

# **EASTFIELD BMX WOULD LIKE TO INVITE YOU TO BMX AUSTRALIA - COME TRY DAY**

**DATE: SUNDAY 14<sup>TH</sup> MARCH 2019**

**START TIME: 10AM TILL 12 NOON**

**FOLLOWED BY A FREE SAUSAGE SIZZLE FOR PARTICIPANTS**

## **WHAT IS THE BMX AUSTRALIA COME TRY DAY?**

The BMX Australia Come and Try Day provides the chance for anyone in the community to come and try the thrill and excitement of BMX racing free of charge. The day will include BMX riding, coaching and games. All participants are covered under the BMX Australia riders insurance and will receive a show bag and participation certificate on competition. If you enjoy the day, you can become a member of Eastfield BMX club and BMX Australia.

BMX racing is one of the only sports where total family participation can take place. Riders of all ages (from 4 year olds to 50+) can compete in organised race meetings throughout Australia. One of the best aspects of BMX racing is the sport does not discriminate between boys, girls, mums or dads.

Any rider has the chance to ride at National or World championships. With the availability of all ages being catered for within one sporting meeting, it enables all participating riders from one family to be able to race and practice together.

## **WHAT DO I NEED TO BRING FOR THE COME TRY DAY?**

All those who wish to participate in the Come and Try Day will need to wear the following:

1. Long Pants - Jeans or track pants are fine
2. Long Sleeve Top - such as a windcheater
3. Shoes - you must wear fully enclosed shoes to protect your feet
4. Socks - socks need to be long enough to cover your ankles
5. Gloves - any gloves that have complete hand and finger protection
6. Full face helmet that covers your ears -bicycle helmets are not acceptable
7. Pads - Top bar, gooseneck and handlebar pads are not compulsory but are recommended

You will also need to bring along your bike. Any 20 or 24 inch BMX bike will be fine. You need to make sure that your bike is safe for BMX racing. This means removing the following from your bike to ensure the safety of yourself and your fellow riders:

1. Mud and Chain Guards
2. Reflectors, Kick Stands, Carriers and Pegs
3. Make sure your handlebars have no torn grips and have bar ends with no sharp edges
4. Make sure that your rear brakes are working

Riders that are not sure if their bike is up to racing standard can get them checked by one of our club coaches/organisers prior to participating in the day.

## **WHAT IF I DON'T HAVE A BIKE OR HELMET?**

If you do not have a bike or helmet, Eastfield BMX club has limited bikes and safety equipment for loan and will be available on a first come first serve basis.

### WHAT HAPPENS AT THE COME AND TRY DAY?

When you first arrive, you will need to register (All participants under the age of 18 are required to be signed in and supervised by an adult at all times) you will then be introduced to the coaches and organisers who will let you know in detail what will happen during the day.

You will participate on various activities. These activities may include:

- Basic warm up activities
- Games that take place on the track
- Learning about BMX racing
- Basis BMX technique activities - Learning how to go over jumps, around corners and down the start hill.
- Participate in mini BMX races.

### WHERE CAN I FIND THE EASTFIELD BMX TRACK?

Eastfield BMX club and track is situated at 195 Colchester Road, Kilsyth. Melways reference 51E8

### NEED MORE INFORMATION?

For more information about the Come and Try day please call Tania after 4pm on 0424 062 601.