

Scan here to like Family Promise of Martin County on Facebook, stay updated with race details, download your social media pack and share your team's journey!

[facebook.com/FamilyPromiseMartinCounty](https://facebook.com/FamilyPromiseMartinCounty)



# 6TH ANNUAL Family Promise of Martin County Bed Races



## TEAM PACKAGE

### NOVEMBER 15, 2025

10AM – 1PM

600 SE Flagler Ave. Stuart FL

## OUR MISSION

Family Promise of Martin County aims to help families experiencing homelessness and low-income families **achieve sustainable independence** through community support.

We provide crisis prevention services, shelter, transitional housing, and stabilization efforts to help families become and remain independent. Unlike most shelters, **Family Promise keeps families together** to avoid additional financial strain and trauma.

Bed Race Donations and Sponsorships **create a path forward** for children and their families while facing and/or experiencing homelessness.

## OUR IMPACT IN 2024



28 Sponsors Donated



11 Teams Participated



\$45,000+ Raised



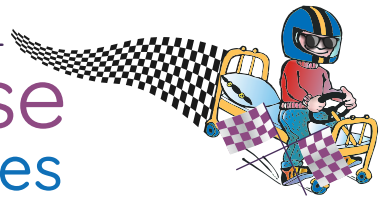
231 Families Served



VISIT OUR WEBSITE FOR MORE INFO  
[MCFAMILYPROMISE.ORG/BED-RACE](https://MCFAMILYPROMISE.ORG/BED-RACE)

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## BED RACE SCHEDULE

9:00AM BED DROPOFF AND TEAM CHECK-IN

9:30AM BED JUDGING

10:00AM PARADE OF BEDS

10:15AM RACES BEGIN

1:00PM AWARDS CEREMONY



*Please note that times are approximate, and the number of entries will affect timing.  
More accurate timing will be determined closer to the day of the event and communicated to Team Captains.*



PRESENTING AWARDS FOR



## FASTEST BED



Teams will race in heats of 2, a minimum of 2 times. The two top teams will race individually to compete for the fastest time.

## BEST OVERALL THEME

We want you to get into the idea of creating a theme for your bed and your team. We've had a range of themes in years past: Little Red Riding Hood and the Big Bed Wolf, Aladdin, Scooby Doo, The Holy Rollers, Super Heroes, Bed of Roses, and others. Get creative! Get your team involved, and win a trophy! Judges will be walking around evaluating your creativity, clarity of theme, costumes, bed decoration, and team spirit!

## BEST CONSTRUCTION AND DESIGN

Get ready to show off your handy skills! Judges will be looking for creativity of bed engineering, adherence to rules/guidelines, movability, and quality of construction.



## PEOPLE'S CHOICE

Come one come all! Invite everyone you know! Post on social media where you and your team will be and tell them to buy tickets! Whichever team has the most tickets WINS the coveted People's Choice trophy.

## FAMILY PROMISE CHOICE

This award is given to the team that shows the most heart. It is awarded by the team of Family Promise staff and board members (that don't have a team in the race!). Be sure to woo the Family Promise staff at the event as they are keeping their eyes open for the team that represents Family Promise and their mission wholeheartedly.

## Highest Fundraising Merit Award

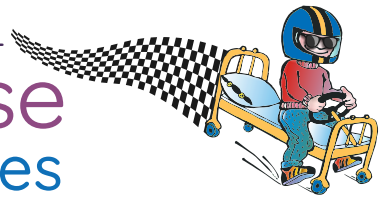
*(see fundraising for teams and sponsors)*

Bed Races is our biggest fundraiser of the year. We ask that each team help us make it a smashing success by fundraising for their team before the big day. Each team brings the funds from their fundraising efforts to the check-in table on race day. We calculate each team's earnings and the team with the most funds wins a trophy!

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of Martin County **Bed Races**



## RACING DETAILS

Five people per team. Ages 10 and up.

**Entry Fee: \$150 per team - includes event T-shirt for each participant!**

**Entry Deadline: Wednesday, November 5, 2025 - Space is limited!**

## TEAM RULES

1. Five (5) people per team Substitutions may be allowed at the discretion of judges due to medical issues.
2. Beds must at least single/twin mattress size and be constructed in a fashion that all pushers are able to see the course in front of the bed.
3. One member must be riding on the bed for the entire race.
4. All racers must be at least 10 years of age.
5. All four pushers must be in contact with the bed when crossing the finish line to qualify.
6. Use of helmets, kneepads and athletic shoes is encouraged.
7. Shoes required.
8. All bed costs are borne by the entrants. This includes the entry fee.
9. Failure to report for bed inspection by 9:15am will mean ***disqualification and forfeiture of entry fee.***

