

May 2009 NUTMEG BMX POINT SEASON

SUN	MON	TUE	WED	THUR	FRI	SAT
					1	2 Meriden
3 Torrington	4	5 Trumbull	6 Bethel	7	8	9 Meriden
10 Torrington	11	12 Trumbull	13 Bethel	14	15	16 Meriden
17 Torrington	18	19 Trumbull SPT	20 Bethel	21	22	23 NO RACING
24 Torrington	25	26 Trumbull	27 Bethel W	28	29	30 Meriden D
31 Torrington						

June D= Double Point T= Triple Point W= Bob Warnicke SPT= Single Point Team

SUN	MON	TUE	WED	THUR	FRI	SAT
	1	2 Trumbull	3 Bethel	4	5	6 Meriden SPT
7 Torrington SPT	8	9 Trumbull	10 Bethel	11	12	13 Meriden
14 Torrington D	15	16 Trumbull	17 Bethel	18	19	20 Meriden
21 Torrington	22	23 Trumbull D	24 Bethel	25	26	27 Meriden
28 Torrington	29	30 Trumbull				

July D= Double Point T= Triple Point W= Bob Warnicke SPT= Single Point Team

SUN	MON	TUE	WED	THUR	FRI	SAT
			1 Bethel SPT	2	3	4 Meriden
5 Torrington	6	7 Trumbull	8 Bethel	9	10	11 Meriden
12 Torrington	13	14 Trumbull	15 Bethel	16	17 Bethel D	18 Meriden W
19 Torrington	20	21 Trumbull W	22 Bethel	23	24 Trumbull National July 24-26	25 NO RACING
26 Torrington	27	28 Trumbull	29 Bethel	30	31	

August D= Double Point T= Triple Point W= Bob Warnicke SPT= Single Point Team

SUN	MON	TUE	WED	THUR	FRI	SAT
						1 Meriden
2 Torrington D	3	4 Trumbull	5 Bethel	6	7	8 Meriden.
9 Torrington W	10	11 Trumbull T	12 Bethel	13	14	15 Meriden
16 Torrington	17	18 Trumbull	19 Bethel	20	21	22 Meriden D
23 Torrington	24	25 Trumbull	26 Bethel	27	28	29 Meriden
30 Torrington	31					

State Championship on September 13 at Bethel Supercross

2009 NUTMEG BMX Information Guide

* **Bethel Supercross BMX**

* **Falcon BMX**

* **Foothills BMX**

* **T.R.A.C.K.**

www.nutmegbmx.org

NUTMEG BMX AWARD POLICY

Most Frequently Asked Questions About BMX Racing In Connecticut

What Is Nutmeg BMX and State Plates?

NUTMEG BMX is the governing body for the four operating tracks in the state. These tracks are located in Bethel, Trumbull, Meriden, Torrington. These tracks all race on different days each week with a season that runs from May through August. The "State Series" incorporates a point system in which, at seasons end, the number one rider in each classification and age group wins the right to wear the coveted #1 number plate on the front of his/her bicycle for the entire next season. Number plates are awarded to all riders in each class who has raced a minimum of ten times at any combination of Connecticut tracks, plus the State Championship race. No matter how many times you race, the State Points Keeper will apply only the scores of your best ten regular season races towards your final standings. Three of the best ten can be multiple point races. Your finish in the State Championship is added to the best ten.

What Is The National Bicycle League ?

The NBL is the sanctioning body for the entire program. We abide by their rules and regulations. All riders participating in the NUTMEG BMX program, must be members of the National Bicycle League. An NBL membership allows you to race at any NBL sanctioned track in the USA and Canada (over 130 and growing). It also provides you with secondary medical insurance, qualified officiating, National and State point standings, a subscription to "BMX Today" a monthly magazine, a list of tracks and schedules and a membership card.

What Does It Cost To Race ?

The NBL membership is \$50.00 for a one-year period. There is a 30-day "Trial" program for anyone unsure about participating. This cost is \$30.00. You simply pay the additional \$20.00 if you decide to become a member at any time during the 30 day period.

Each race day you must pay an entry fee at the time of registration. If you are racing for trophies, the entry fee is \$8.00. If you just want race for the fun of it and earn points only, the entry fee is \$5.00.

There is a family discount available if more than one rider in a family is registering.

Number Of Riders In Motos Or Mains	1st Place	2nd Place	3rd Place	4th Place	5th Place	6th Place	7th Place	8th Place
2	17"-19" Trophy Or \$5.00 Trader							
3	17"-19" Trphy Or \$5.00 Trader	17" Trophy Or \$3.00 Trader						
4	19" Trophy Or \$5.00 Trader	17" Trophy Or \$3.00 Trader						
5	19" Trophy Or \$5.00 Trader	17" Trophy Or \$3.00 Trader	13" Trophy Or \$2.00 Trader					
6	19" Trophy Or \$5.00 Trader	17" Trophy Or \$3.00 Trader	13" Trophy Or \$2.00 Trader					
7	19" Trophy Or \$5.00 Trader	17" Trophy Or \$3.00 Trader	13" Trophy Or \$2.00 Trader	10" Trophy Or \$2.00 Trader	9" Trophy Or \$2.00 Trader	7" Trophy Or \$2.00 Trader	Mini Or \$2.00 Trader	
8	19" Trophy Or \$5.00 Trader	17" Trophy Or \$3.00 Trader	13" Trophy Or \$2.00 Trader	10" Trophy Or \$2.00 Trader	9" Trophy Or \$2.00 Trader	7" Trophy Or \$2.00 Trader	Mini Or \$2.00 Trader	Mini Or \$2.00 Trader

Trophy Trader Program

Since 1989, Nutmeg BMX has offered a Trophy Trader program. Riders who have paid their entry fee of \$8.00, and depending on their finishing position may elect to take a "Trophy Trader" in lieu of the earned trophy of the day. These "Traders" are as good as money at a BMX race. They can be used to purchase food, Bike Parts at the track vendor's booth or even entry fee's. It is a great way of reducing the cost of racing for the rider who has determined he has enough trophies. There are a select number of stores that will accept these "Trophy Traders" for payment for goods. The chart in this booklet identifies the "Traders" available by finishing position.

