

WHAT IS BMX?

Bicycle motocross (BMX) is currently the fastest-growing youth sport in North America AND is the newest Olympic sport!!! A typical race around a BMX track lasts 50 seconds, pitting a rider against up to 7 other riders all going for the gold. NO ONE SITS ON THE BENCH in bicycle motocross racing. There are no coaches deciding who gets to play, so everyone gets into the action!

LOW COST FAMILY ENTERTAINMENT!

For many families, BMX racing becomes a weekly ritual. Spectators are always FREE at your local BMX track. BMX is a true family-oriented sport, proving that you don't have to spend a lot to enjoy an activity together.

WHO WILL I RACE?

Unlike other sports, BMX offers three proficiencies per age: Novice, Intermediate and Expert. 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 for BMX. This includes the beginner bike with smaller wheels or the mountain bike with gears. Riders are required to wear long pants, long sleeve shirts, enclosed shoes and a helmet (no fancy uniforms are required).

Check out our website for more information:
www.ababmx.com



WHY BMX?

SELF ESTEEM

Builds confidence and teaches kids about setting and reaching goals.

Riders race against kids their own age and skill level

PHYSICAL FITNESS

Developing strong minds and bodies.

There are over 270 ABA tracks across the U.S. and Canada

DISCIPLINE

Helps kids to focus energy in a positive direction.

Riders have the ability to earn district, state, regional and national rankings and awards



River Valley BMX

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WWW.RIVERVALLEYBMXRACING.COM
A Non-Profit Corporation

2009 Schedule

April	June
Fri. Night - 10, 17, 24	Tue. Practice - 2, 9, 16, 23, 30
Sat. Night - 11, 18, 25	Wed. Night - 3, 10, 17, 24
Sun. Morning - 12, 19, 26	Fri. Night - 5, 12, (19 WA Games), 26
	Sat. Night - 6, 13, (20 RCO), 27
	Sun. Morning - 7, 14, (21 RFL), 28
May	July
Fri. Night - 1, 8, 15, 22, 29	Tue. Practice - 7, 14, 21, 28
Sat. Night - 2, 9, 16, 23, 30	Wed. Night - 1, 8, 15, 22, 29
Sun. Morning - 3, 10, 17, 24, 31	Fri. Night - 3, 10, 17, 24, 31
	Sat. Night - 4, 11, 18, 25
	Sun. Morning - 5, 12, 19, 26

Registration Times

Tue. Gate Practice 6:00-8:00pm
Wed. Night Racing 6:00-7:00pm
Fri. Night Racing 6:00-7:00pm
Sat. Night Racing 4:30-5:30pm
Sun. Morning Racing 10:00-11:00am

Special Events

June 19, 2009 Washington Games 6:00-7:00PM
June 20, 2009 Redline Cup Qualifier 1:00-2:00PM
June 21, 2009 Race For Life 10:00-11:00AM

NEW TO BMX?

Simply visit our track during the practice or racing time and ask for a membership application or information. You can watch the races, talk to other BMX families, or give it a try yourself.

In consideration for the privilege to distribute the attached materials, the School District and County Parks shall be held harmless from any cause of action, claim or petition filed in any court or administrative tribunal arising out of the distribution of these materials.

BMX RACING

COME TRY OUT
THE NEWEST
OLYMPIC
SPORT!

FREE 1-DAY
MEMBERSHIPS
AVAILABLE



BICYCLE MOTOCROSS

"FUN FOR THE WHOLE FAMILY!"

ABA BMX
AMERICAN BICYCLE ASSOCIATION