



Welcome to Calgary BMX, we're excited to have you join our club. You may be asking: I've signed up for BMX now what?

We have put together the following information and tips to help make your BMX experience an enjoyable one.

Gather your gear

Bike – You do not need to have a race bike to start, a BMX street bike will work with modifications.

- Bike must have 20" diameter or less wheels. Cruisers must have either 24" or 26" wheels.
- All reflectors and mounts, axle pegs, chain guard and kick stand must be removed.
- Axles must not protrude more than 1/4" past the axle nut.
- Rear brakes are required, either hand or coaster brakes are acceptable.
- Front wheel brakes must be removed or disabled.
- Handlebar grips must be in good shape with no bar ends protruding through the grips.
- A number plate is needed. There are different color plates for the different classes, the assigned number will be the last 3 digits of their UCI Number which is based on the birth date of the rider. i.e. - if your birthday is June 15, 2005 - your UCI number would be CAN20050615 and your plate number would be 615 until you earn a plate from one of the series
- Riders must use the plate and number colour combinations specified for the category in which they are racing as follows:
 - Challenge level/Masters level (applies to beginner levels)
 - Men, Boys, Masters: yellow plate, black numbers;
 - Girls, Women: blue plate, white numbers;
 - Cruiser: red plate, white numbers.
- Please see the track office for a Calgary BMX club Plate
- Loaner Bikes: Calgary BMX has an impressive selection of Race BMX bikes for all riders to use. Please come early for best selection.

Mailing Address:

PO Box 5291 Station A Calgary, A T2H 1X3

Track Location:

5520 Blackfoot Trail SE Calgary,
A B

(403) 255-1610

info@calgarybmx.com

www.calgarybmx.com



Rider Apparel

- **Full Face Helmet** – DOT approved.
- **Long Sleeve Shirt** – any kind, but the sleeves must reach to the wrist.
- **Riding Pants** – BMX pants must be full-length racing pants **or** racing shorts with knee to ankle pads. Jeans, track pants, and yoga pants etc. are not acceptable.
- **Gloves** – full finger.
- **Shoes** – no boots or sandals. Sneakers or skate shoes are ideal and laces must be tucked in.

Calgary BMX offers loaner Helmets and gloves to riders.

What to expect on training days

Calgary BMX offers 2 coaching nights and a race night per week as well as open track.

Race Team Coaching

Tuesdays 6:15-7:30pm

The Calgary Race team is a group of our riders who are willing to participate in 4 out of 8 provincials + grands, who are willing to purchase our race team jersey and want to ride fast! Sign up is first practice. Date is TBA

Club Coaching Beginner/Novice

Monday times 6:30 – 8:00pm

Novice/Beginner Riders -Beginners to BMX and/or some of our younger riders that are still getting the hang of riding should come to Novice/Beginners. Our coaches will focus on teaching our riders the BMX fundamentals while keeping it fun and rad!

Club Coaching Intermediate/Expert

Thursday 6:30 – 7:30 pm

Experienced Novice/Int/Expert Riders-Riders that are ready to take it to the next level wanting to go faster, get stronger and continue improving on the fundamentals of riding.

Please note that coaching days and district races run the entire racing season but are subject to weather and track conditions. Join the [Calgary BMX Association Facebook page](#) for the most up-to-date schedule

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information or twitter. We also now have an up to date twitter feed on our website homepage. Our season typically runs from May-September, weather dependent.

When you arrive for coaching nights, riders gather on the cement pad behind the bleachers to then be placed in groups and meet the Calgary BMX Coaches.

Open Track

Open track is a great opportunity to have your rider come and have unstructured time on the track. Open track times will be

Tuesday 7:30 – 9:00pm

Thursday nights 7:30 – 9:00pm

as well as some weekends when there is an opportunity.


What to expect on Race nights?

Wednesday nights are district race nights at the Calgary track (weather permitting). First race night TBA In order for race nights to run smoothly volunteers are required to help on the track. A sign up sheet will be posted on the message board on the cement pad. Please come a sign up. As well, please listen to announcements for your chance to volunteer at the track. No experience is necessary and you will be given a brief outline of volunteer duties.

