

Study the Track

After you've completed the forms and signed up to race, there are a number of things you should do before you get on your bike. If you have not checked out the track by now, you should do this next. If practice is going on, it is a good idea to watch the other riders and see how they deal with the track and the jumps. This way you'll not get caught out when it is your turn.

Race time

It's time to *Go Racing*. This is the moment you have been waiting for. It would be impossible to tell you not to be nervous – Pros who have raced for years still get nervous every time they line up on the gate, but that nervous feeling is part of what keeps people coming back to race BMX over and over again. Make sure you are ready at the back of the start hill for your race in plenty of time, around ten races before yours if it is a big meeting. Do not be frightened to ask the other riders what to do – it will be a good way for you to get to know them.



**Above all,
enjoy BMX
racing**



Your local club is:

**Contact
British Cycling
for further
information**



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EVER THOUGHT OF
BMX RACING



BMX RACING

BMX racing is an extremely exciting sport. Up to eight riders race around a 300-400m track, with jumps, bump and berms (banked corners), in a motocross style. It is open to riders of all ages, boys and girls - making it great fun for all the family.

The excitement and popularity of BMX racing has captured the interest of the International Olympic Committee, and in 2008 BMX racing will be an Olympic sport in Beijing, China.

With many clubs and tracks up and down the country, it is very easy to get involved. This leaflet will provide you with all the information you will need to get started in this fantastic sport.



Get a bike?

There are two different types of bike that people race on in BMX. A 20 inch (your everyday BMX bike with 20 inch wheels) and a 24 inch cruiser (a slightly bigger bike with 24 inch wheels). You don't need a top of the line race machine to get you started, you just need one that can get you around the track and meet the basic requirements (more on that later).

Who races BMX bikes?

Riders are drawn from all areas and backgrounds, with riders from four years of age up to forty plus. They race against riders of their own age or ability group. The people and families involved are usually interested in bikes, competitive sport and the physical and mental health of their children.

It is common for the whole family to be involved with Dad acting as coach and mechanic and Mum being on hand with tea and sympathy. This family nature gives race day far more depth and dimension than just a simple race - it is an Event!

Locate your nearest Track & Club

After you've got a bike, you need to find a place to take it. The contact details of your nearest club may be found on the back of this leaflet. If not, contact British Cycling on 0870 871 2000 for details of the clubs in your area or visit www.britishcycling.org.uk. When you call the club, besides getting directions, you need to know the days and times they race or practice during the week. Most tracks have club nights from April to September for this purpose. Find out what time registration or practice begins. You'll also need to know how much it costs.

Is your bike OK?

Before you go out there on the track your bike needs to meet some basic requirements. You will need to remove any pegs or chain guards. You will need three pads on your bike, one on the top of the handlebars, one covering the stem and one on the top tube of the frame. Your brakes should work well and your tyres should have good tread on them. If the ends of your grips are torn, you will have to use bar end caps or replace them. You will need a number plate to race with; the club may have some spare ones for you to use.

Get some safety gear

Now that you know where to go to race your bike, all you need for racing is a helmet (sorry - not one designed for road use or Dirt Jumping!), a long sleeved shirt, long trousers or jeans and gloves. Rubber soled skateboard or tennis style shoes are recommended and although elbow pads, knee pads and shoulder pads are not essential, they are always a good idea! If you have an open face style helmet, a mouth guard is recommended. Most clubs have helmets that you can borrow when you first start riding.

Getting signed up to race

When you get to the track the first thing to do is to find where to register. Usually it's inside a small building or trailer/container. Here you can sign up to race and also become a member of the club and British Cycling. If you are under the age of 16, you will need parental consent



**YOU'RE ON YOUR WAY
SO READ ON....**

Tel: 0161 274 2022 E-mail: bmx@britishcycling.org.uk Website: www.britishcycling.org.uk