

BTproject PUMPTRACKS / BIKEPARKS





CHALLENGE

There is a lot of truth in the well-known quotation “a sound mind in a sound body”. Regular physical activity helps not only to maintain a healthy body, but also is beneficial for the emotional sphere: improves your well-being, supports intellectual efficiency and helps reduce stress.

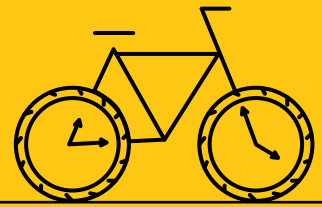
At the same time, as research shows, the level of our physical activity is not too impressive. We lead an unhealthy lifestyle, spending more and more time in front of smartphones and computers, which often starts the phenomenon of social isolation. Besides that, exposure to mentioned earlier stress, became one of the main reasons to develop many civilization diseases of XXI century.

To fight the problems today's society struggles with, we need to promote a healthy lifestyle and especially physical activity. How to do it effectively? How to encourage children, teenagers, and adults to play sports?

This is our mission.

*feel
the flow*

SOCIAL MISSION



It is recommended that:

- >> **Children and teenagers** should do at least an average of **60 minutes per day** of moderate to vigorous-intensity, mostly aerobic, physical activity, across the week.
- >> Children and teenagers should **limit the amount of time spent being sedentary**, particularly the amount of recreational screen time.
- >> **Adults** should do at least **150–300 minutes** of moderate-intensity aerobic physical activity; or at least **75–150 minutes of vigorous intensity aerobic physical activity**; or an equivalent combination of moderate- and vigorous-intensity activity throughout the week, for **substantial health benefits**.

Source: WHO GUIDELINES ON PHYSICAL ACTIVITY AND SEDENTARY BEHAVIOUR, World Health Organization 2020

>> Cycling prevents **18 110 premature deaths** per year in the EU-28. This corresponds to an economic value of EUR 52 bn per year.

>> Cycling is a social activity. **By bringing people together and connecting neighbourhoods**, it provides the potential for improved social interactions and more exchange between them. It can **connect people from different backgrounds and social classes**, thus improving the cohesion of society.

Source: European Cycling Federation, 2018

We enjoy riding a bike. At the same time, it supports the development of social integration, healthy competition, self-discipline and motivation.

Everyone can ride a bike - regardless of age, physical condition or owned equipment.

Bicycle is one of the most common sport equipment owned by European households: 80% of households in Germany and 72% in Poland owns at least one bicycle.

Outdoor sports are a great alternative to spending time in front of a computer or smartphone. It allows you to distance yourself from everyday problems, **clears the mind** and motivates you to action. Sport also has a beneficial effect on our health - **this has been proven** by many studies and doctors.

What are the health benefits of cycling?