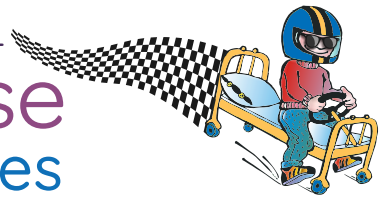


## RACE DAY INFORMATION

1. Race Track: 600 SE Flagler Ave Stuart FL 34994 (next to Sailfish Ball Park, same road as the Stuart Water Tower)
2. Bed Drop-off and Pickup is located in the parking lot nearest the Ball Park.
3. All races will be run in Heats of two beds each. All teams will run in a minimum of 2 heats. Heats will be chosen prior to race.
4. Lane assignments will be determined prior to the race at random.
5. Each race team will stay in their lane throughout the race. ***Interference with another team may result in a five second penalty.***
6. The two (2) fastest teams will race for 1st and 2nd place. The fastest time from the final will become the overall winner.

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## BED CONSTRUCTION GUIDELINES

1. Bed must not be higher than 8 feet. For safety reasons, we encourage sturdy frames.
2. Beds must be single/twin size or larger and include a box spring, mattress or both. No air mattresses.
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. Beds must have four wheels. All four wheels must have contact on the ground at the finish line. All wheels must be load-bearing and functional but do not have to be the same size.
5. 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.



### Looking for inspiration?

Visit our photo gallery online to see  
action shots of our past events!

Questions related to bed construction  
may be emailed to:

[events@MCFamilyPromise.org](mailto:events@MCFamilyPromise.org)



# 6TH ANNUAL Family Promise **BED RACES** of Martin County --- **FUNDRAISING IDEAS**

**JOIN US IN THE RACE TO END CHILDHOOD AND FAMILY HOMELESSNESS!**



Here are some fundraising ideas for your team.

Please keep in mind we are happy to provide any information about Family Promise and who we serve to you and your team. New to Family Promise and not sure what it is we do? Just let us know, as we want to share our mission! Awareness is everything!

## **QR CODES**

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Ask us for your personalized QR code for your team. You can put this QR code on social media or send it in an email to friends and family near and far. They can donate directly to your team's account by scanning the QR code. We will look at all those funds before determining the winner of the Highest Fundraising Merit award.

## **CAR WASH**



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Talk to your local gas station about setting up shop to raise funds for Family Promise. A lot of them are very open to helping!

## **RESTAURANTS**



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Host a restaurant give back night benefitting Family Promise. For every dollar spent a lot of restaurants will donate a percentage to a nonprofit in the community.

## **BINGO/GAME NIGHT**



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Host a game night or bingo night at your home with friends and family. You can have an entry fee and/or charge for each Bingo card. Another idea is a 50/50 raffle and let them know all funds will be donated to Family Promise.

## **YARD SALE**



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Clean out your closets and your garage. Host a yard sale and donate the proceeds to your team's fundraising efforts for Family Promise.

## **BAKE SALE**

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Put your baking skills to the test and sell to friends, family and/or neighbors. Everyone loves a homemade treat!

## **PILLOW CASE FUNDRAISER**

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Ask the church you attend if you can speak briefly at your youth group, or other bible study groups to tell them what you are doing and who Family Promise serves. Then bring a pillow case and ask them to fill it with funds to help our families facing or experiencing homelessness!

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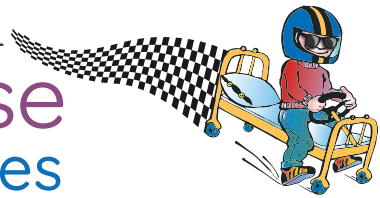
Most importantly, **tell everyone what you are doing!** It's an exciting event, and a really great opportunity to get the word out about what families are experiencing in Martin County!

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## TEAM ENTRY FORM

*\*PLEASE PRINT CLEARLY!*

TEAM NAME: \_\_\_\_\_ TEAM CAPTAIN: \_\_\_\_\_

### CONTACT INFORMATION:

PHONE HOME: \_\_\_\_\_ CELL: \_\_\_\_\_

EMAIL ADDRESS: \_\_\_\_\_

MAILING ADDRESS: \_\_\_\_\_

### TEAM MEMBERS:

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### T-SHIRT SIZE:

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Pay Entry Fee (\$150) at [MCFamilyPromise.org/bed-race](https://MCFamilyPromise.org/bed-race) →  
E-Mail Entry Form by Friday Nov 5th to: [events@MCFamilyPromise.org](mailto:events@MCFamilyPromise.org)

