

# HOW TO START RACING BMX

## GETTING STARTED

**Getting started** in BMX is easy and the NBL sanctions more than 160 tracks across the country. You have several low-cost options to start racing and you'll be competing against other kids of the same age and skill level. Visit our website at **www.nbl.org** to learn more about the exciting world of NBL Bicycle Motocross Racing!

## FAST FACTS:

- > BMX is now an Olympic Sport
- > Race against other riders of the same age and skill level
- > Inexpensive to start racing
- > Local Earned Awards Program great for new riders
- > Insurance Coverage at all sanctioned events
- > Full event coverage and columns at [www.nbl.org](http://www.nbl.org)!

## NBL MEMBERSHIP

### Options to try BMX:

1. **First race** – Many of our tracks offer a free or low-cost option to let you try BMX Racing before purchasing a license or additional equipment.
2. **30-day trial membership – \$30:** A low-cost short term option for you to see if you enjoy racing organized BMX. You can upgrade to a full NBL membership for an additional \$20 and receive a full NBL Membership with the benefits listed below:
3. **Full Membership Benefits:**
  - Access to any NBL track in the USA, each one with a different and exciting design.
  - Excess participant accident insurance coverage.
  - Ability to compete in local, state, regional and national programs and earn various awards and titles.
  - Earn exciting awards at all race events including trophies, plaques, clothing, and even NBL Race bucks that can be used towards vendor purchases.

**TIP >>** Before entering your first race, practice the track and take a clinic to make sure you are prepared!

## BMX TODAY ONLINE

The new NBL.ORG website has many new features including BMX Today Online. Full race coverage, interviews, featured columns and more!

## NECESSARY EQUIPMENT

### BMX Bikes:

- Most 20" and 24" wheel BMX bicycles can be used for competition. See examples below.
- Number plate affixed to your handlebars – A temporary number plate will be supplied by the track at no charge.
- No protruding or dangerous equipment attached.

### Helmet and Apparel (Clothing):

- Helmet – full-face or open face with mouth guard
- Long pants
- Long sleeve shirt
- Closed-toe shoes

## BIKE TYPES

Consult your local BMX dealer to make sure you have the right size of bike. Here are examples of sizings and recommended weight matchings:

> 20" Expert  
Rider size: 4'-8" thru 5'-3"



> 20" Pro  
Rider size: 5'-5" thru 5'-10"



> 24" Cruiser Bike  
Rider size: Various



## YOUR FIRST RACE

1. **Arrive early** at the track to check out the course and talk to the staff in the registration booth.
2. **Sign up.** Check the posted sign-up times and be sure to ask as many questions as you need.
3. **Get your gear ready.** You will need to have a helmet, long pants, long sleeve shirt, and closed-toe shoes.
4. **Bike Inspection** is held before each race to ensure that your bicycle is mechanically safe.
5. **Practice the course** as much as possible so that you feel comfortable with the starting gate, obstacles, and turns.
6. **Check the moto board.** The track will post moto-sheets on this board. Check your moto number and gate lanes for each race.
7. **Race Time!** Listen to the announcers and get ready for your first race. Though it can be tough to relax, just try to keep your mind focused on having fun. The rest is up to you. Good luck!