



Name: \_\_\_\_\_ Class: \_\_\_\_\_

Read the passage and then answer the questions.

### The History of BMX Biking

BMX stands for Bicycle Motorcross, and started in the early 1970s. Children began racing their Schwinn Stingray bicycles on dirt tracks in Southern California, copying the fast-paced riding and jumping of motorcycle racers. BMX biking went on to become very popular in America, and soon the rest of the world followed suit. Manufacturers began creating bicycles designed especially for the sport.

The sport originated with racing, but other freestyle disciplines became popular too, including: street, flatland, dirt and park. All of these required a slightly different type of bike. Dirt bikes needed thicker tyres, street bikers were heavier and commonly had no brakes. Park bikes were made as light as possible, so they could fly high.

In 1974, Scott Breithaupt organized the first Yamaha Gold Cup in California, helping to create the modern sport of professional BMX racing. In the UK, BMX was a craze that really took off in the early 1980s, where BMX became the dominant bicycle for the younger rider. In the mid-1980s, BMX biking hit its peak, and freestyle took over from racing in popularity. In 1981, the International BMX Federation was founded, giving way for the first world championships to be held in 1982. In 1995, the first X-Games were held in Rhode Island, going on to become a major extreme sport event dominated by BMX legends Dave Mirra, Matt Hoffman and Dennis McCoy.

The freestyle sport was full of risks and originality. A lot of skill was needed to produce the tricks such as the Bunny Hop, Tailwhip, Ice Pick Grind and Rail Ride. A Bunny Hop involves kicking the frame around the front of the BMX while in the air. A basic grind is when the front peg slides on a ledge, and the rear wheel rides on the top of the ledge. BMX biking inspired magazines, and BMX parts and clothes became available in all bike shops.

After ten years of extreme popularity, the sport suffered a decline, when mountain biking became popular in the 1990s, but it made a return when in 2008, BMX racing became an Olympic sport at the Beijing Games. Maris Strombergs won the first ever gold medal for Latvia in BMX cycling.



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- 1** What does BMX stand for?
  - Big Mountain Cross
  - Bicycle Motorcross
  - Back Machine Cross
  - Bicycle Military Cross
  
- 2** In what decade did BMX become popular?
  - 60s
  - 70s
  - 80s
  - 90s
  
- 3** What were the original bicycles the children rode on in California?
  - Tailwhip
  - Rail Ride
  - Schwinn Stingray
  - Scott Breithaupt
  
- 4** What discipline did the sport originate with?
  - Dirt
  - Park
  - Street
  - Racing
  
- 5** Which type of bike needed thicker tyres?
  - Dirt
  - Park
  - Street
  - Flatland



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- 6** Who organized the first Yamaha Gold Cup in California?
- Dave Mirra
  - Matt Hoffman
  - Dennis McCoy
  - Scott Breithaupt
- 7** What year was the International BMX Federation founded?
- 1980
  - 1981
  - 1982
  - 1983
- 8** Which one of these is a BMX trick?
- Ice Pick Flip
  - Ice Pick Wand
  - Ice Pick Fork
  - Ice Pick Grind
- 9** Where were the first X-games held?
- Bejing
  - Latvia
  - Rhode Island
  - California
- 10** BMX biking lost popularity for a while, what other sport became popular at that time?
- Mountain biking
  - Skateboarding
  - Roller skating
  - Running



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**11** Which Summer Games held the first ever BMX racing event?

Atlanta

Bejing

London

Athens

**12** Who won the first ever gold medal for BMX cycling?

Matt Hoffman

Dennis McCoy

Dave Mirra

Scott Breithaupt

Maris Strombergs

