



Getting on Track!

Before you invest in any new gear, show up properly dressed and Calgary BMX has a number of loaner bikes and helmets available for you to get started with.

Otherwise, choosing to be a BMX racer does not necessarily mean a big investment in equipment. Some racers start by simply removing the chain guards and kick stands from their 20" street bikes. There are also many used bikes on Kijiji and buy and sell pages on Facebook. The helmet is mandatory, as is the long sleeve shirt, gloves, pants and shoes...but that's it, get all of this together and you're ready to ride.

For detailed information or questions towards BMX Racing bikes and related equipment, please contact any member of the **Calgary BMX Racing Executive** team.

All bikes used on the Calgary BMX Racing track are expected to be sized properly for the rider and comply with all of the following equipment requirements and safety standards.

In every race, SAFETY places first!

BMX Racing is an extreme sport with a risk of injury. However, through regular track & equipment maintenance, training & coaching programs and the strict enforcement of all sport rules, Calgary BMX Racing strives to provide the safest environment possible for all participants. There are trained and certified first-aid personnel on-site for all club coaching, training and racing events.

The official rules and regulations of BMX Racing require the following safety equipment for all riders:

- **A Bike** – BMX style of course, sized properly for the ride
- **Rear Brakes** – coaster or backward pedal brakes are not allowed.
- **Full Face Helmet** – DOT approved.
- **Long Sleeve Shirt** – any kind, but the sleeves must reach to the wrist.
- **Riding Pants** – motocross or kevlar riding pants are mandatory.
- **Gloves** – full finger.
- **Shoes** – no boots or sandals, and laces must be tucked in.

Wheel & Tire

- inflated correctly
- good tread
- wheel is true
- axles not protruding more than 5mm
- tightened axle nuts



Handle Bars

- grips covered at both ends
- no cracks or bends
- angled in line with the forks
- padded across crossbar

Headset

- tightcovered by a pad
- all bolts present
- no reflectors

Brakes

- NO front brake allowed
- brakes must be able to stop rider at race speed
- cables are not frayed
- cable ends are present
- pads are even and not worn
- brake lever is smoothly rounded at end

Seat

- lower than the bottom of handle bars

Pedals and Cranks

- tightly fastened
- no movement on the pedal axle
- bottom bracket bearings must run smoothly and without play
- no broken cages on pedals

Frame

- no cracked or bent tubes
- no cracked or broken welds



Safety Pads

- must be at least 1cm thick
- bar pad
- stem pad
- top tube pad

Number Plates

- must not extend above the crossbar
- must be securely fastened
- numbers must be minimum 3" high and 1.5" wide as per UCI rules
- no stickers can cover any part of the numbers
- correct number plate must be worn for each race
- must display the correct plate colour – Male (yellow), Female (blue) Cruisers (red) Junior, Elite & Pros (black or white)