Welcome to Cochrane BMX Association!

Cochrane BMX is a family friendly community of people who love to ride bikes. The club supports all levels of riding and racing on our 400-meter track of rollers, obstacles and corners, while promoting the development of bike skills and confidence in all riders.

If you can ride a pedal bike, come on up to the track and check us out! We welcome new riders to try a one-time free trial during open track sessions throughout the season. Come to the track, sign a waiver and get riding! Our club has a selection of loaner bikes and full-face helmets available for use during a trial ride.

Who Can Join? Anyone born in or before 2021 can become a riding member of Cochrane BMX for the 2025 season. Riders in our club range in age from 4 to 65. To hold a license and membership, riders must be turning 4 or older by December 31 of the current year. All abilities are welcome.

Not 4 years old yet? An ABA license cannot be purchased until the year a rider turns 4, but if you think your 3 year old might like to try BMX and rides a small pedal or strider/run bike, sign them up for our **$10** "**Half Tracker membership"** and bring them out to the track for our half tracker events. On district race nights, we close half the track to accommodate some practice time, and hold a mini race between motos. It makes for a great chance to become familiar with the track.

COCHRANE BMX RIDING / RACING / TRAINING SCHEDULE

Our outdoor BMX season runs from approximately May through September.

District Racing: For 2025, our club will continue to host district races on Monday evenings from June-September. Track opens at 5:45pm with open track and gate practice. Racing starts at 7:00pm and usually runs until about 8-8:30pm, depending on rider registration.

Club Coaching: We offer club coaching as an add-on to both General and Racing memberships. Coaching is held on Tuesday, Wednesday and Thursday evenings. Tuesday evening is divided into groupings as determined by membership needs, age and skill level/experience. Wednesday and Thursday coaching will include additional groupings, skill-specific evenings (ie. gate starts, jumping, manualing, pumping, cornering), *Adults Only* and *F.A.S.T. Girls* ("Fast Athletic Strong Tough").

Coaching Camps: Special skill camps will be available for new riders, little riders and adult riders looking for some extra time on the track. We may also book a guest coach for weekend training, depending on availability and interest.

Private Coaching: We have a few great NCCP trained coaches both in our club and in the local BMX community. 2025 will offer private coaching sessions at our track based on coach and track availability. If you have a rider interested in private training (solo or small group training), reach out and we can connect you with private coaches.

Open Track: Any time there is racing or coaching at the track, the track will be open for riding before and after. We will also hold occasional Friday evening, Saturday and Sunday open track sessions depending on host and track availability.

REGISTRATION & FEES

CLUB REGISTRATION: There are two levels of Cochrane BMX memberships.

The GENERAL (Non-Racing) Membership of $130 is a **practice only** or recreational membership. This is for a rider who ONLY plans to participate in Open Track and Club Coaching at Cochrane BMX and does NOT plan to participate in district races or ride/race at any other track in 2025 or earn points for racing.

This membership is perfect for new riders, parents and siblings who want to casually ride without the pressure of racing.

You are required to purchase a **License from Alberta Bicycle Association** ("**ABA**") in order to be covered under our liability insurance. The ABA License for a General Membership is:

- The "**Community Membership**" ($42 U17 / $52 17+) - Open Track, Club Coaching, NO racing (new this year...)

Club Coaching sessions are available for additional cost.

The General membership and ABA license combo can be upgraded at any time during the present season to the "Racing" membership with Cochrane BMX and the "UCI Race" License with ABA (upgrade fees for each will apply).

The FULL RACING Membership is for all riders who want to participate in ALL events at Cochrane BMX. For clarity, this includes all Open Track sessions, Club Coaching and mid-week District Racing, and District Racing at other UCI sanctioned tracks.

You are required to purchase a **License from Alberta Bicycle Association** ("**ABA**") in order to be covered under our liability insurance. The ABA License option for a Racing membership is:

- The "**UCI Race**" ($148 U17 / $196 17+ / $151 55+) - Open Track, Club Coaching, mid-week District Races, Alberta Cup Series, Cycling Canada (Canada Cup / Nationals), any and all other UCI events, and earn category upgrade points.

This is the membership to go with your UCI Race license you need to race anywhere that requires a UCI license. That includes ALL tracks in Alberta and any other UCI sanctioned BMX track/event.

