



 **BIGFOOT**GO-RIDE

 **BIGFOOT**YOUTH CC

BMX Event at the Cyclopark

For Bigfoot Go-Ride (Hayes AM and PM), Bigfoot Youth and Penge CC riders

When:

Sunday 5th March, between 2-00 and 4-30pm.

What:

A chance to ride on a purpose built BMX track!! Try your skills on a BMX bike at an exciting BMX track, bikes will be provided for you. Two experienced BMX coaches will run the sessions.

For lots of information about the Cyclopark go to: <http://www.cyclopark.com/>

Google on: 'Cyclopark BMX Track Images' – to see photos

This is an introductory session, nothing "extreme". If you like it you may then want to go back independently for more, using their public sessions to hone your skills

Who can attend:

Members of Bigfoot Go-Ride (Hayes AM and PM), Bigfoot Youth and Penge CC, aged 8 and over (no adults allowed to ride, sorry!). Importantly there are only limited spaces available so only come if you have received a booking confirmation from us – this confirmation will be sent out in one of our clubs E Newsletters nearer the time

Where:

The Tollgate, Watling Street, Gravesend, Kent, DA11 7N – we will meet in Reception

How to get there:

Best by road and lots of parking is available at the Cyclopark - £1 to park, pay at machine in Reception. There is the option of travel via train and a bit of a bike ride

Bring:

- your own cycle helmets and cycling gloves
- wear long sleeve tops and long trousers, sensible shoes (eg trainers) - we will not be doing any of the "extreme sport" stuff that might warrant padding
- your own refreshments (just in case the Cyclopark Café is still not up and running)

The Cyclopark provides the BMX bikes (and some full face helmets), if you have your own BMX bike in good working order then that's fine to bring

Other information:

The Cyclopark has toilet facilities, changing facilities and may have it's café back up and running

Adults / Ride Buddies:

As this track is a semi-public space each young rider must be accompanied and supervised by a parent or friend of the family

If you are in Bigfoot Youth CC you may use a Ride Buddy to escort you to and from the event and to be with you at the event. If this would help, contact Adam at: adam@bigfootcc.co.uk

Cost:

Cost £4-00 per rider whose booking is confirmed – pay in cash on the day, please bring the right change – if your booking is confirmed and you do not come you will still need to pay. Each person covers their own travel costs

Want to come?

Please click on the link below **by Saturday 25th February 2017:**

<https://form.jotformeu.com/70274870152353>

We will try to accommodate everyone who wants to come, but numbers are limited, after the above closing date we will select those attending by **first come first served**

Only come if you have received a booking confirmation from us – this confirmation will be sent out in one of our clubs E Newsletters nearer the time

Finally:

Adam and some other coaches and helpers from both clubs will be there on the day, any questions please ask Adam at adam@bigfootcc.co.uk