

BLUE MOUNTAINS BMX CLUB

COME "n" TRY DAY

It's
FREE

IF YOU HAVE
NEVER RACED
BMX BEFORE-

**DATE: SUNDAY
MARCH 28TH**

**REGO: 1.30PM
ACTIVITIES:
2.00PM—3.00PM**



BMX is a fast paced exciting sport. Riders race around a track over 300 meters long, steering through jumps and turns. In 2008 BMX became an Olympic sport. Australia also hosted a Supercross event in Adelaide in 2008 and the World Championships in 2009.

Now more than ever is a terrific time to get involved in BMX, so get on your bike and head to your local track to experience first-hand the speed and excitement.

There are BMX clubs located in every state, in both rural and metropolitan regions. We have riders ranging in age from 4 years old to 64 years of age. Both girls and boys with varied riding abilities can take part in BMX. It offers a great alternative to sports traditionally offered to children and is exciting and fun.

BRING YOUR BIKE, A FULL FACE
HELMET AND GLOVES. WEAR LONG
PANTS AND LONG SLEEVES. YOU CAN
BORROW FROM THE CLUB IF YOU DO

The entire family can participate! The Blue Mountains BMX Club is a family friendly sporting community which has been built through support, friendship and encouragement for one another. We give emphasis to "having a go".

BMX Australia in conjunction with the State Associations and Member clubs are hosting sign on days nation-wide.

This day is for riders only who have NEVER raced BMX before.

Come and find out about BMX, experience riding the track, get some information about our club, enjoy keeping fit and make new friends.

WHERE: WILSON ST LAWSON (behind oval)

PHONE MYLES
0407 434276
OR
ANNETTE
47 587179

FOR FURTHER INFORMATION