COCHRANE BMX VOLUNTEER BOND & COMMITMENT: Our club is a non-profit society and 100% volunteer run. In order to run our programs and keep Cochrane BMX membership costs down, we ask that our families/riders agree to a volunteer commitment including regular season volunteering (track work parties & regular track maintenance, open track, Try-It days, mid-week district race nights, Friday Night Lights, etc.). As this year we are hosting the final Alberta Provincial series GRANDS and Championship Race on September 5-7, 2025, the volunteer commitment is:

- **2025 Cochrane BMX Volunteer Bond is $300 / family**. This year we are accepting cheques post-dated to September 20, 2025. We will also accept bonds paid by e-transfer
- **GENERAL MEMBERSHIP: 10 regular hours + 1 Provincial Shift**
- **RACING MEMBERSHIP: 15 regular hours + 1 Provincial Shift**

EQUIPMENT REQUIREMENTS

The following information is directed towards new/beginning riders:

GEAR	**BIKE (Race Bike)**	**RECOMMENDED** (but not required)
Full face helmet	No front brake	Chest protector
Full fingered gloves	No pegs	Elbow pad**s**
Long sleeved jersey	No chain guard	Neck brace
Tear resistant pants	No reflectors	Shin Pads
Closed toe footwear	No kickstand	Goggles

GET A BIKE!

You need a ***BMX Race Bike***. BMX Race Bikes and BMX Park Bikes are designed for different riding styles, and there are key differences mainly in the frame geometry, weight and intended benefits. Although you can ride a park bike at our track, if given the chance to try a race bike, riders will quickly feel the difference.

- **BMX Race Bikes** have a lighter, aerodynamic frame designed for speed and efficiency on a track. For most riders, there are two race classes, which depend on the frame and wheel size. The most common is a "20-inch" class with a 20-inch wheel, while the other "Cruiser" class bikes have a 24-inch wheel. Race bikes up to about frame size Expert XL/Pro, have a narrower tire (1-1.5 inches), while larger size frames have a wider tire, but both are slick tires with low tread to reduce rolling resistance, minimize friction making it easier with acceleration and speed on the track. The focus of a BMX Race Bike is for speed, efficiency and quick maneuverability for short but intense races. Race bikes are equipped with only ONE back brake.

- **BMX Park Bikes** are designed more for freestyle riding at skateparks, street/pavement riding and performing tricks. They are designed more for handling jumps, grinds and tricks. The frame has a different geometry and is usually heavier in weight and material to handle landings without breaking or bending. Although they also ride a 20-inch wheel, the wheel design and material are built to withstand impacts from drops and ramps, and the tires are thicker to allow for more drip to handle transitions, ramps and obstacles. Park bikes usually have both front and back brakes which are important for stopping after trick and controlling certain maneuvers.

Where can you find ALL THE stuff?

If you are looking for a bike, race clothes or protective gear, sometimes the best and most feasible way to get outfitted is by checking Facebook Marketplace and Kijiji. We will often share equipment and bikes to our Cochrane BMX Facebook page. There is also an "Alberta BMX Buy and Sell" Facebook group for used equipment and gear. There is a lot of overlap in items like helmets, pants, shoes, gloves, etc. between BMX, mountain biking and dirt biking, so you may have additional luck searching for gear using those descriptors or Facebook groups.

There are also some great local stores that sell everything you need brand new. Check out: **Bow Ridge Motorsports, Big Hill Cycle, Bike Bros, The Bike Shop** and more for everything from bikes, helmets, shoes, gloves and pants and jerseys.

If you have any questions about bikes (whether they are the "right" size, style, price), feel free to ask any of the board members or families at the track – we are always happy to help with advice or assist in finding you what you need!

RACE PLATES

If you have a race membership, all racers must have a number plate on their bike for racing. Plates and numbers can be purchased at the motoshed. Plate numbers are assigned by the ABA (Alberta Bicycle Association). If you are new, your plate number is the *last 3 digits of your UCI license*.

If you raced in 2024, your plate number is the highest place earned. For example, if you placed 3rd in the provincial series standings, your plate number is "3" for 2025, or if you earned a plate at the Alberta Championship Race, your plate would be AB__.