Multiple Point Race Series - Keep track of your Points

Date	Location	Value	Moto 1	Moto 2	Moto 3	Main	Points
May 30	Falcon	2					
Jun 14	Foothills	2					
Jun 23	T.R.A.C.K	2					
July 17	Bethel	2					
Aug 2	Foothills	2					
Aug 11	T.R.A.C.K	3					
Aug 22	Falcon	2					
Sept 13	Bethel	3					

Your **best three multiple point** race scores will be counted towards your year end State Plate plus the State Championship Race. **Seven single point** races will also be counted. Don't forget the capping system defined in detail in this booklet.

Points are Capped

MULTIPLE POINT RACES: Main Points will be doubled or tripled in multiple point races. **The State Championship Race will not be capped.**

MOTO'S: In combined classes, riders will earn points based on the point values per finishing position awarded in the highest proficiency level in the combined class. However, no rider will earn total points higher than those available to him in his own proficiency level. (Rookies cannot earn more than 120 points, Novices more than 150 points etc.)

Points Table
(Multiply moto points by the "Value" in chart above)

Finish Position Per moto	Rookie 120 MAX	Girl Novice Cruiser 150 MAX	Expert 180 MAX	Mains
1	40	50	60	8
2	35	45	55	7
3	30	40	50	6
4	25	35	45	5
5	20	30	40	4
6	15	25	35	3
7				2
8				1

MAINS: In Mains, the point totals in the above chart apply however, no rider can earn more total points than those awarded if he were perfect in his motos. (Rookies cannot earn more than 120 points, Novices more than 150 points, Experts more than 180 points). The incentive to race Mains, even if you are perfect in the motos, is to finish in front of riders who are behind you in points for that race day. This also provides the opportunity for riders who were not perfect in their motos, to cap out for the night by finishing well in the main.

What Is a Race and How Are They Run?

REGISTRATION: There are forms to fill out the day you first register with the NBL. **Bring a copy of your birth certificate.** A legal guardian must sign your NBL registration. If you already have an NBL license, present it, along with your entry fee, to the person at the registration window. Be sure to inform them of your age on the day of the race.

MOTO BOARDS: The motos are your races. They will be run three times. The moto boards are where the moto sheets are "posted". The moto sheets are the written forms with all the information about your class. This includes your race number or "moto number" and your gate position.

THE RACE: After the posting of the motos, they are called to the starting hill. Each moto is run one after the other. When one moto is crossing the finish line, another is leaving the starting gate.

FINISHING POSITION: To arrive at the finishing positions for each class, the "Olympic Scoring System" is applied to each moto. 1 point for a first place finish, 2 for a second, 3 for a third etc. The rider with the least number of points for the three rounds of motos, will be declared the winner. In case of a tie, the finishing position will be determined on the basis of the finish in the third round of motos.

Tell Me More About Classifications

20" wheels maximum size

Most new riders start off in the ROOKIE Class. Each ROOKIE is grouped in the motos with other ROOKIES of the same age. To become classified as a NOVICE, a ROOKIE must accumulate 15 overall wins. These wins must be in classes which had a minimum of three riders in them on that race day to count towards the 15 win total. This does not start over on January 1st. A NOVICE becomes an EXPERT when he accumulates 20 overall wins in his NOVICE career. This does not start over on January 1st.

There are no proficiency classes for girls. Girl's Classes are formed simply by age.

There are also classes for CRUISERS. These are 24 or 26-inch bicycles.

If there are not enough riders registered to make a class in a particular age group, the clerk will combine them with the closest age group according to the NBL rules. If there are not enough girl riders registered to make a girls class, the clerk will combine them according to the rules of the NBL.

Nutmeg State Games 2009



Mandatory Equipment And its Condition

1. Bicycle – 20” or Cruiser (24” or 26”)
2. Wheels of dissimilar size cannot be used on the same bike.
3. Motocross handlebars not to exceed 28 1/2” including grips.
4. Handlebars must have grips/end caps in good condition.
5. Frames and Handlebars must be in good structural condition.
6. Seats must be firmly attached.
7. Pedals must be in good condition.
8. Spokes should be tight with none missing.
9. Tires should have adequate tread.
10. Kick stands, reflectors and chain guards must be removed.
11. Axles must not protrude beyond nuts more than ¼ inch.
12. Bikes must have operational rear brakes.
13. Helmets must be equipped with chinstraps and be properly secured when in use.
14. Mouth Guards are required on open face helmets.
15. Long sleeved shirts must be worn and cover the elbow.
16. Short pants made of a tear resistant material may be worn if used together with knee and shin protection with a rigid surface
17. All bikes must pass technical inspection prior to racing and practicing. Riders must be registered prior to inspection.
18. Shoes with soles soft enough to grip BMX pedals.
19. Number Plates with legible numbers. Stickers may be placed along the sides but must not interfere with the numbers. All numbers must be a minimum of 3” high. In Connecticut you may ride your NBL assigned 3-digit number, an earned State number from the previous year, an active US Open number, National number or World number. Plates must be on the bike for racing and practice.
20. The use of MP3 players and all other portable audio devices are prohibited while on the track for both practice and racing

Recommended Equipment

1. Gloves
2. Socks
3. Knee pads and elbow pads
4. Pads are HIGHLY RECOMMENDED on crossbar, top tube bar and gooseneck.
5. Long pants made of tear resistant material

WHAT ARE THE NUTMEG STATE GAMES?

