



# WHAT IS A PUMP TRACK?

**A pump track is a rideable course that encourages riders of all levels to improve their skills in a manner that is fun and repetitive. The goal is to ride the series of rollers and berms without pedaling or braking, only relying on “pumping” the bike to maintain momentum. It’s an exciting form of recreation that is growing rapidly, with tracks being built all over the world.**

## Why have a pump track?

It’s a great way to get outside, get moving, and have fun! They’re suitable for everyone from novice riders to seasoned pros. These tracks also create a community environment by bringing together small children, adolescents, their families and members of the community.

## How does it work?

As riders negotiate the track, their balance, confidence and fine motor skills improve. With a little practice, they start to feel a sense of flow and momentum, which is where the fun comes in. Hard surface tracks easily accommodate bikes, skateboards, scooters, and rollerblades, so everyone can enjoy them.

## SEE A PUMPTRACK IN ACTION BY CLICKING ON THESE IMAGES:



**Questions?**

**CONTACT:**