

## How do I start racing?

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Below are some basics about getting started and here is a link to a much more detailed outline on the ABA's web site (you can also download a membership form): [Click here](#).

The first thing you need is an ABA membership:

One year membership is \$45.00

30 day trial membership is \$25.00 (This money can be applied to a full membership.)

A 20 inch bike with minor adjustments:

A bicycle - any type and size will do, but it is recommended that you start with one that has no more than a 20" wheel diameter - as that is the allowable limit in the Novice class. The kickstand and chain guard must be removed. There are 3 pads required: cross bar, stem and main tube. These pads can usually be found with one of the vendors at the track. All reflectors must be removed. If your bike has pegs, they must be removed.

Protective clothing/equipment:

You must wear a helmet at all times while on or in the track area. A regular bike helmet is ok, but one with face protection is recommended. Loaners are usually available at registration. You must wear long sleeves, sleeves that cover the elbow, long pants and tennis or bicycle shoes. Although gloves are not required, they are a VERY good idea.

We have races for girls and boys with age groups that range from 5 and under to 45 and over.

Come on out and have a great time!

Entry Fees

Single points races are \$7 for ribbons and \$10 for trophies. Entry fees for Double, Triple and Quadruple point races vary...please check with the track in advance.

Tips for parents of new riders:

If you have a younger child, try to get them up on the gate for the 1st time with other riders their age and size. The gate can be intimidating for the younger riders, but being up there with riders their size seems to help ease them into it.

Please feel free to ask anyone out at the track if you have questions. You will find that most everyone will be very helpful in making sure you and your child have a great time at the track.

You will find that BMX is fun for the whole family!