

May Race Activities



Kentucky Derby The Kentucky Derby, the country's most famous horse race, is held the first Saturday of May every year at Churchill Downs in Louisville, Kentucky. It is often referred to as the "most exciting two minutes in sports." Hold a Derby party and encourage residents to dress in fancy clothes and hats. Before the race, let participants place a "bet" on the horse they think will win.

Hat Contest Wearing a hat to the Kentucky Derby is believed to bring good luck! Inspire your residents to get in the spirit of the Kentucky Derby tradition of wearing unique hats by having a hat contest. You may choose to provide supplies or ask residents or family members to bring their own hat creations. Have the staff create and wear hats and let the residents judge the winners. Give awards in a variety of categories: Most Beautiful, Most Outrageous, Most Colorful, Biggest, and Smallest. Here are [some ideas](#) to get started.



Horseshoes Outdoor horseshoes would be ideal, but since you will probably be indoors, look for a horseshoe game that can be played indoors. Indoor sets may be made of foam, plastic, and rubber. Have Fun!

Sing-A-Long: Print out the lyrics below and download a recording of “My Old Kentucky Home.”

My Old Kentucky Home

*The sun shines bright in the old Kentucky home,
'Tis summer, the people are gay;
The corn-top's ripe and the meadow's in the bloom,
While the birds make music all the day.*

*The young folks roll on the little cabin floor,
All merry, all happy and bright;
By 'n' by Hard Times comes a-knocking at the door,
Then my old Kentucky home, goodnight.*

CHORUS

*Weep no more my lady
Oh! Weep no more today!
We will sing one song for the old Kentucky home,
For the Old Kentucky Home far away.*

*They hunt no more for the possum and the coon,
On meadow, the hill and the shore,
They sing no more by the glimmer of the moon,
On the bench by the old cabin door.*

*The day goes by like a shadow o'er the heart,
With sorrow, where all was delight,
The time has come when the people have to part,
Then my old Kentucky home, goodnight.*

CHORUS

*The head must bow and the back will have to bend,
Wherever the people may go;
A few more days, and the trouble all will end,
In the field where the sugar-canes grow;*

*A few more days for to tote the weary load,
No matter, 'twill never be light;
A few more days till we totter on the road,
Then my old Kentucky home, goodnight.*



Bet on the Race

1. Kentucky Derby Wagering



Prepare and hand out race stats and horse information to each resident. Give each person an equal amount of “money” with which to bet. Create a poster board with a large square for each horse in the race. Have each person bet on the horse or horses of their choice by paying a “dollar” per bet and writing their name in the square. They can do this for one or more horses and they can also enter their name under a horse more than once. At the end of the race, take all of the “money” and divide by the number of bets on the winning horse. Distribute that percentage of the pot to each person who chose the winning horse.

2. Horse in a Hat Betting Game

Write down the names of the Derby horses on pieces of paper. You can find a list at www.kentuckyderby.com. Add stats and info for each. If you have more than 20 participants, duplicate the horses. Put the names in a "Derby Hat." Have everyone make a "bet" by paying \$1 and let them pull a name out of the hat. When the race is over, the person with the winning horse wins the pot. You can also divide the winning money between the top-three finishers.



Kentucky Derby Film Fest There are many engaging horse racing films. Screen one or more of these movies with your residents and staff. You can also include family members. Film suggestions include *National Velvet*, *Secretariat*, *Seabiscuit*, *The Black Stallion*, *Let it Ride*, *Phar Lap*, and *A Day at the Races*.

Frozen Jockey Find small pictures of jockeys on horses, about the size that would be on cupcakes. Freeze them to the tops of ice cubes in the freezer. At the start of the race all participants can wager on a horse. Using a flat surface tilted at a slight angle. Line the ice cube jockeys up, keeping them in place with a yard stick. Let them go all at once for a crazy race. The ice jockeys melt, turn, spin and slide depending on the heat.



Mint Juleps The mint julep has been promoted by Churchill Downs in association with the Kentucky Derby since 1938. It is traditionally served in silver glasses.

Original Mint Julep (makes 1 drink)

- 2 ½ ounces Bourbon whiskey
- 1 teaspoon powdered sugar
- 2 teaspoons water and 4 fresh mint sprigs



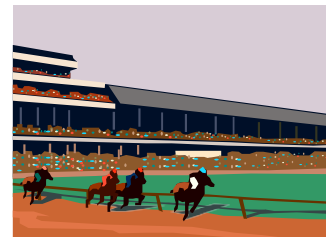
Mix the mint leaves, powdered sugar, and water in a glass. Fill the glass with crushed or shaved ice. Add the bourbon. Top with more ice and finish by garnishing with a mint sprig. Serve with a straw.

Kentucky Derby Trivia Game

Give everyone the following trivia quiz or create one of your own. Give the person who can answer the most questions correctly a prize or trophy.

