

PRESS RELEASE

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FOR IMMEDIATE RELEASE

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(See end of release for BMX contact information.)

USA BMX's National circuit returns to the Ike Hamilton Expo Center - April 26-28

USA BMX Racing returns to Monroe, LA - at the Ike Hamilton Expo Center, for the 9th stop in the 30 race National series.

On Friday through Sunday, **April 26 thru 28th**, some of the fastest Amateur BMX racers in the country will descend upon West Monroe's **Ike Hamilton Expo Center** for the CAJUN NATIONALS. This is the second year in a row that USA BMX has made West Monroe a stop on the BMX racing circuit - thanks in part to the great relationship between Monroe~West Monroe Convention and Visitor's Bureau and the Arizona-based USA BMX.

As the largest extreme sport in the nation, BMX racing is full of nonstop action. Up to eight riders speed down the starting hill to the first obstacle and race around the track maneuvering over dirt obstacles and around banked turns in hopes of gaining a spot on the podium. On average, each race is a 35 second sprint, with full contact, close-knit racing and thrilling crashes and victories.

Being the ninth race of the 2013 season, the Cajun Nationals will be highly anticipated as the points series heats up for every age class, and a new crop of Rookie Pros battle to earn enough bucks to move up to the major league Pro ranks.

Ages of competitors range from 3 years old to 70+, with competition for both boys and girls, men and women. There are four skill levels for riders: Novice, Intermediate, Expert and Pro. Coming off of 4-straight record-setting turnouts, USA BMX expects the weekend will see nearly 1,000 racers each day - from approximately 30 States, and will attract thousands of fans and spectators to the Ike Hamilton Center.

Being held indoors, the USA BMX crew will construct an 1,100 foot long dirt track inside the arena, designed with an 8-man starting hill, huge banked turns and a variety of obstacles and jumps. An average lap will likely be about 31 seconds.

SCHEDULE: Practice and a pre-race take place on Friday, with National caliber action on Saturday and Sunday.

- Friday is practice from 1 to 5pm, with a pre-Race starting at 6pm.

- Saturday morning starts off with more practice and then qualifier racing kicks off at 1:00pm. Main events should begin approx 4pm.
- Sunday, the action begins at 8:00am - with main events due to begin around 11am.

The Olympic sport of BMX is exciting to watch for all ages - and **FREE** to all spectators!

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FOR MEDIA USE ONLY: Media and photo credentials are available on site at the USA BMX registration booth. We ask that all Media pre-register for a Vest at:
usabmx-mediacredentials

ADDRESS: The Ike Hamilton Expo Center is located at 501 Mane Street, West Monroe, Louisiana

About USA BMX / The American Bicycle Association:

The American Bicycle Association (ABA) was formed in 1977 and is headquartered in Gilbert, Arizona. In 2011, ABA purchased the assets of their competition - the NBL (National Bicycle League), and united the sport under one flag, USA BMX was born. USA BMX organizes bicycle racing for boys, girls and adults, throughout the United States, Canada, and Puerto Rico. There are over 70,000 active members who compete on a weekly basis at over 350 racing facilities in 48 states.

USA BMX, with a 30 event national race schedule, is the largest promoter of action sports in the country.

For additional information, contact:

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