefore on account of injury to the person or property or resulting in death of the undersigned, whether caused by the negligence of the releases or otherwise while the undersigned is in or upon the restricted area, and/or competing, officiating in, observing or working for, or for any purpose participating in the event.

2. HEREBY AGREES TO INDEMNIFY AND SAVE AND HOLD HARMLESS the releases and each of them from any loss, liability, damage, or cost they may incur due to the presence of the undersigned in or upon the restricted area or in any way competing, officiating, observing or working for or for any purpose participating in the event and whether caused by the negligence of the releases or otherwise.

3. HEREBY ASSUMES FULL RESPONSIBILITY FOR AND RISK OF BODILY INJURY, DEATH OF PROPERTY DAMAGE due to the negligence of releases or otherwise while in or upon the restricted area and/or while competing, officiating, observing or working for or for any purpose participating in the event.

4. EACH OF THE UNDERSIGNED expressly acknowledges and agrees that the activities at the event and in the restricted area are dangerous and involve the risk of serious injury and/or death and/or property damage. EACH OF THE UNDERSIGNED further expressly agrees that the foregoing release, waiver, and indemnity agreement is intended to be as broad and inclusive as is permitted by the law of the State in which the event is conducted and that if any portion therefore is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

THE UNDERSIGNED HAS READ AND VOLUNTARILY SIGNS THE RELEASE AND WAIVER OF LIABILITY AND INDEMNITY AGREEMENT, and further agrees that no oral representations, statements of inducements apart from the forgoing written agreement have been made.

This waiver, release and indemnification agreement specifically embraces each and every event sanctioned, authorized or promoted by said releases during the entire season and applies to each and every event, or activity hereinabove mentioned, and has same effect as if executed after each and every activity or event in which the undersigned participates so that the parties herein intended to be released and indemnified shall be fully and effectively released and indemnified as to each and every event hereinabove described.



DATED THIS _____ DAY OF _____ 2022

SIGNED BY: _____

PRINTED NAME: _____

MAILING ADDRESS _____

PHONE: _____

State of Georgia
County of Gwinnett

Signed before me this _____ day of _____ 2023, by _____.

_____ Personally known

_____ Produced Identification Type and # of ID _____

Signature of Notary Public

(Seal)

PART B- PARENT/GUARDIAN WAIVER- RELEASE FROM LIABILITY

**If the applicant is under 18 years of age, the parent(s) or guardian(s)
must execute in addition to the above, this following waiver.**

The undersigned referred to as the parent(s) and natural guardian(s) or legal guardian(s) of, does thereby represent that he/she (they) is (are) in fact acting in such a capacity and agrees to save and hold harmless and indemnify each and all of the parties herein referred to above as releases from all liability, loss, cost, claim, or damage whatsoever may be imposed upon said releases because of any defect in or lack of such capacity to so act and release said releases on behalf of both of the undersigned.

NAME _____ RELATIONSHIP TO MINOR _____

NAME _____ RELATIONSHIP TO MINOR _____



2023 Bed Race Permission to Photograph Form

I, _____, give permission to be photographed, filmed, and /or videotaped during the April 22, 2023 Bed Race sponsored by Family Promise of Gwinnett County, Inc. (FPGC). I understand that the photos, films, and/or videotapes will be used by the broadcast, display, website, and /or publication of FPGC or its representative to promote its program and services; and in no way will be done in such a way as to exploit.

I have read and I understand the above information.

Adult Participant's Signature

Witness' Signature

Date

Date

(If participant is under age 18)

I give permission for my child(ren) listed below to be photographed or videotaped during the event.

Parent's Signature

Witness' Signature

Date

Date

Child Name(s):
