



# Lochend Woods Pump Track

This pump track is for everyone. Please help us look after it.

<b>THE RULES</b>	<b>No Pedalling</b>	<b>Pump with Style and Flow</b>
<b>P</b> roper bikes – <b>YES</b> BMX MTB <b>NO</b> Motorbike		
<b>U</b> se a helmet and appropriate safety gear		
<b>M</b> ake a safe space for other users		
<b>P</b> ump properly and have fun		

## Riders use this track at their own risk

We've provided this track for training and enjoyment but do not guarantee its safety. You must assess your own ability to ride on this track and any injuries, loss or damage will be yours. The ongoing maintenance is up to you.

### About Pump Tracks – all round training for cyclists

Pump tracks are meant to be ridden without pedalling – keep your pedals horizontal as much as possible or you will damage the surface. You build up speed by pulling and pushing on the handlebars. There are lots of **videos on Youtube** showing how to hone your technique.

### Training and Maintenance

Dunbar Cycling Group run training and maintenance get-togethers from time to time to ensure the track is used properly and kept in good condition. Dunbar Cycling Group has qualified MTB leaders who lead rides and develop skills (including pump track), contact Dunbar Cycling Group for details of upcoming events. Dunbar Cycling Group is free to join. [Find out more at www.dunbarcycling.org.uk](http://www.dunbarcycling.org.uk)



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