The Nutmeg State Games is a multi-sport festival of Olympic-style competition offering 26 different sports for Connecticut's amateur athletes. The “Games” are endorsed by the Governor's Committee on Physical Fitness & Health, governed by the National Congress of State Games and recognized by the United States Olympic Committee as the Official State Games of Connecticut. The Nutmeg State Games is a division of the Connecticut Sports Management Group, Inc. and is a 501©(3) non-profit tax exempt corporation governed by a twenty-three member Board of Directors.

Again this year, the BMX competition will be held at Bethel Super-cross BMX.

DATE: Friday August 7, 2009

TIME: Registration: 5pm-6:30pm

Practice: 5pm

Gate Drop: 7pm

ENTRY FEE: Pre-Reg. (before July 6th) \$20.00

Day of Onsite Registration: \$25.00

For full info on registration, rules and opening ceremonies go to www.nutmegstategames.org. *click on sports, then BMX

****PLEASE NOTE the *Nutmeg State Games* are not a part of the *Nutmeg BMX State Race Series*.

GEAR RATIO CHART

20 x 1 1/8 With 1 1/8 Tires Inflated Diameter = 20

	36	37	38	39	40	41	42	43	44	45	46	47	48
14	51.4	52.9	54.3	55.7	57.1	58.6	60.0	61.4	62.9	64.3	65.7	67.1	68.6
15	48.0	49.3	50.7	52.0	53.3	54.7	56.0	57.3	58.7	60.0	61.4	62.7	64.0
16	45.0	46.3	47.5	48.8	50.0	51.3	52.5	53.8	55.0	56.3	57.5	58.8	60.0
17	42.4	43.5	44.7	45.9	47.1	48.2	49.4	50.6	51.8	52.9	54.1	55.3	56.5
18	40.0	41.1	42.2	43.3	44.4	45.6	46.7	47.8	48.9	50.0	51.1	52.2	53.3

20 x 1 1/8 With 1 3/8 Tires Inflated Diameter = 20 1/2

	36	37	38	39	40	41	42	43	44	45	46	47	48
14	52.7	54.2	55.6	57.1	58.6	60.0	61.5	63.0	64.4	65.9	67.4	68.8	70.3
15	49.2	50.6	51.9	53.3	54.7	56.0	57.4	58.8	60.1	61.5	62.9	64.2	65.6
16	46.1	47.4	48.7	50.0	51.3	52.5	53.8	55.1	56.4	57.7	58.9	60.2	61.5
17	43.4	44.6	45.8	47.0	48.2	49.4	50.6	51.9	53.1	54.3	55.5	56.7	57.9
18	41.0	42.1	43.3	44.4	45.6	46.7	47.8	49.0	50.1	51.3	52.4	53.5	54.7

20 x 1 3/8 With 1 3/8 Tires Inflated Diameter = 21

	36	37	38	39	40	41	42	43	44	45	46	47	48
14	49.5	50.9	52.3	53.6	55.0	56.4	57.8	59.1	60.5	61.9	63.3	64.6	66.0
15	46.2	47.5	48.8	50.1	51.3	52.6	53.9	55.2	56.5	57.8	59.0	60.3	61.6
16	43.3	44.5	45.7	46.9	48.1	49.3	50.5	51.7	52.9	54.1	55.3	56.3	57.8
17	40.8	41.9	43.0	44.2	45.3	46.4	47.6	48.7	49.8	51.0	52.1	53.2	54.4
18	38.5	39.6	40.6	41.7	42.8	43.8	44.9	46.0	47.1	48.1	49.2	50.3	51.3

20 x 1 1/2 With 1 1/2 Tires Inflated Diameter = 19 1/4

	36	37	38	39	40	41	42	43	44	45	46	47	48
14	50.1	51.5	52.9	54.3	55.7	57.1	58.5	59.9	61.3	62.7	64.1	65.5	66.9
15	46.8	48.1	49.4	50.7	52.0	53.3	54.6	55.9	57.2	58.5	59.8	61.1	62.4
16	43.9	45.1	46.3	47.5	48.8	50.0	51.2	52.4	53.6	54.8	56.1	57.3	58.5
17	41.3	42.4	43.6	44.7	45.9	47.0	48.2	49.3	50.5	51.6	52.8	53.9	55.1
18	39.1	40.1	41.2	42.3	43.3	44.4	45.5	46.6	47.7	48.8	49.8	50.9	52.0

20 x 1 3/4 With 1 3/4 Tires Inflated Diameter = 19 1/4

	36	37	38	39	40	41	42	43	44	45	46	47	48
14	54.0	55.5	57.0	58.5	60.0	61.5	63.0	64.5	66.0	67.5	69.0	70.5	72.0
15	50.4	51.8	53.2	54.6	56.0	57.4	58.8	60.2	61.6	63.0	64.4	65.8	67.2
16	47.3	48.6	49.9	51.2	52.5	53.8	55.1	56.4	57.8	59.1	60.4	61.7	63.0
17	44.5	45.7	46.9	48.2	49.4	50.6	51.9	53.1	54.4	55.6	56.8	58.1	59.3
18	42.0	43.2	44.3	45.5	46.7	47.8	49.0	50.2	51.3	52.5	53.7	54.8	56.0

The above chart can be used for comparisons between Sprocket and Free Wheel combinations. The numbers across the top row are the numbers of teeth on the Front Sprocket. The numbers down the left side are the numbers of teeth on the Free Wheel. Sometimes it's best to go up or down on the combination depending on track conditions or the track itself. The higher the resulting number, the harder the bike will be to pedal. Sometimes a quick snap out of the gate does not mean that you will win. If you are pedaling fast but feel like you are freewheeling, you have a combination with too low a number. Finding the right combination can be a science in itself. Use the chart as a guide and don't be afraid to ask other riders, or pit crews, for their experience. Have fun! (Most Bicycles come with 44-16 as the standard).

Helmets

Your Most Important Piece Of Equipment

There are two basic types of helmets suitable for racing BMX. An open faced helmet and a closed face helmet. The National Bicycle League mandates mouth guards. A "Closed Face" helmet come with one as an integral part of the design. An "Open Faced" helmet must have a separate mouth guard added.



