



Fact File

My guidance for attempting to break the world record for the Most rubber bands pulled over the head in one minute

Of course you can give this a try. The rest is up to you. I'd suggest considering how to ensure the safety of your eyes. Then, put your head down and pack the rubber bands on! I'm shaking my head as I try to picture how you'd look. But, as they say, life is for living.

To start, gear up for a few rules, such as:

- use commercial rubber bands.
- have timekeepers present.

I remember the excruciating pain of ripping a clump of rubber bands out of my hair. At that exact moment, I don't think I was smiling. A few minutes later I was, though. If you can bear with the pull of a bunch of bands, and if you like satisfying yourself that something's doable, hey, its up to you.

Still keen? WorldRecordChase.com is happy to mentor others wishing to attempt this world record, at reasonable rates.

Enjoy.

Please note: neither Alastair Galpin nor WorldRecordChase.com will be responsible for any actions whatsoever undertaken by any person as a result of visiting this website. If you intend to attempt to emulate any of Alastair's world record attempts, always seek expert advice.