Race day registrations can be made at the track from 5:30pm – 6:30pm, or on-line at www.calgarybmx.com from 7:00am – 5:00pm each day of racing. Online registrants must check in at the track office by 6:30pm. Sorry, late registrations will not be accepted – NO EXCEPTIONS.

On-line Registration steps



1. Go to Calgarybmx.com and click on this icon  or go directly to the District Racing Registration form found on the [District Racing & Coaching](#) webpage.
2. Fill in the registration form and click 'submit'
 - a. If you are using a club bike and do not have a plate number leave it blank and register the plate at the track once you pick up the bike.

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b. Riders Classes:

Races are organized into Male and Female classes, and then subdivided into age groups and skill levels. The age groups range from the 5 & under classes to the 19 & older. Rider age is the riders' age as of December 31 of the current year. Within these age groups there are three skill levels:

Novice (Male & Female): all riders start in Novice division

Intermediate (Male only): Rider moves up after having 10 wins in Novice

Expert (Male & Female): 20 wins for Intermediate Male or 25 wins for Novice Female

All **Cruisers** are automatically rated as Experts (Male & Female)

*If the entrant is riding two classes, register for each class individually.

3. Once you have clicked submit you or your child is now registered to race that night. Race registration must be done every Thursday.
4. Please arrive at the track no later than 1 hour before race time. When you arrive at the track go to the registration window, located on the West side of the main building. Present your ABA licence, confirm age category, rider class, and plate number.
5. When registration is closed the track operator will close the registration window and confirm the race categories. Once they are complete an announcement will be made to check the posted Registration Sheets. The Registration sheets will be hung on the Boards behind the bleachers. Please check to make sure your registration is in the right; age category, rider class and that the plate number is correct. If there are any problems please make the corrections at the registration window.
6. Once everything is confirmed the Race Mottos will be created. An announcement will be made once the mottos are up. They will be posted on the same board behind the bleachers.
 - a. Helpful hint: Bring masking tape and a Sharpe to write your race mottos down and rider position for racers. The tape can be placed on the child's bike.
 - b. What is a motto: A single racing heat, (racers race 3 mottos or 4-5 if the class is very large), or reference to a riders' specific heat.
 - c. The Mottos will tell you what heat you are in and the gate number.

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7. Once the Mottos are posted racing will start. All riders are to line up south of the bleachers at the staging area. Classes are usually run youngest aged racer class to the oldest with some exceptions
8. Racers line-up according to their motto number and gate number, please listen carefully for mottos being called and racers names.
9. A volunteer will assist all riders in getting ready in the staging area.

To check rider points to make sure you are registered in the proper race class contact:

Alberta Bicycle Association

Race Results

The Track Operator (usually found in the office) tracks and sends the race results to the Alberta Bicycle Association after every race. However rider's skill levels are tracked and maintained by Alberta Bicycle. Always contact Alberta Bicycle about class updates.

Volunteer Opportunities

During coaching and race nights there is always a need for volunteers. Calgary BMX is 100% volunteer based. Outside of some select coaching team members, there are no paid positions or hired personnel at Calgary BMX Racing. Every aspect of the track upkeep and the successful execution of our racing events are 100% organized, managed and done through volunteer efforts. We require that all families put in 20 volunteer hours per season. As "many hands make light work", our [Volunteer Agreement Program](#) is in place to encourage participation from all willing and able members and their families to assist with all aspects of the club operations.

Being on the track is a great way to watch your child during training. Please look for one of our Club executive members that will be wearing Red Calgary BMX shirts to answer any questions you may have or inquire at the track office.

Please check our [Volunteer](#) page in our About section of our website to see the volunteer roles, available on coaching and race nights.

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If you have any questions please look for our Executive members. A list of our [Club Executive](#) is located on our webpage located in Contact.

Club Registration

Please see [How to Join](#) located on the Enrolment page on our website.

Note that all licenses are processed online through the Alberta Bicycle Association at:

<https://zone4.ca/reg.asp?id=5915&lan=1&cartlevel=1>

Note that you must purchase a Calgary Club Membership and a General or Race BMX Membership from Alberta Bicycle. Our membership pays for running and maintain Calgary BMX club. The AB Bicycle membership is your insurance.

Contact our club via email or Facebook if you are unsure how to register. We usually reply within 48 hours.

Thank you, Calgary BMX

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