Closed Face Helmet



Open Faced Helmet
Requires additional
mouth guard

The helmet should be comfortable and secure. You should not be able to move the helmet in any direction. The most common mistake in wearing the helmet is the chin strap. The chin strap should and **MUST** be securely fastened.

These helmets, and ones of similar design, do not meet the minimum BMX racing requirements. Do not bring these to the track.



NOTES

BMX BICYCLE INFORMATION

“Hey dude, what kind of bike should I get? Any 20” bike should be okay right?”

No, not at all! There are many different brands with too many minor differences to go into detail, but the most important thing to remember is getting the right size. All 20” wheeled bicycles are **NOT THE SAME!**

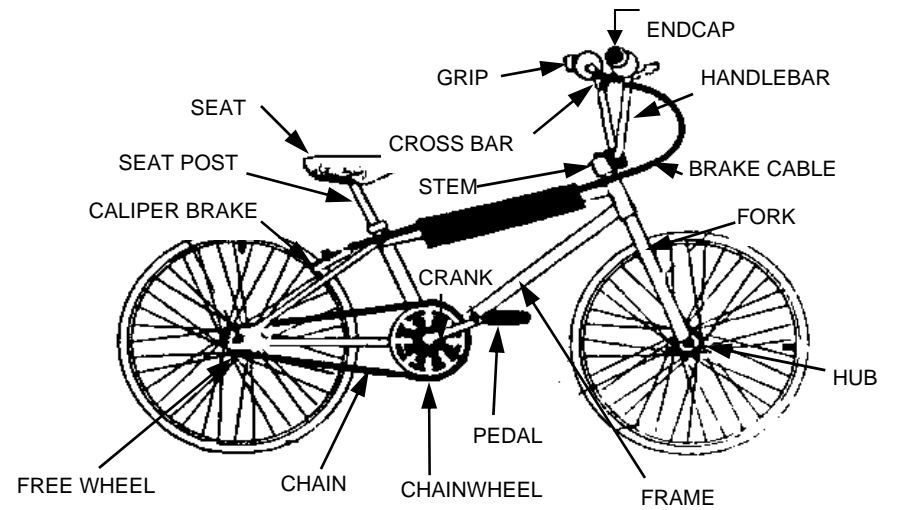
TIPS: With both feet flat on the floor, you should have a minimum of two inches of clearance between the top tube and the inseam of your pants. If you don't, look into a smaller model. Sit on the seat: With the seat post raised 6 to 8 inches, sit on the seat and put your foot on the pedal (with the pedal at the lowest position). Your knee should have only a slight bend in it. Hands on the grips: Sit on the seat with your hands on the grips. The handlebars should be tilted back a bit from vertical. Your elbows should have only a slight bend to them. Your hands should not be more than a hand's width outside of your shoulders.

Riders Height	Frame Size	Top Tube Length	Stem Length	Bar Rise	Bar Width	Crank Length	Gear- ing
4'0" & Under	Micro Mini	15 to 15.5	Mini	2 to 2.5	20 to 22.5	150 to 160mm	41- 42 / 16
4'0" to 4'6"	Mini	15.5 to 16.5	Mini to Mini XL	2 to 3.5	21 to 23.5	155 to 165mm	41- 43 / 16
4'4" to 4' 10"	Junior	16.5 to 17.5	Mini XL to Pro	3 to 5	22 to 25	160 to 175mm	42 to 43 / 16
4'8" to 5'4"	Expert	17.5 to 18.5	Pro	5 to 7	25.5 to 27	170 to 175mm	42 to 43 / 16
5'4" to 5'10"	Pro	18.5 to 19.5	Pro to Pro XL	7 to 8	27 to 28	175 to 180mm	43 to 44 / 16
5'10" & Over	Pro XL To XXL	20.5 & Over	Pro XL to XXL	7 to 8	28	180 to 185mm	44 / 16 & Up

Understand that the sizing of a bike should be determined by the size of the rider and knowing what the options are. If you leave the sizing up to a bike shop, please make sure that they know and understand BMX racing.

No two riders are the same and, as they grow, some changes need to be made. This guide should be used for reference only.

NOTES



A Glossary For New Riders and Parents

Berm	A banked curve on a BMX track
Bottom Bracket	The Bearing Assembly which allows the cranks to turn.
Chain wheel	The large gear attached to the Cranks.
Class	Riders grouped by age, sex and proficiency level.
Crank	Supports the Pedals and Chain wheel.
Cruiser	BMX Bike with 24 or 26 inch wheels.
Fork	The part of the frame that the front wheel is attached.
Frameset	Consists of two parts, the frame and the fork.
Freewheel	The rear hub that engages for front pedaling.
Grips	The handles at the end of the handlebars.
Helmet (Full face)	Built in mouth guard.
Helmet (Open face)	Requires secondary mouth guard.
Hub	The Wheel's axle and bearing assembly.
Staging area	Area where riders line up by moto before called to the gate.
Stem	Attaches handlebars to fork.

Team Racing

Team racing started in 1982 to provide some additional fun and excitement on the local scene. It is beneficial to register your team prior to the first state team race, but a team can be added at any time.