1. What year was the first Kentucky Derby?

- 1860
- 1875
- 1899
- 1920



2. The fastest time in the Kentucky derby was posted by:

- Secretariat
- Unbridled Bold
- Forbes
- War Admiral

3. What is the order of the Triple Crown?

Kentucky Derby, Preakness, Belmont Stakes

Belmont Stakes, Kentucky Derby, Preakness

Preakness, Belmont Stakes, Kentucky Derby

Kentucky Derby, Belmont Stakes, Preakness

4. Which horse below is **not** a Triple Crown winner?

Citation

Seattle Slew

Affirmed

Spectacular Bid

5. How long is the Kentucky Derby?

1 Mile

$\frac{1}{4}$ Mile

$\frac{1}{2}$ Mile

3 Miles

6. What is the name of the racetrack where the Kentucky Derby is held?

Louisville Track

Churchill Downs

Kentucky Oaks

Lexington Run

7. Which jockey has ridden in the most Kentucky Derby's?

Eddie Delahoussaye

Bill Shoemaker

Eddie Arcaro

Bill Hartack

8. Who won the first Kentucky Derby?

Baden Baden

Ben Ali

Aristides

Montrose

9. Horses have to be__ years old to run in the Kentucky Derby.

2

3

4

Doesn't Matter

10. How many female jockeys have ridden in the Kentucky Derby?

0

1

3

6

Kentucky Derby Trivia Answers

1. **1875.** 2019 will be the 145th running of the Kentucky Derby.
2. **Secretariat.** Secretariat ran the 1 ¼ mile distance in 1:59:40 in 1973.
3. **Kentucky Derby, Preakness, Belmont Stakes.** The Kentucky Derby is held the first Saturday in May. The Preakness is two weeks after the Kentucky Derby and the Belmont Stakes follows three weeks after the Preakness.
4. **Spectacular Bid.** In 1979 Spectacular Bid won the Kentucky Derby and the Preakness, but came in third in the Belmont Stakes.
5. **1 ¼ Mile**
6. **Churchill Downs**
7. **Bill Shoemaker.** He had 26 mounts with 4 wins. Shoemaker also holds the record for being the oldest winner - he was 54 when he took home the title in 1986.
8. **Aristides**
9. **3.** They cannot be older or younger.
10. **6.** In 2011, Rosie Napravnik became the 6th woman to ride in the Derby.

Indianapolis 500



The Indianapolis 500 is held annually over the Memorial Day weekend at the Indianapolis Motor Speedway in Speedway, Indiana. The event is billed as *The Greatest Spectacle in Racing*.

Pick the Winner

Write the name of each driver, along with their number, sponsor, and statistics. Each participant draws a name of a driver. Award a “milk bottle trophy” to the person who picks the winning driver.



Mini 500

Make a six-lane racetrack on butcher paper. Divide the lanes horizontally into 3" sections. Each participant chooses a small metallic sports car. "Drivers" roll a die to move forward. The first driver to finish 2 laps qualifies for the last race of the day. Give the winner of the final race a special prize.

Musical Caps



A variation on the popular party game musical chairs, using race car caps instead of chairs. Give each participant except one a racing cap to wear. When the music starts, players pass the caps around the circle. When the music stops everyone places a cap on their head. The player without a cap is out. Take one hat away and start the music again. Continue the play until there is one player left.

Remote Control Race Cars

Borrow, rent, or purchase small remote control cars. Set up cones and take turns having races or "navigating" an obstacle course.



Race Flags

Create race flags from paper, felt, or foam. Use them for decoration and discussion. Everyone knows what the checkered flag means, but what about the other 8 flags? Quiz the group on the meaning of the other flags. Race Flags



Indianapolis 500 Trivia

Invite your residents to answer the following questions individually or in groups. Give prizes for most correct answers.

Indy 500 Trivia Quiz



1. What year was the first Indianapolis 500?
1909
1911
1915
1921
2. How many drivers are in the starting field?
25
30
33
35
3. Who was the first woman to drive in the Indy 500?
Janet Guthrie
Judy Unser
Danica Patrick
Lyn St. James

4. How many women have qualified for the Indy 500?

3

5

6

8

5. What's the record for most wins at the Indy 500?

2

4

5

6

6. What is the record average speed for the Indy 500?

169 mph

187 mph

199 mph

205 mph

7. Who has the most starts in the Indy 500?

Mario Andretti

Al Unser

Rick Mears

A.J. Foyt

8. What is the nickname for the Indianapolis Motor Speedway? The

Brickyard

Indy 500

The Spectacle

The Snake Pit

9. How many laps does it take to finish the race?

150

200

225

250

10. Who is the oldest driver to win the Indy 500?

Johnny Rutherford

Parnelli Jones

Al Unser

Bobby Unser

Answers

1. **1911.** The first Indy 500 was won by Ray Harroun.
2. **33.** Usually eleven rows of 3.
3. **Janet Guthrie.** Janet Guthrie placed 9th in 1978.
4. **8.** Janet Guthrie, Lyn St. James, Sarah Fisher, Danica Patrick, Milka Duno, Ana Beatriz, Simona de Silvestro, and Pippa Mann.
5. **4.** A.J. Foyt, Rick Mears, and Al Unser share the record.
6. **187mph.** Tony Kanaan set the record of 187.433mph in 2013.
7. **A.J. Foyt.** From 1958-1992 A.J. Foyt had 35 starts.
8. **The Brickyard.** The course was paved in brick in 1909, and a one-yard strip of brick still remains exposed at the start/finish line.
9. **200.** The track is a 2.5-mile oval.
10. **Al Unser, Sr.** Al Unser was 47 years and 360 days old when he won the race in 1987.