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BMX CULTURE: A SPORT OR A LIFESTYLE

In the late 1960s, BMX started in Southern California. People got the idea from motocross racing, but they used bicycles instead of motorcycles. By the 1970s, BMX became really popular with races and special bikes.

Groups like the National Bicycle League and American Bicycle Association were created to make rules for BMX racing. In the 1980s, BMX got even bigger, and it was even in the Olympics as a test.

During this time, riders started doing tricks and stunts, which became known as freestyle BMX. This led to making bikes just for doing tricks. In 1995, the X Games made freestyle BMX even more famous.

BMX keeps changing with new technology and different ways to compete. It is now known all over the world, even being in the Olympics officially in 2008. BMX is not just about competing, though. It has also had a big impact on such things as clothes, music, art, and the way that young people express themselves.

Nowadays BMX is divided into 3 large groups such as:

1. Racing;
2. Freestyle;
3. Park

The first group is racing and BMX Racing is all about speed! Riders race each other on special tracks with jumps and turns. They have to be quick, agile, and good at controlling their bikes to win.

The second group is Freestyle: This is the fun part of BMX where riders get to show off their tricks! They do cool stunts and flips on all sorts of things like ramps, rails, and even just in the streets. It is all about being creative

Last but not list is Park: Park riding is like freestyle, but in special skateparks. Riders use ramps, bowls, and other features to do tricks. It takes a lot of skill to link tricks together smoothly and make it look extremely cool.

Still is BMX a sport or a lifestyle? So living the BMX like a lifestyle is:

Passion and Dedication: BMX lovers spend lots of time getting better at riding and trying new things. They do it more on streets of the city searching for spots of cool looking architectural element where they can do some moves.

Community and Culture: Being part of BMX means making friends with other riders, going to events, and helping out in your local BMX scene. It's all about feeling like you belong to one big family

Personal Style and Expression: BMX riders show who they are through what they wear and how they customize their bikes. It is like having your own cool looking outfit.

Adventurous Spirit: BMX riders are always up for an adventure! They love finding new places to ride, whether it is in their own neighbourhood or on a road trip. Taking photos and videos of their adventures is all part of the fun.

However, on the other side, many people do it professionally. In addition, they treat it like a professional sport or a job. So, BMX as a sport means:

Skills and techniques: BMX pro rider means not just learning cool moves and techniques.

Trainings, going to a gym, eating healthy food and spending a lot of time to learn something new to be in shape.

Rules: in freestyle BMX, it does not matter what bike you have as long as you like it and it is comfortable. However, in professional competitions, riders must follow certain rules when building their bikes.

Privacy: often, professional riders cannot ride with everyone because, to reach their best, they often ride alone or with a selected group. Moreover, they spend their time studying complex lines without involving creativity to get high scores in competitions.

To conclude, this report shows what BMX is all about. It is not just a sport – it's a way of life filled with things like loving what you do, making friends, showing who you are, and always being ready for fun and adventures.