The color of the plate matters! Below are what your plate should look like depending on your registered race gender and class:

Male Challenge Class: Yellow plate, black numbers
Female Challenge Class: Blue plate, white numbers
Cruisers: Red plate, white numbers
Jr Elite Racers: Black plate, white numbers
Elite racers: White plate, black numbers

RACE CLASS: Novice, Intermediate or Expert?

BMX uses 3 criteria to determine a racer's classification for competition—age, gender, and proficiency. Everyone — boys and girls — as beginners race in the NOVICE class.

Whenever possible, Novice racers race other Novice racers of the similar age and gender. Depending on the racers registered each night, it may be necessary to merge classes in order to build motos (racing groups). Alberta BMX has set guidelines to assist the building of fair classes and races.

Riders upgrade from Novice by accumulating 1st place wins. All wins are lifetime wins. Wins transfer and accumulate across seasons and tracks. Please note, it is the rider/parent's responsibility to keep track of your rider's wins and contact Alberta Bicycle Association (info@albertabicycle.ab.ca) when you believe your racer has reached the wins needed for an upgrade. ABA confirms the upgrade and issues a new license for the upgraded class.

Male Challenge Class riders upgrade from Novice to Intermediate, from Intermediate to Expert as follows (UCI race licensed riders only):

- **Novice to Intermediate = 10 wins**
- **Intermediate to Expert = Additional 20 wins**

Female Challenge Class riders move from novice to expert as follows (UCI race licensed riders only):

- **Novice to Expert After 20 wins**

COMMUNICATION

Cochrane BMX uses Instagram and Facebook as the main way to communicate with members and the community. You will find the most up to date information on social media, as well as our website. During the outdoor season, the club sends out emails typically on a weekly basis with information on scheduling, including district races and coaching for the coming week.

On Mondays for District Racing, changes to race status (cancellation or delay for weather, etc.) will be emailed out to the membership and posted on Facebook by 5:00 pm. Weather plays a vital role on whether or not races will run, so last minute decisions will need to be made once in a while. We also need a certain number of riders registered to hold races. We try to get creative by merging classes or creating open classes if possible. We never want to cancel a race/training night, which means we will try to make the most accurate decision as late as possible. If we cancel racing for numbers, we either try to hold a fun race, or just run open track.

Thank you for understanding that decisions are always made in the best interest of rider and track safety.

RACE DAY REGISTRATION: HOW DOES CLUB RACING WORK?

All riders MUST register for every race they want to participate in.

- Registration is done by a fillable form on our website (www.cochranebmx.com), which is usually live by Sunday evening and stays open until 5:00pm on Monday.
- On-Site Registration is available on Race day from 5:45-6:15pm at the motoshed.

Check the Riders List: If you registered online, always check the "Riders List" at **www.our.sqorz.com** (select "Canada West", "Cochrane BMX") to ensure your registration was received and all information is complete and accurate (double check race category, age and plate number). If any information is incorrect, inform registration in the moto shed immediately.

Warm-Up: The track will be open at 5:45pm – 6:50pm every race night to ensure the riders get appropriate time to warm up for the races.

Motos: Moto in BMX is another word for "race" or "heat" and refers to the order of the races for the night. Motos will be posted as close to 6:50 pm as possible. Beside each rider's name there will be a set of numbers. The first number represents the moto number (race number) and the second number represents their gate/lane number. There will be a minimum of three motos per rider.

Racing: Ten minutes after motos are posted racing will begin. Racers must be ready to race at that time. The announcer will call riders to the staging area, located behind corner two.

Stagers will then load the racers in the staging lanes. It is the rider's responsibility to ensure they are in staging so they do not miss their race.

Semis and Main Events: If there are 16 or more in your class, there will be a Semi moto after the 3rd moto. The first 4 riders from each of those Semi motos make up the "main" or final moto. If your class more than 8 (but less than 16) riders in any one class there will be a main event to determine the final ranking of the top 8 racers of the night. Main event races will take place at the conclusion of the scheduled night's motos, and decide the nights overall winner of that race class.

Results: Results from each moto are updated on Sqorz, with a final placing when your class motos are completed. When the race is over, riders can come to the motoshed for a ribbon (1st, 2nd, 3rd, Participation).

Points and Placement: In each race, riders are assigned a point value for each place they finish:

1st place = 1 point 2nd place = 2 points 3rd place = 3 points 4th place = 4 points, etc.

