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BMX Beginners Clinics

Who: Boys and Girls, ages 5 and Up
When: Tuesdays May 1 & 15 4-6 p.m.
Tuesdays June 5 & 19 4:30 – 6 p.m.
Tuesdays July 3 & 17 4-6 p.m.
Tuesday August 7

Where: Sterner-Meyer Park
1017 9th Street, Glencoe

Description:

The 1.5 to 2-hour class will prepare riders and parents with basic information on how to get started in BMX (Bicycle Moto-Cross) racing. It will cover USA BMX rules, required safety equipment & apparel, and proper bike setup. The offering will outline a typical race night, point system, awards, and how to become an USA BMX rider.

BMX helps kids focus energy in a positive direction, builds confidence, and teaches about setting and achieving goals.

Required Equipment: Long sleeve shirt and pants, Helmet, BMX bike. We have loaner helmets and bikes available.

Registration is on site – beginner clinics are FREE.

Racing is held every Tuesday night with registration from 6-7 p.m. with racing action starting about 7:15. First race is always FREE

Stryder racing is also available. Riders ages 2-5 race pedal-less balance bikes on a shortened track

For more details or information call Joe at 320.296.6924 or visit buffalocreekbmx.com