



YOUR ROAD TO VICTORY STARTS WITH KNOWING THESE RULES, REGULATIONS AND INFORMATION

- Your racing team will have **4 or 6 members**.
- All racers **will sign a Waiver & Release of Liability Agreement** before participating in the race.
- All racers under the age of 18 years must have an adult present and sign a waiver on their behalf.
- **No one will be “riding” in the bed.**
- All racers will wear **closed toe athletic shoes** (no sandals or crocs).
- All pushers must **remain in contact with the bed at all times** and be in control of the bed until it comes to a complete stop in the designated closed course.
- Pushers must **remain on the side of the bed**. No one can be pulling or in front or behind the bed.
- **Teams will have fun** and respect opposing teams and not interfere or impede their progress.
- In each heat, the teams are timed and the **top three fastest teams will advance** to the finals.
- Any **earned deductions can only be used during the qualifying heat**.
- **Once in the finals**, the heat may be **timed or raced head-to-head**.
- In the event of a tie, the team **who fundraised the most money** will win. In case of another tie in funds raised, the team with **the most team spirit** as judged by our marshals will win the 1st Hospice Mississauga Bed Race Award!
- Additional Awards will be given to the following teams:
 - **Top Fundraiser - Corporate Champion and Individuals**
 - **Best Decorated Bed & Costumes**

We can't wait to see which decade you choose to represent in costume and in your bed decorations!

- All decorative elements to your bed must be securely attached and pose no risk to the pushers or other teams. Race coordinators may remove any element from your bed prior to the race, if necessary.
- The design of the beds should be tasteful and appropriate for all ages due to the family-oriented nature of *Racing Through The Decades*. Beds with obscene or inappropriate designs will not be permitted to race.

Here's some inspiration for costumes Through The Decades!



**Questions or concerns please contact:
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