

Medicine Hat BMX



www.medicinehatbmx.com

Contacts for Information:

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Medicine Hat BMX is a non-profit organization that provides an opportunity to learn the sport of Bicycle Motocross Racing. We provide weekly training of bicycle riding skills and competitive racing. Our goal is to help riders develop skills and confidence on and off the track.



Yearly fee is \$115.00/rider. This includes **club membership** (\$40.00), **Alberta Bicycle Association (ABA) license** (\$75.00), use of the track, equipment (bicycles, helmets, riding gear), training, voting privileges, a secondary medical insurance policy, racing at all ABA and CBA tracks nationwide, and the Alberta Spin magazine.

Race Season runs May to September.

Local **race nights** are Wednesdays starting at 7:00 pm. Practice time is available before racing. Registration is from 5:15 pm to 6:15 pm day of race.

Equipment needed is a bike and a full-faced helmet. The rider must wear long sleeve shirt, long pants, socks, shoes and full-fingered gloves. For first times riders, we do have loner bikes and helmets to use to make sure this is the sport you wish to enjoy (we know you will).

Training nights are Tuesdays and Thursdays from 6:30 pm to 8:30 pm, **open track** with individual coach training is Saturdays 9:00am to noon, and **winter conditioning** is Fridays 6:30 to 8:30 pm.

Medicine Hat BMX is located across from the Leisure Centre in NW Crescent Heights.