General Rules:

- A. Teams rosters are made with up to Ten Riders.
- B. Teams are to be comprised of amateur riders only. No Elite or Super Ex
- C. Each team *original* roster must have a minimum of:
 - 2 Novice (Boy Racer) or 2 Rookie Riders (Boy or Girl Racer) or a combination of the above (1 Novice and 1 Rookie).
 - **AND** 1 Girl (riding in Girls class) or Cruiser Rider (Boy or Girls Racer).
 - An all girl roster (riding in girls class) will be accepted

A rider is not allowed to be a member of more than one team, regardless of classification.
- D. Uniforms are optional, but teams should be identified in some form such as shirts, armbands or plates.
- E. Team roster must be registered with the State Commissioner, or his/her designated representative, prior to the first race in which the team competes.
- F. Team rosters must list the Riders Name, NBL#, expiration date, age, class and phone number.
- G. Full team rosters, with any changes indicated by the team manager, must be submitted to the State Commissioner or his designated representative, before each team race.
- H. Riders can only change teams if the team is disbanded.
- I. Riders may resign from a team, but cannot join another team for the remainder of the season.
- J. A team may drop a rider from its roster under the following conditions:
 - A Rider is injured and will not be able to participate in at least two team races.
 - A Rider moves or does not show up for two consecutive team races.
 - A Rider may be removed by the Team Manager for unsportsmanlike conduct as defined by the NBL rules.

The team manager, prior to removal from the roster must contact the rider and the State Commissioner. Once a rider is removed, the rider cannot be returned or added to any team roster for the rest of the racing season without review by the State Commissioner's office. Rider performance, changing of class etc. are not reasons for removal from the roster.
- K. Team rosters will be frozen after completion of the **4th team race. No rider can be added after this time.**

The 2008 State Champions

Jamie Corsillo	5 & Under	Rookie	Allen Currier	Elite Open
Bryce Overstrum	6	Rookie	Nicholas Cote'	8 & Under Cruiser
Zachary Ferris	7	Rookie	Chris Therriault	9-10 Cruiser
Brandon Jasensky	8	Rookie	Zack O'Neil	11-12 Cruiser
Stephen Brittingham	9	Rookie	Zack Pirulli	13-14 Cruiser
Peter Franolich	10	Rookie	Matt Therault	25-29 Cruiser
Phillip Miklovich	11	Rookie	Greg Slone	30-34 Cruiser
Dylan Vadney	12	Rookie	Randy Bitinaitis	35-39 Cruiser
Seth Morris	13	Rookie	Tom Johnson	40-44 Cruiser
Alex Hubbard	14	Rookie	Peter Coenraads	45-49 Cruiser
Jim Ferris	15	Rookie	Joey Watley	50+ Cruiser
Benny Ayala	16	Rookie	Dixie D'Amelio	5-7 Girl
Brandon Miville	17+	Rookie	Kyly Milton	8 Girl
Arefin Milton	5 & under	Novice	Devin Murphy	9 Girl
Alex Kuehn	6	Novice	Julionna Olson	10 Girl
Lane Maher	7	Novice	Melanie Cianciola	11 Girl
Tyler Coenraads	8	Novice	Jessica Maher	12 Girl
Sam Beardsley	9	Novice	Brianna Clinton	13 Girl
Justin Rivera	10	Novice	Angela Therriault	14 Girl
Ian Dickinson	11	Novice	Brittany Shaw	15 Girl
Colin Rooney	12	Novice	Christine Gryzbek	16 Girl
Daniel Miklovich	13	Novice	Michelle Main	17 & Over Girl
Dustin Wilson	14	Novice	Angela Therriault	13-14 Lady Cruiser
Eric Razzaia	15	Novice	Kerry Kuhn	30-34 Lady Cruiser
Colby Lake	16	Novice	Gina Layman	35-39 Lady Cruiser
John Kollanda	17-18	Novice	Therese Campbell	45 & Ladies Cruiser
Joe Petrino Sr.	26-34	Novice		
William Clinton	35-40	Novice		
Skyler Domain	7	Expert		
Justin Boissonneault	8	Expert		
David Moody	9	Expert		
Casey Tanner	10	Expert		
Zack O'Neil	11	Expert		
Shawn McAuley	12	Expert		
Kyle Block	13	Expert		
Zach Pirulli	14	Expert		
Dylan Perez	15	Expert		
Paul Maher	16	Expert		
Anthony DelVento	17-18	Expert		
Daniel Buckner	19-25	Expert		
Chris Giacomazzo	26-34	Expert		
Garrick Yanosky	35-40	Expert		
Mike Savage	40+	Expert		



Tips To Becoming a Top BMX Racer

Harry Learey is a BMX legend. He set the standards throughout the 80's and was recognized by many to be the best rider in the sport. Recently, he was asked to identify the top tips to becoming a number one BMX'er. These are his recommendations.

RIDE: Bike handling skills are priceless. Learn how to ride your bike away from the track. Street riding is one of the best ways to improve your handling skills as well as your fitness. Always wear the proper gear and ride safely obeying all laws.

BUNNYHOP: Learn how to bunny-hop (helps your jumping skills). Learn how to manual (Helps your rhythm section). Get a set of five pound ankle weights and take one of them (2-1/2 pounds), wrap it around your seat post and do sprints and climb hills. Learn how to power wheelie (helps your acceleration out of corners). Ride your bike, it works!

TRAINING: There is no secret to getting faster. It takes consistent hard work. Just try and do a little every day. Try that for 12 weeks and you will be beating people that you could never beat before.

SPIN: BMX is all about pedaling a bike. It's not how big you are or how many muscles you have bulging out of your shirt. It's the person who turns the cranks the fastest and the most that will most likely win the race. Getting more cranks in than the competition is the idea. If you can pedal up over jumps, and into the first turn longer than the competition, the hole shot could be yours.

KNOWLEDGE: Go to BMX racing clinics at your local tracks. Get some private lessons from an instructor. Ride more than just one track all the time. Experiment with gearing and crank length. What you get out of your racing is what you put into it, so add to your knowledge.

FEAR: You may not realize it, but you are not the only person in a race who doesn't want to fall down. Everyone has fear. What you have to try to do is be the person who shows the least amount of fear. Putting this knowledge to work will win you a first-turn battle nine out of ten times.

