



PUMP TRACK

SUNSET PARK | MANDAN

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.

Pump Track 101

- Serves many age groups
- Bikers, skaters, scooters
- Low barrier of entry
- Can be done solo or with group
- Builds community
- Gets kids outside
- Low maintenance
- Promotes health and wellness



Area for consideration

- Next to existing Mountain bike singletrack, mutli-use paved path and skatepark makes it a perfect spot
- Opportunities to utilize natural contour of the land with pump track features



Pump Track Details

- Between \$200K - \$300K to build out
- Low maintenance
 - Recommended seal coat 3-5 years
 - Some mowing/landscaping duties



North Dakota Experience

- Company we're in contact with has successful experience in our region/climate: **Dunn Center**
- Will be building another pump track this soon in our area: **Minot**

