

SGMC's Third Annual Twinkie Race

Hospital Week 2023

What is a Twinkie Race?

A Twinkie Race is similar to a Pinewood Derby – Teams will be given one Twinkie cake to be used to construct a racecar that can roll down a sloped track under its own power.

Who can participate?

SGMC Departments (all campuses and clinics) are eligible to participate to enter a Twinkie racecar in the competition. One Twinkie racecar entry per department.

Ready to race?

- 1) See rules below.
- 2) Pick up a Twinkie cake from the HR/People Services Department between May 2nd and May 8th (weekdays 0800 – 1630). HR/People Services is located on main campus next to the Pearlman Cancer Center.
- 3) The race will take place on Tuesday, May 9th in the main campus Cafeteria. Check-in is at 2pm, race starts at 2:30 pm.
- 4) **New!** This year we have an new track.
- 5) Only one Twinkie car entry per department.

Prizes:

As in years past, there will be two awards:

- “2023 Twinkie Race Champion”
- “2023 Twinkie Race Best in Show”



Twinkie Car Race Rules

- 1) Dimensions (Updated)
 - Width must not exceed 2 ¾ inches.
 - Length must not exceed 7 inches.
 - Height must not exceed 6 inches.
 - Width between wheels must be 1 ¾ inches.
 - Bottom clearance between the car and the track must be at least 3/8 inches.
- 2) The Twinkie car must have 4 wheels
- 3) All 4 wheels must make contact with the track.
- 4) No lubricating oil may be used. Axels may be lubricated with powdered graphite or silicone.
- 5) The car shall not ride on any kind of spring.
- 6) No starting devices, engines, etc. The Twinkie must ride under its own power.
- 7) No loose materials of any kind are allowed on the car.
- 8) The front end of the Twinkie must make contact with the starting gate, no part of the car can extend past the gate.
- 9) The Twinkie must make it to the finish line; cars that finish without their Twinkie will be disqualified.
- 10) The Twinkie must maintain its own lane. Twinkies that cross into other vehicle's lanes will be disqualified.

You CAN:

- 1) Paint your Twinkie
- 2) Add weight to your Twinkie
- 3) Dry out, squish, or remove the filling from the Twinkie
- 4) Modify your Twinkie in **any way** (as long as it meets the above rules and can roll down the track)

Tips for building a FAST Twinkie:

- Try drying out your Twinkie before constructing your car
- Adding weight to your Twinkie will increase its speed and stability
- Make sure your Twinkie meets regulations (height, width, length) to avoid disqualification
- Any additions to your Twinkie must be secure – any Twinkie (or part of a Twinkie Racecar) that enters another Twinkie's lane will be disqualified.

Questions?

Email: humanresources@sgmc.org