MIDTOWN CHILDREN'S BICYCLE PLAYGROUND

AT DINGLEWOOD PARK

HOW TO USE THE PUMP TRACK



WHAT IS A PUMP TRACK

A "PUMP TRACK" IS A UNIQUE COURSE TO HELP RIDERS MASTER THE BASIC SKILLS OF MOUNTAIN BIKE RIDING.

THE GOAL: BUILD AND MAINTAIN SPEED, SMOOTHLY RIDING OVER THE OBSTACLES BY PUMPING YOUR WAY THROUGH--NOT BY PEDALING.

PUMPING THROUGH THE TRACK

- AS YOU REACH THE TOP OF EACH ROLLER, SLIGHTLY UNWEIGHT THE FRONT WHEEL.
- SHIFT YOUR WEIGHT FORWARD.
- PUSH DOWN THROUGH YOUR ARMS, THEN YOUR FEET, AS YOU RIDE THE DOWNSLOPE.
- REPEAT THIS "PUMPING" MOTION TO MAINTAIN SPEED WITHOUT PEDALING.

BERMS

- ENTER THE BERM AT A CONTROLLED SPEED.
- STAY BALANCED AND MAINTAIN YOUR RIDING POSITION THROUGH THE TURN.
- LOOK AHEAD TOWARD THE EXIT—NOT DIRECTLY IN FRONT OF YOUR WHEEL.
- CONTINUE LOOKING BEYOND THE TURN AT THE EXIT AND LET THE BERM CARRY YOUR MOMENTUM, EXITING FASTER THAN WHEN YOU ENTERED.

LEARN TO MANUAL

A **MANUAL** LIFTS THE FRONT WHEEL OVER OBSTACLES WITHOUT PEDALING.

TO MANUAL:

- DRIVE THE BIKE FORWARD BY EXTENDING YOUR HIPS AND LEGS.
- KEEP YOUR ARMS RELAXED.
- LIFT WITH YOUR HIPS—DON'T PULL UP ON THE HANDLEBARS OR FORCEFULLY LEAN BACK.
- STAY CENTERED AND BALANCED OVER THE BIKE.

REMEMBER: THE POWER COMES FROM YOUR HIPS, NOT YOUR ARMS OR LOWER BACK.