

What is a pump track?

[JORBA](#) (Jersey Off Road Bike Association) is working with local groups (such as [Team Town Cycle](#)) and officials to explore the possibility of building a pump track in West Milford. What is a pump track, you ask? A pump track is a continuous loop of dirt berms and “rollers” (smooth dirt mounds) that you ride without pedaling. The name “pump track” comes from the pumping motion used by the rider’s upper and lower body as they ride around the track. The idea of a pump track is to use this pumping motion to maintain your speed around the track without pedaling. It’s a great work out and lots of fun!



Pump tracks can be ridden by cyclists of all ages and skill levels. You don’t need a special kind of bicycle to ride on a pump track - BMX bikes, mountain bikes, kids bikes - even “scooter” bikes can be used on the pump track. All you really need is a bike with knobby tires and a helmet - and you’re set! You don’t need to be a super cyclist to ride at a pump track - they can be ridden by anyone! It’s a great way to increase bike handling skills for younger riders, and for the whole family to enjoy cycling fun in a safe, traffic free environment.

You don’t need a huge area to build a pump track. Pump tracks fit just about anywhere. They are a ridiculously effective workout. They build skills like crazy. They are great cross training for other sports like skiing, snowboarding, and track sports. Riding together at a pump track is a great family activity. And very importantly, they are really, really fun!

There are also some things that a pump track is not. It is not for motorized dirt bikes or ATV’s. It’s not for skateboards - we already have a great skateboard park in town! It’s not for horseback riding or golf or Frisbee. It’s strictly for cycling - and serious fun!



As an added bonus, having a facility like this in West Milford will also help bring more people - and dollars - to local businesses from out-of-town visitors.



Please join us in showing your support for a West Milford pump track by voting in [this poll](#) on the West Milford Economic Development Committee website. For more info on pump tracks, check out [this video](#) from JORBA, or this [website](#) hosted by pump track guru Lee McCormack.