

TRY OUT THE FAMILY SPORT OF BMX



1-DAY USA BMX TRIAL MEMBERSHIPS AVAILABLE

HAMILTON BMX

BMX IS A FAMILY SPORT. BOYS AND GIRLS OF ALL AGES CAN PARTICIPATE!

RACE: MONDAYS (MAY-OCTOBER)

RACE REGISTRATION: 6PM-7PM RACE: ASAP

Joyce Park: 7 Joe Nuxhall Way. Fairfield, Oh 45014

BEGINNER CLINIC: 5PM - 6PM

REQUIREMENTS: ANY BIKE, HELMET, LONG PANTS, AND LONG SLEEVE SHIRT

(513) 675-4586

(513) 388-6568

www.hamiltonbmx.com

Facebook: Hamilton Bmx-Oh



WHAT IS BMX?

BICYCLE MOTOCROSS

BMX is currently one of the fastest growing youth sports in North America AND became an Olympic sport in 2008.

The sport of BMX was created by kids, for kids. Back in the early 1970's, a group of young riders were pretending to be their favorite motorcycle racing heroes by "racing" around a vacant dirt lot, twisting the imaginary throttle while they pedaled their bicycles. Thus, BMX was born.

That desire and vision has evolved into a full-blown sport in which riders compete on established dirt tracks, elevating themselves to "hero" status. A typical race around a BMX track will last about 50 seconds pitting a rider against up to seven other riders all going for the gold. Races are organized according to age group and skill levels, so everyone gets the opportunity to compete on a fair level.

BMX offers every rider the ability to participate at his or her own pace... **NO ONE SITS ON THE BENCH!** There are no coaches deciding who gets to play, everyone gets into the action.

LOW COST FAMILY ENTERTAINMENT...

For many families, BMX racing is a weekly ritual. BMX offers every rider the ability to participate at his or her own pace. You can choose to come whenever you like, as often as you like, to races, practices and clinics. Everyone is welcome to come out and cheer on the racers and spectators are usually free! BMX is an affordable family-oriented sport. It is quite common to see mom, dad, brother and sister ALL racing within their respective classes.

WHO WILL I RACE?

One fundamental aspect of BMX racing is that participants will compete with others their same age and skill level. Unlike other sports, BMX offers three proficiencies per age: Novice, Intermediate and Expert. New riders are classified as Novice and, as their ability increases, they will move through the skill levels. This structure ensures that riders will consistently encounter the fairest level of competition while always being challenged.

IT'S EASY TO GET INVOLVED!!!

ANY bike can be outfitted to suit BMX. This includes the beginner bike with smaller wheels or the mountain bike with gears. However, a few adjustments may be required to make them a bit more safe. The kickstand and any reflector brackets will need to be removed, adding to that safety aspect. Riders are required to wear long pants, long sleeve shirts, enclosed shoes and a helmet (no fancy uniforms or special type of clothing is required). If you don't have a helmet, the track will most likely have "loaners" for you to use.

When all of the equipment is in place, make your way to the track's registration area and get your membership. You are now ready to experience the thrills of BMX.

WHY BMX?

SELF ESTEEM
Builds confidence and teaches kids about setting and reaching goals.

DISCIPLINE
Helps kids to focus energy in a positive direction.

PHYSICAL FITNESS
Develops strong minds and bodies.



THE AMERICAN BICYCLE ASSOCIATION
USA BMX
usabmx.com