

**Conch Republic Days 2023 Bed Races April 29th**

**Bed Building Guidelines**

* **The frame of the bed does not need to be an original bed frame but must have a headboard and footboard in order to mimic a real bed.**
* **All beds must have four (4) wheels securely attached to the bed frame that make contact with the ground at all times.**
* **Measurement from pavement to top of mattress cannot be more than 48”.**
* **Beds must measure at least 3 ft. x 6 ft. but no more than 6 ft. x 8 ft. (i.e. mattress size twin or double). Handles/push bars must be included in the overall measurements and cannot exceed the overall width of the bed.**
* **No youth size beds, crib size, coffins or of the like.**
* **All beds must include a mattress.**
* **Steering devices are allowed.**
* **People powered only! Bed must have no means of mechanical assistance (no brakes, no propulsion, no motors and no rocket boosting systems.**
* **ALL beds will be inspected prior to racing for safety and/or mechanical issues.**

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* **Thrift stores are a good place to find bed frames and other items used for decoration. You may even be able to get a bed frame or other materials donated.**
* **Local hardware stores and auto parts stores for tires, brackets and other bed construction items. You may also have a lot of stuff around the house/garage.**
* **No need to buy a mattress chances are someone on your team has an extra one that could be borrowed for the race!**
* **Search Google images for bed race ideas or simply bed races – lots decoration and construction ideas! There are also lots of videos of bed races on You Tube.**