

Cub Scout Bicycling Belt Loop Day and Complimentary BMX Race



River Valley BMX
www.rivervalleybmxracing.com
7800 Riverside Dr.
Sumner, WA 98391
(253) 732-6890



Saturday, April 30, 2011

Belt Loop Clinic: 1:00 pm until 4:00 pm

Optional Complimentary Race: 4:30 to around 7:00 pm

Details:

- **Up to 50 may attend**
- **We will complete all of the requirements for the Bicycling Belt Loop.**
 - Explain the rules of safe bicycling to your den leader or adult partner.
 - Demonstrate how to wear the proper safety equipment for bicycling.
 - Show how to ride a bike safely. Ride for at least half an hour with an adult partner, your family, or den.
 1. Make a chart to record at least 10 hours of bicycling. (Required)
 2. Participate in a pack, den, or community bike rodeo.
 3. Demonstrate how to repair a flat tire on a bicycle.
 4. Go on a "bicycle hike" with your family or den. Obey traffic rules related to bicycling.
 5. Repair or restore a nonfunctioning bicycle to a safe condition. Include the installation of all proper safety devices.
 6. Visit a bicycle race or exhibition.
- **Cost: Free**
 - **Non-Scout Family welcome**
 - **Racing requires use of American Bicycle Association Free 1 Day Membership**
www.abatracks.com/PDF/OneDayApp.pdf
- **Bring for Belt Loop Clinic: Any type of Bicycle, Helmet, Snack**
- **Bring for Optional BMX Racing: Full face helmet if you have one, long shirt and pants, closed toed shoes, completed and signed 1-Day ABA Membership form or a parent to sign one onsite.**
- **Please register by email to:**
 - **Rex Frank, rex@thefranks.net**
 - **Please send Name, Age and Pack Number for each child and indicate if they would like to participate in the special Cub Scout races.**
- **Registration must be received not later than Friday, April 29, 2011!**