

What is a Pump Track?



Neighborhood Bicycle Park Proposal

December 3, 2009

What is a “Pump Track”?

A Pump Track is a directional dirt pathway in any configuration of an oval or loop with small rollers and banked turns, very similar to a miniaturized BMX track. They can be used by riders of all ages, including most children's bikes with training wheels due to the smooth dirt surface.

What is the purpose of a “Pump Track”?

The purpose of a pump track is to safely and properly increase the skill of the rider by learning to use momentum gained on the backs of the small rollers to propel the rider forward (known as “pumping”) and maintain speed in a controlled environment. The goal is to continue riding around the loop several times without pedaling or stopping, and this creates a fun and physical workout the longer the rider continues.

By learning this enjoyable skill in a controlled environment, the rider will be better able to handle his or her bicycle in any situation, all while avoiding the hazards of cars on the street.

It's fun, safe and challenging.

Why build a “Pump Track”?

By providing a safe place for young riders to learn these handling skills, a foundation is provided to instill a lifelong desire to spend time out of doors in the healthy activity of cycling. Similar to a skate park, spectators (parents, children, community members and other cyclists) can actively participate in cheering on and encouraging the riders. Additionally, the existence of these types of parks, bind the community together spreading the culture and encourage more participants to experience the joys of cycling. With local groups such as Neighborhood Bike Works and Philadelphia Mountain Biking Association to assist in maintaining the facility, the local community is expanded beyond the immediate area with a common goal of getting more people on bicycles.

Why is a “Pump Track” safe?

The intentional design of a pump track is “safety first”. They are built of packed dirt, similar to a baseball field. The features (rollers and banked corners) are generally low and rounded, not intended for “jumping” but rolling with both wheels on the ground. A pump track is directional eliminating collisions. The interior can also be covered in mulch for increased safety and aesthetics.

Is a “Pump Track” hard to maintain?

Maintenance is not only easy, but relatively cost free using volunteer efforts, only requiring dirt, shovels and a wheelbarrow. Riders will inherently take the initiative to maintain the track's integrity because they don't want to lose riding time. Additionally the non track area provides green space within the city limits to plant trees and other flora.

The below excerpt from Lee McCormack's *Welcome to Pump Track Nation* depicts how to properly ride a Pump Track. Note that both of the tires remain on the ground.



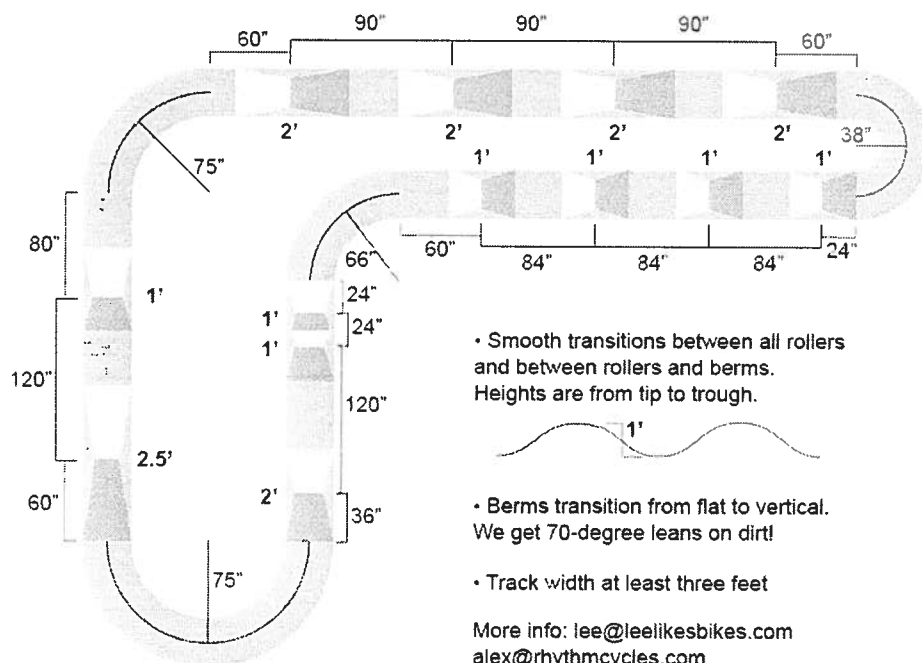
Pump rollers

You're a bouncing sine wave. The rollers are one sine wave, and you are another. As you ride, bounce up and down (with your feet) so you're light on the front of the bump and very heavy on back of the bump. You basically take the wave of your energy and shift it just a bit ahead of the bump wave.

High in the trough, low on the roller. Check out the low attack position.

The drawing below details a very basic "L" shaped Pump Track and details rollers and banked turns (or "berms"). This particular design is approximately 40' X 42' in size.

The Fix/Rhythm Cycles pump track
Lee McCormack • 03/07/25



The next several pictures are of the Chambersburg Pump Track, located in Chambersburg, PA. It is a combined effort project of the Chambersburg Recreation Department and the Mountain Bikers of Micheaux.



WELCOME TO The Chambersburg Pump Track

**This is an Unsupervised Area
Ride at Your Own Risk**

Action sports can be hazardous-Injuries can happen

Protective Equipment is Recommended
Helmets, Knee, & Elbow Pads

- Show respect and share the space
- Ride safely within your ability
- Help keep our area litter free
- This is a tobacco free area

PLEASE: No aggressive or disruptive behavior
Open During Daylight Hours

Provided for your enjoyment by the Chambersburg Recreation Department.
Call 201-3275 to acquire information or report abuse. Special Thanks to the
Mountain Bikers of Michaux (MBM) for their support.
100 Head Street

DO NOT RIDE WHEN WET





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