- L. **Team Race Fees:** All team race fees should be paid in full when the team is registered. Total fees are \$200.00 per team. Fees and points will not be prorated. **Fee break down**
- | | |
|-----------------------------|--------------|
| Single Point Team Races(4x) | \$10.00/team |
| Double Point Team Races(6x) | \$15.00/team |
| Triple Point Team Race(1x) | \$20.00/team |
| State Championship Race(1x) | \$15.00/team |

- M. A Rider may change classes from Cruiser to 20" or vice versa only once during a season. The State Referee and/or the State Commissioner must approve this change prior to racing in the new class.
- N. Each rider or their team manager is responsible for making sure they registered and paid for prior to the close of registration the day of the race.

Team Scoring and Awards

- A. Teams must be registered and entry fees paid prior to the first moto.
- B. Scoring will be based on actual finish position in the motos.
- C. The best five Rider scores are used the day of the race. Open class races may not be used.
- D. Points are awarded based on the official moto sheet finishes utilizing the following point system: 50 points for each first, 45 points for each second, 40 points for each third, 35 points for each fourth, 30 for each fifth and 25 points for each sixth place finish in each moto. Multiple point races will use the appropriate multiplier for each score.
- E. For team scoring purposes, if a pro races in a team racers moto, the pro score will not be recognized. (i.e. the first amateur across the finish line will be awarded number 1 etc.).
- F. Ties will be broken based on the most first place finishes of the best five riders. If tie still exists then the most second place finishes etc. through sixth for the best five riders. If a tie still exists the best score of the alternates are compared one at a time until the tie is broken. If a tie still exists, then co-winners will be declared.
- G. Series Champion will be determined by the highest total score of ALL 11 team races plus the state championship race.
- H. The State Points Keeper will verify all team scores.
- I. The team racing is self sufficient and is funded by team racing fees.
- J. Team Series awards will be awarded to team member and sponsor for all teams that competed in at least half the team series races plus the State Championship Race. Awards will be awarded at the annual State Awards Banquet.
- K. If a team races with an illegal rider, that teams points earned for the day will be forfeited. Unsportsmanlike conduct, whether verbal or physical, alcohol and/or drug abuse = ZERO TOLERANCE!!!

2009

State Championship Race At Bethel Supercross BMX



SEPTEMBER 13

Pre-Registration Only !

Registration must be post-
marked by

September 8th

Watch for flyers at your local track.

Race a minimum of ten times in the State and you qualify for
the State Championship Race.

**You must race this race to earn a State Plate
and Number.**

Riding Tips For The New Rider

If you are new on the track, you'll probably make a few mistakes. Don't worry about it. Just use these general guidelines to help you avoid some of the most common errors.

1. Don't Get Scared. If this is your first race, you'll probably feel like you're not too sure what you are doing. You may think that everybody has a better bike than you. You may have a hundred other doubts as well. Just relax. Remember that everybody else in your moto will be a Rookie too. You're all in the same boat.

2. Gate Start. The basic one-pedal start is all you need to know to get going. Put your bike straight in the gate, set your pedals so that your starting pedal (strongest) is a little above level. Lean back a little and watch the lights. When the green light comes on, throw your weight forward and push down the pedal. Give a medium hard first pedal, a real hard second pedal and you're off.

3. Don't Get Carried Away. Just because Ernie the Expert is jumping the whoops on the last straight doesn't mean you have to try them. Don't push yourself beyond your capabilities.

4. Pedal All You Can. Coast only in places where pedaling will cause you to lose control, like in a drop off or on the tight curves where you might lean far enough over that a pedal snags on the ground.

5. If You Coast, Keep Your Feet On The Pedals. If you lift them off for any reason you will spend valuable time getting them back on again.

6. Use Your Brakes As Little As Possible. Be sure to use them just enough to stay in control of your bike. Taking the lead won't matter much if you wipe out later in the race.

7. Don't Do Tricks During a Race. One fancy wheelie could easily cost you the lead, or worse, take yourself out of the moto.

8. Don't Get Discouraged. Especially the first few times out. In fact, don't get discouraged at all. BMX is just for fun. If you win, great, if you don't, no big deal. Every rider out there is in a learning process.

Directions To The Tracks



From The North

Rt 8 South to exit 45. Turn right at end of ramp. Turn right at traffic light (Kennedy Drive). About 1/2 mile up the hill, turn left onto Alvord Park Road.

From The South

Rt 8 North to exit 45. Turn right at end of ramp. About 1/2 mile up the hill, turn left onto Alvord Park Road.

Camping is not allowed



Route 691 Exit 8 Take a right at light Route 5 North (Broad St.). 3/10 of a mile at light take a right onto Westfield Rd. 3/10 of mile take left into Falcon Field the track will be on the left



Traveling on Route 84 West—Exit 9. At end of ramp take left onto Rt 25. At light take right onto Rt 6 and go 1 mile to light. Take left onto Old Hawleyville Rd. Track is 1/10 mile on right in back of Baseball field.

Traveling on Route 84 East—Exit 8. Go straight onto Rt 6 for about 1.5 miles. Go past firehouse then take right at light onto old Hawleyville Rd. Track is 1/10 mile on right in back of Baseball field.



Merritt Parkway (Rte. 15) to Exit 49 (New Rte. 25). Follow Rte. 25 to the end of the expressway. At the traffic light, turn left onto Rte. 111. Take second left onto Whitney Avenue and follow down the hills until you see the Indian Ledge Park sign on the right. Turn into the park, T.R.A.C.K. is at the end of the road.

25th Annual Presidents Cup Race



The NBL holds an annual event that has grown in popularity for over 20 years. It's been held between Christmas and New Years, its known as the Presidents Cup Race.

All riders who have earned a top 15 plate in their respective state are qualified to enter this fun filled event.

This year we are again planning to go back to the Presidents Cup. Our chances increase with the number of riders that participate. We have finished as high as 2nd place in years past with the CT rider count in excess of 100!

The Presidents Cup Race is, by far, the most fun filled exciting BMX race on the NBL schedule. Please consider making the trip. Let's show the world that some of the country's best BMX racers reside right here in CT. Whether you're a veteran or a rookie, this annual event is the experience of a lifetime. One that you simply do not want to miss!