The rider with the lowest number of points after the three moto's receives 1st place for the evening, with others placing accordingly. If there is a tie between two riders, their placing in the third moto is the deciding factor. All riders will receive a ribbon regardless of where they finish that evening.

Injured Riders: As in every sport, injuries sometimes occur. If a rider does fall during a race, it is very important no one runs onto the track. A track official and a first aid volunteer will assess the situation and help the rider as need be. If a parent is needed, a track official will call them onto the track to their child. If additional support is needed at the track the emergency plan will take effect. Please follow directions of the announcer and track officials at that time. We wish to ensure the safety of all participants, spectators and volunteers.

VOLUNTEER REQUIREMENTS

We rely solely on volunteers in order to host a successful season. Rider's families are asked to provide a $300 volunteer bond at registration, which will be refunded at the end of the season if the volunteer requirements are met by the end of the race season. In order to provide a season of riding and races for our members. With events happening during the week, work parties, ongoing track maintenance and additional needs to keep the track and programming running, it is easy to meet these requirements over our 5-month season. This season we have TWO additional events that require significant volunteer power. We host a *Friday Night Lights* race for riders in the Rocky Mountain Series (Cochrane, Calgary, Airdrie & Okotoks) and hosting Alberta Provincial Grands and Championship Races. Both of these events will require the help of our families.

Volunteer Opportunities: Every race requires volunteers. Below are the position descriptions:

1. Flagger: There are at least 4 positions for races and open track sessions. Flag volunteers are positioned on the track, usually standing at the top of corners, and raise a flag when a rider has fallen to alert the gate operator to hold the gate, and signals other volunteers to ensure the safety of the rider and that other riders on the track are aware of the rider down to avoid a collision. Flaggers are required anytime there are riders on the track.

2. Lower Stager: 2-3 positions for race nights. Positioned at the bottom of the start hill with a rider list, lower stagers are responsible for organizing the riders into their motos and lanes, and sending them up the start hill as the gate drops and the Upper Stagger is ready for the next moto.

3. Upper Stager: 1 position for race nights. Positioned at the top of the start hill, the upper stager confirms the correct riders are lined up in the correct lane position for the gate.

4. Announcer: 1 position for race nights. The announcer will relay any important information to everyone that evening, calls riders to staging, communicates requests from the motoshed, and calls/commentates the races as they happen.

5. Gate Operator: 1 position for race nights. The gate operator is responsible for the safe operation of the gate for the evening. It is important to be aware of what is happening on the track in order to correctly judge when to start the next moto or hold the gate for downed riders and when the riders in the gate are ready. This position requires some training and understanding of how motos and the gate operates.

6. Finish Line: 2-3 positions for race nights. Finish line volunteers record the finishing position for each rider in each moto as they cross the finish line. The records are collected and scored for the registration team who enter the final results in the motoshed.

7. First Aid: As part of our sanctioning and insurance requirements, we must have at least ONE certified first aid volunteer in attendance at the track. First Aid Certificates can be submitted through our Volunteer Profile.

8. Commissaire: We are also required to have a licensed Commissaire in attendance at our district races as a "race official" to ensure the motos are built properly and fairly, and if there are any discrepancies, complaints or issues, the commissaire oversees the race and has official discretion where needed. Currently, our track has ONE licensed Commissaire (the President). Cycling Canada offers Commissaire courses throughout the season, and especially at the beginning of the season. Our club will reimburse your fee and any travel costs (if attending out of the Calgary area). If this interests you – reach out to the board.

9. Work Parties: Throughout the season, we will have multiple work parties to assist with all important track maintenance. These will be planned in advance and require many hands to ensure a safe, smooth and fast riding track. They include work to the actual track and the surrounding grounds. No experience is necessary but we sure love to know what our volunteers are skilled at and what they love to do.

How to Track Hours: Positions are filled by signing up with an electronic link that is shared on our website, social media and email. This is how volunteer hours are tracked and updated to families periodically through the season. If you do a volunteer position last minute and do not sign up, you need to let the volunteer coordinator know so your hours are counted. If positions are vacant, we will be asking for volunteers at the race and need all positions filled before we can drop the gate. There are often additional volunteer opportunities during the season. There may be opportunities for some carpentry or electrical work at our track for example. If you have a special skill set, please feel free to let us know.

