

2011 Learn to Race Clinic.

Where: Milton BMX- Drumquin Park, Milton (across from Terra Nurseries, near Britannia Road and Trafalgar)

[Google Maps](#)

<http://www.mbmxracing.com/>

When: You can sign up for **one** of two sessions (each session is the same):

- Session One:
 - Day 1, Tuesday May 24 (6:30pm to 8pm)
 - Day 2, Saturday May 28 (9:30 am to 11:00am)
 - Day 3, *Race Day*, Sunday May 29 (11:30am to approx. 3pm)
- Session Two:
 - Day 1, Friday May 27 (6:30pm to 8pm)
 - Day 2, Saturday May 28 (11:30 am to 1pm)
 - Day 3, *Race Day*, Sunday May 29 (11:30am to approx. 3pm)

Who should register: The Learn to Race Clinic is designed for kids, teens, and adults who are new to BMX. Riders and their parents will learn all-you-need-to-know about this exciting fast-paced sport. Some of our more advanced racers will be on hand to teach participants the skills they need to confidently and safely participate in their first local race. Kids as young as 4 can participate (they must be good little bike riders without training wheels). Adults riders are encouraged to participate!

How to register: Maximum 30 riders per session. These sessions are very popular and will fill up fast.

1. Complete the following Ontario Cycling Association documents ([OCA License Application](#)) and fax them along with a

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There are some exciting changes coming to Milton BMX this year!* As a result, we are temporarily waiving the OCA license prerequisite for all clinics. Sign up for the clinics now to guarantee your spot, and wait to deal with the sanctioning body later.

Note: Even though you do not need a license to *register* for the clinic, all riders will be required to have a license to *participate* in the clinic. Valid licenses will be required from Milton BMX's sanctioning body prior to the first day of the clinic...but I would wait on the license for now.

*Details to follow

2. Please complete the *Registration form* and send it along with cash or cheque for \$35.00* (payable to "Track 2000") to:

Milton BMX Clinics c/o Ryan Colwell
39 Costigan Court
Georgetown, Ontario, L7G6J2

3. You will receive an e-mail confirming your registration once received

* The cost includes racing on Sunday and a prize for successful completion of the program. In order to encourage more female riders, girls get a \$10 discount.

Rain Date: Should we be required to cancel a day of your session due to rain or should the track be un-rideable do to a previous day's rain, we will do our best to arrange a make up session on Friday evening, Saturday, or Sunday (Race Day) of

the following week. Partial refunds are only available should the Track not be able to accommodate a make-up day within two weeks of your original session. Before coming to track it is good practice to check the website <http://www.mbmrxracing.com/> or call the track 1-905-630-7400 to make sure there have been no cancellations. Even if it is not raining sometimes the track is still too wet to ride from a previous rain. I will do my best to contact each of you by e-mail / phone if we need to make a change.

What to wear:

Riders need to be wearing long pants, long sleeved shirts, full finger gloves, socks, running shoes (no sandals or crocs), and a full face helmet. Racing outfits and bike gloves are awesome, but not required at all. My son raced the first year in jeans, and a long sleeved Ninja Turtle T-shirt. Garden gloves or winter gloves, although not ideal, will work in a pinch. You can buy helmets and gloves at most local bike shops (Canadian Tire and SportCheck also carry these items but are often short on kid sizes).

What else to bring: A Bike! Please also bring lots of water and a snack (we do not expect the concession stand to be open on Monday, Friday and Saturday). For *Race Day* bring sun screen, a hat, and lawn chairs.

Do we have Rental Bikes and Helmets? Yes. Rental bikes and helmets are available for clinic participants free of charge for the 3 days. If you wish to make use of this rental equipment please be sure to arrive 10 minute early each day.

OCA License: All OCA directly prior

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What can you expect?

On day 1 and day 2, Coaches Taylor and Travis, will each teach a group of riders, assisted by Coach Devon, the basic skills to be safe and confident on the different sections of the track, including the gate and the first straight, cornering, and rollers. While the kids are riding the track, the Parents will be treated to a 30 minute presentation on "All you need to know about BMX". This is a great opportunity for parents to ask lots of questions.

Sunday is Race day. Riders will participate in their first *local* (think house league) BMX race. Parents and riders will meet early, 11:30 at the track and do a "walk through" of the logistics of Race Day, how to register, what is a motto, where is staging, where do I go when the race is over, how many races are there, what should we as parents do. Riders will then be given some free time to practice on the track (approx. 12-1pm) before participating in their first local race (approx. 1pm). Riders will race against other riders of the same age and proficiency (beginner clinic participants are all considered "Novices"). Coaches will be on hand to help out at the gate and to give "high fives" at the finish line. Prizes (trophies hopefully) will be awarded to riders that complete their first race on Sunday.

Number Plates: In order to compete on Sunday all riders must have a number plate. You will receive a number plate with your OCA License.

Number plates can easily be attached to the handle bars using plastic rip ties. I will bring enough for all of us.

Bikes: Bikes must be in safe working order. Please remove all kick stands, reflectors, chain guards and other such items. Wheels should be approx. 20" in diameter (smaller is ok for riders under 6 years old). Front brakes, gears, and coaster brakes (back-pedal brakes) are permitted. Rear brakes are a necessity. No disk brakes please. BMX pads are recommended but not required. See page 17 of the UCI rule book for full details on bikes

http://www.ontariocycling.org/web_doc/gen_pdf/getobject.pdf

Rental bikes are free for participants of the clinic.

Who do you contact for more information: Ryan Colwell, cell 905-691-9220 rcolwell@candcplanning.com