The Constitution Classic

On July 24,25,26 riders from across the nation will be in Trumbull, CT as T.R.A.C.K. will host The Constitution Classic. This is a great opportunity for CT riders to get some national points right in their own back yard. So come on CT, our tracks have some of the highest rider counts in the Nation! Lets show them what its all about. Come on out to this event to race or just help out!

THINGS TO REMEMBER

- **ENTRY FEES:** Single Point Race: \$5.00 points only
\$8.00 trophy/trader
Double Point Race: \$8.00 points only
\$15.00 trophy/trader
Triple Point Race: \$10.00 points only
\$16.00 trophy/trader
State Championship Race: \$10.00 points only
\$19.00 trophy/trader
- **This years season ends in Torrington, AUGUST 30TH, PLEASE PLAN YOUR RACES ACCORDINGLY.**
- State championship is PRE-REGISTRATION ONLY. You can PRE-REGISTER ANY TIME DURING THE YEAR.
- **REMEMBER!!!!** Every time you race bring your NBL card or “pink” license form.
- **Multiple Point Pre-Registrations will not be accepted at any track without being accompanied with payment.**
- All multiple point races will be pre-registration “encouraged”. Post registration will be taken the day of the race with an additional late fee of \$5.00 per entry. Post registration will be closed 2 hours prior to scheduled track gate drop. **Be sure to check each track for the post registration times.** Anyone registering after the post registration time will only be put in an open if time allows.
- **Call-In Registrations:** Any rider calling in to register for a single point race or the open class for a multiple point race, will be put on the moto sheet. If, for whatever reason, the rider cannot make it to the race, the rider must call in to be removed from the moto sheet or he will be required to pay for the race before racing again at any other track within the state.
- **Returned Checks:** Should a check be returned due to insufficient funds, the rider, and/or his family, will be put on a cash-only basis and will not be allowed to race at any track within the state until the debt is satisfied.
- **Conduct:** Unsportsmanlike Conduct, Whether Verbal or Physical, Alcohol and/or Drug Abuse = ZERO TOLERANCE!



FOOTHILLS BMX
Torrington, Ct

Racing on Sundays

Registration 10 AM - 12:30 PM
Practice Starts 11:15 AM Gate Drop 1:30 PM
(Times apply to all races except as noted below)
Phone Registration (860) 626-1269

May 3	Regular Race
May 10	Regular Race
May 17	Regular Race
May 24	Regular Race
May 31	Regular Race
June 7	Regular Race (Team Race Single Point)
June 14	DOUBLE POINTS (Team Race)
June 21	Regular Race
June 28	Regular Race
July 5	Regular Race
July 12	Regular Race
July 19	Regular Race
July 26	***Regular Race*** Special 2:30 Start Time
Aug 2	DOUBLE POINTS (Team Race)
Aug 9	Bob Warnicke Scholarship Race
Aug 16	Regular Race
Aug 23	Regular Race
Aug 30	Regular Race

To qualify for a year end Torrington award, you must race at Foothills a minimum of ten times during the above scheduled season.



FALCON BMX
Meriden, Ct
Racing on Saturdays

Registration 9 AM - 10:30 AM
Practice 9:30 AM – 11:15 AM
Scheduled Starting Time 11:30 am
Phone Registration (203) 630-2240

May 2	Regular Race
May 9	Regular Race
May 16	Regular Race
May 23	FALCON BMX CLOSED DUE TO POTTSTOWN NATIONAL
May 30	<i>Double Points (Team Race) & Regular Race</i> Double Header * (make-up from May 23rd)
June 6	Regular Race <i>(Team Race Single Point)</i>
June 13	Regular Race
June 20	Regular Race
June 27	Regular Race
July 4	Regular Race - Potluck Dinner
July 11	Regular Race
July 18	<i>Bob Warnicke Scholarship Race</i>
July 25	FALCON BMX CLOSED DUE TO TRUMBULL NATIONAL
Aug 1	Regular Race
Aug 8	Regular Race
Aug 15	Regular Race
Aug 22	<i>DOUBLE POINTS (Team Race)</i>
Aug 29	Regular Race

To qualify for a year end Falcon Award, you must race at Falcon a minimum of 10 (ten) times during the above scheduled season.

*** Check back in the fall for some great fall racing at Falcon BMX**

Support Your Local Vendors!

Bicycle Goodie Shop

71 Stony Hill Rd.
Bethel, Ct. 06801
(203) 778-5431

Bikers Edge

384 Farmington Ave Rte.6
Bristol, Ct. 06010
(860) 582-7770
www.bikersedge.com

Bikers Edge 2

427 Winsted Rd.
Torrington, Ct. 06790
(860) 496-7770

Cutting Edge

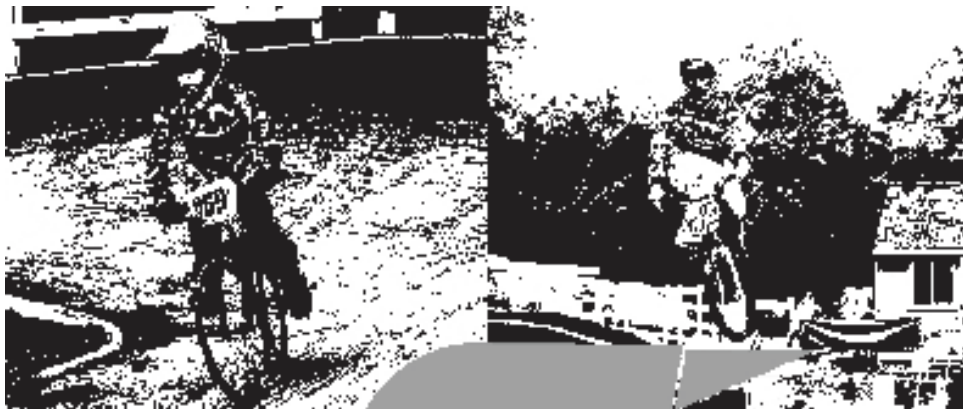
146 Mill St.
Berlin, Ct.
(860) 828-3428
www.cuttingedgect.com