Additional Volunteer Opportunities:

For those who wish to get more involved in supporting our club and riders, there are director and coordinator positions that steer the direction of our track and activities. Please talk to any of our current board members if you are interested in helping out beyond the everyday support we need on and around the track.

Cochrane BMX 2025 Board of Directors:

President	Tanya Fernandez
Vice president	John Newsom
Treasurer	Sarah Hillson
Secretary	Judith Mendelsohn
Track Operator	Kevin Chubey
Track Director	Tyler Semmens
Promotions & Communications	Katrina Cavanagh
Rider Development	Lindsay Danforth
Volunteer Director	Laura Spruyt
Special Projects	Adam Ross & Darrin Sayers
Member at Large	Josh Cremers

2025 COCHRANE BMX VOLUNTEER COORDINATOR/COMMITTEE POSITIONS:

These positions support our Board of Directors, will have the volunteer bond waived at registration and do not have to attend board meetings.

Track Committee: 4-6 members working with the Track Director and in charge of taking care of the track, grounds and loaner bikes.

Concession Coordinator: In charge of concession, ensuring the concession is clean, organized, stocked and ready to sell items. **Position is currently held by Sarah Larooi.**

Grant Coordinator: ensures any grants the Board decides fit are filled out and followed to completion and discuss sponsorship ideas with potential sponsors. **Position is currently held by Janna Hart.**

Half-Tracker Coordinator: In charge of organizing and running the Half-Tracker sessions during open track, including signing up riders for a Half-Tracker race.

Fundraising Coordinator: Supports the board to organize, communicate and facilitate our sponsorship and fundraising initiatives during the season

YEAR END CELEBRATION

We host a year-end party and potluck in September to celebrate the success of the season, our riders, and their families. It's a great day to hang out at the track, enjoy some great food and we run some fun races on the track with our BMX friends. Every rider will receive a year end award at this event. But this is a big event to plan.

ANNUAL GENERAL MEETING

Our AGM is held at the end of the season, and traditionally at the year-end celebration in September. This is the opportunity to put your name forward as a board candidate and join a great team and rewarding volunteer opportunity. Voting will take place if more than one name is put forth by all eligible members. We review the financial statements and any upcoming plans for the upcoming indoor season.

We encourage everyone to attend and provide constructive feedback so we can continue to improve our club for the future!

FUNDRAISING & SPONSORSHIP

Cochrane BMX is awarded a casino night approximately every 36 months by AGLC and will rely heavily on its members to assist with the major fundraising initiative which helps keep the costs of BMX down so everyone can enjoy. This is not a casino year for us, so Cochrane BMX is always looking for unique ways to fundraise throughout the season. If you have any ideas or are able to help please contact the board. We also have sponsorship opportunities for businesses that we love to explore with those interested.

CODE OF CONDUCT

At Cochrane BMX we strive to foster a positive, fun and family friendly atmosphere.

If children are to grow and develop in their sport, a positive and respectful environment must exist. It is the intention of our club to promote positive behavior and respect for all participants. All athletes, parents, spectators and volunteers must adhere to the code of conduct in order to participate and must continue to observe the principles of True Sport and Fair Play.

Athletes, parents, volunteers and spectators are expected to adhere to the ABA Code of Conduct:

- Compete/participate in a spirit of fairplay, respect and honesty.
- Compete/participate within the rules of the Alberta Bicycle/Cycling Canada/UCI
- Ensure the safety of others when taking part in BMX.
- Maintain self control and refrain from using profane, insulting, harassing or otherwise offensive language/behavior

- Address fellow athletes, coaches, officials, volunteers, spectators in a courteous and respectful manner.
- Act in a manner that will bring credit to the BMX community and yourself, both within and outside the competition area.
- Respect an individuals' dignity; verbal or physical behaviors that constitute harassment or abuse will not be tolerated.
- Avoid the use, advocating, condoning, promotion and distribution of banned substances.

Always remember to:

- Display good sportsmanship
- Cheer good riding by all participants.
- Respect the rules, the competitors, the officials, the volunteers and the facility.
- Maintain your self-control.

Please remember that participation in BMX events is a privilege.

QUESTIONS? Just ask! We are ready and willing to answer any additional questions and help you find what you need to get your rider on the track to success!