Spoke & Wheel

2355 East Main St.
Bridgeport, Ct. 06610
(203) 384-8779

Wallingford Bike & Repair

218 N. Colony Rd.
Wallingford, Ct. 06492
(203) 265-2998



Racing

STAMPEDE Racing Clinics

- 2 hours of detailed training
- Bike maintenance and questions and answers session for parents
- Free swag bag
- Multiple instructors provide smaller group training
- Off track training guide from Ex-BMXER Todd Cambio, CSCS
Includes BMX specific exercises and recovery drink
Visit Todd's web site at www.goprecisionfitness.com
- Only \$25.00 per rider

Dates:

- June 6, 2009 - Falcon BMX
- July 18, 2009 - Falcon BMX
- July 19, 2009 - Foothills BMX
- August 8, 2009 - Falcon BMX
- August 9, 2009 - Foothills BMX

One on one training also available. Please contact for more information.

Contact:
Ben Atchison
203.437.0740
benstampedeBMX@aol.com
www.stampedeclthing.com

BETHEL SUPERCROSS BMX Bethel, CT WEDNESDAY NIGHT RACING

Registration: Phone & Walk-in 4:30 - 5:30

GATE DROP 6:45 pm

REGULAR PRACTICE 5:00 – 6:30 PM ROOKIE CLINICS W/ PRACTICE 6:00 - 6:30 PM

Fridays as needed Rain Makeup. Mondays Gate Practice & Work Nights

TRACK PHONE (203) 798-6373 FAX LINE (203) 798-7023

FAX LINE IS TURNED OFF AT 4 PM ON RACE DAYS

May 6	Regular Race
May 13	Regular Race
May 20	Regular Race
May 27	Bob Warnicke Scholarship Race
June 3	Regular Race
June 10	Regular Race
June 17	Regular Race
June 24	Regular Race
July 1	Regular Race (Team Race Single Pnt)
July 8	Regular Race
July 15	Regular Race
July 17 (Fri.)	DOUBLE POINTS (Team Race)
July 22	Regular Race (Picnic Race)
July 29	Regular Race
Aug 5	Regular Race
Aug 12	Regular Race
Aug 19	Regular Race
Aug 26	Regular Race
Sept 12	Gate Practice
Sept 13	STATE CHAMPIONSHIP RACE (rain date 9/20)

To qualify for a year end Bethel Award you must have started in at least 8 races between **April 26 and August 26**. Awards are given for top ten points in Rookie, Novice and Expert, top 5 in Cruisers and top 3 Girls. Perfect attendance wins a free ticket to the Awards ceremony. **SURPRISE FREE RACE SOMETIME DURING THE SEASON.** *Check back in the fall for some great fall racing at Bethel Supercross



T.R.A.C.K.

Trumbull, Ct

Racing on Tuesdays

Registration 4:00 – 6:00 PM

Gate Drop 7:00 PM

Phone Registration (203) 452-0315 Fax (203) 452-0268

FAX LINE IS TURNED OFF AT 4 PM ON RACE DAYS

May 5	Regular Race
May 12	Regular Race
May 19	Regular Race (Team Race Single Point)
May 26	Regular Race
June 2	Regular Race
June 9	Regular Race
June 16	Regular Race
June 23	DOUBLE POINTS (Team Race)
June 30	Regular Race
July 7	Regular Race
July 14	Regular Race
July 21	Bob Warnicke Scholarship Race
July 24-26	NATIONAL EVENT
July 28	Regular Race
Aug 4	Regular Race
Aug 11	TRIPLE POINTS (Team Race)(rain date 8/18)
Aug 18	Regular Race
Aug 25	Regular Race

To qualify for a T.R.A.C.K. award, you must race 10 times or more at Trumbull between May 5th and August 25th. Attain perfect attendance and come to the banquet free.

Year End State Awards

State Plate With Number

All qualified racers will receive this award. You must race a minimum of 10 times at any combination of tracks. Your best ten regular season races will be counted, three of which can be multiple point races. You **MUST** race the State Championship Race and this will be the eleventh race counted for your final ranking within your class. Numbers will be issued from #1 through as many as are in the class. The top fifteen in each class are eligible to race in the Annual Presidents Cup Race in Columbus Ohio over the Christmas Holidays.

Most races

The top ten racers with the most total races will receive varying awards.

Most Points

The top ten racers in the Rookie, Novice and Expert classes, as well as the top five Cruisers and Girls will receive awards.

Ronnie Caruso Memorial Award

Given annually to an exceptional female rider.

Past winners are:

1992 Allison Siglar	1997 Melissa Knees	2002 Cassy Scott
1993 Allison Charney	1998 Ciara Simek	2003 Allie Couch
1994 Melissa Klembara	1999 Allison Thomas	2004 Katie Rose Edgar
1995 Tracey Keller	2000 Samantha Sunbury	2005 Christy Kestler
1996 Trina Ramsdell	2001 Heather Hellwinkel	2006 Danielle Jolicoeur
		2007 Alysha Olson
		2008 Brianna Clinton
		2009 It Could Be You

Craig Morehouse Memorial Award

Given Annually to an exceptional male rider.

Past winners are:

1994 Bill Cadella	1998 Pat Palmieri	2002 Stephen Newman
1995 Nolan Heasley	1999 Howard O'Dell	2003 Jacob Enriquez
1996 Adam Keller	2000 Steven Klucik	2004 Freddy Long
1997 Allen Currier	2001 Dan Buckner	2005 Anthony Delvento
		2006 Jeffrey Croshier
		2007 Zack Pirulli
		2008 Brandon Wojtkowski
		2009 It Could Be You

Sportsman Award

Each track names a Rider for this award.