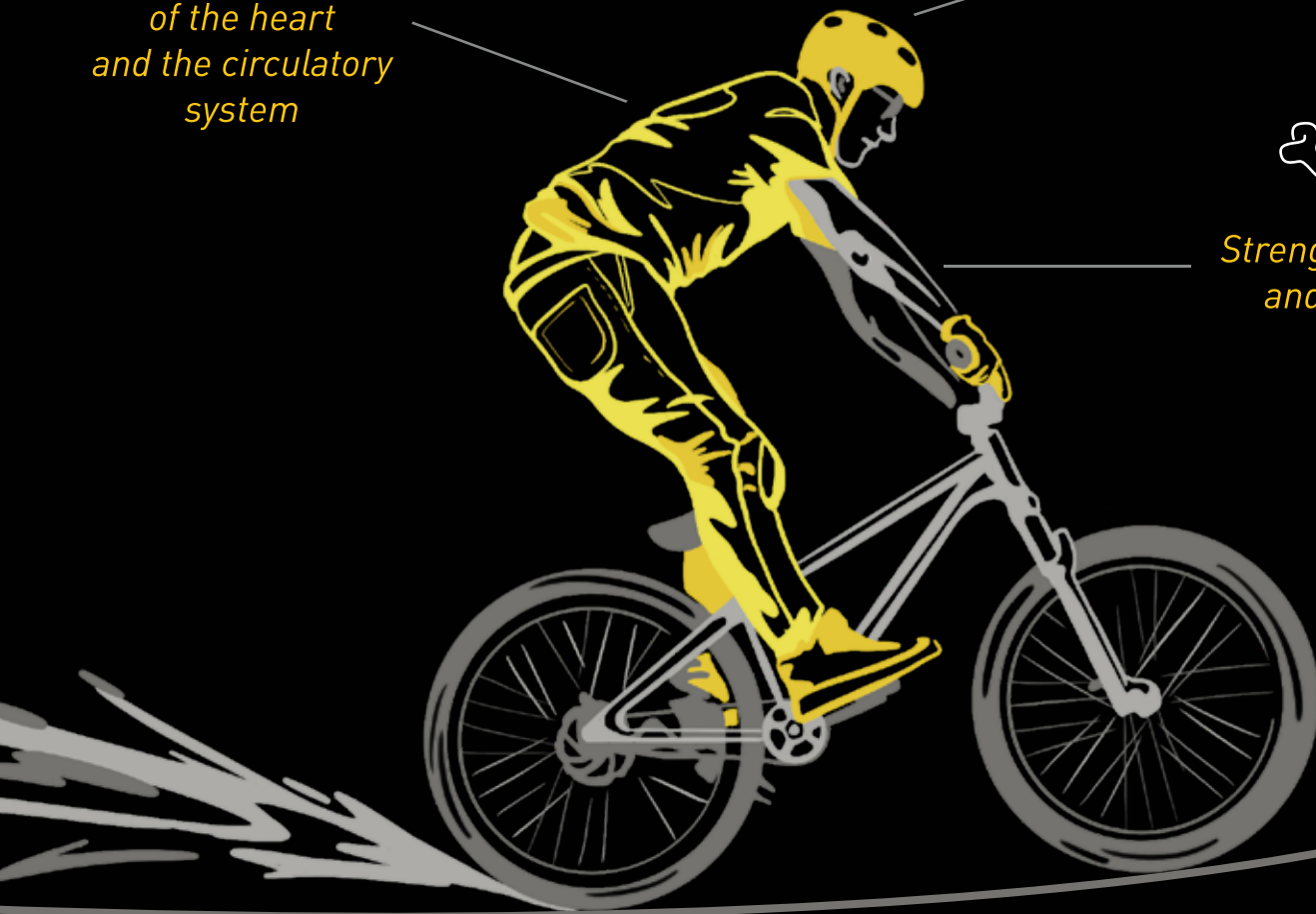
It improves the mental condition and relaxes the brain



It improves the work of the heart and the circulatory system



Strengthens bones and the spine



It helps to get rid of unnecessary body fat and develop muscles

It improves physical fitness, endurance and the body's immune system

It slows down ageing of the body

Few activities are as good for the body as cycling.

Currently, we are increasingly looking for novelties in place of classic sports.

Sport becomes not only an activity, but also a way for **self-expression**, emphasizing individualism.

Action-packed disciplines that don't require monotonous training, but **guarantee endless fun** and require searching for and overcoming challenges, are becoming more and more popular.





We meet these needs by building **professional bicycle tracks** and **sports facilities**.

We are experienced in this, and we know how to **maximize the potential of every piece of land**.

We design our facilities not only as good bicycle tracks, but also **as developments, which please all users** - from small children on balance bikes, young people looking for dynamic entertainment, to professional riders preparing to compete.

As **BTPProject**, we will help you identify and reach your audience effectively. We will build a facility that not only will attract sports enthusiasts, but also **will bring profit**.



01 > **PUMPTRACK BICYCLE PLAYGROUND**

Contemporary sports facilities have clear requirements: they must be **diverse, attract as wide audience as possible** and **promote health and positive values**. PUMPTRACKS meet all these needs, which is why they are called **sports facilities of next-generation**.

The PUMPTRACK bicycle playground is an obstacle course consisting of rollers, profiled berms and small "jumps" arranged in such a sequence as to be possible to accelerate and keep your speed without pedalling. Speed is gained thanks to properly profiled obstacles (rollers), on which the user is performing up-down movements (so-called pumping) to move forward using gravity and centrifugal force.

Riding a PUMPTRACK engages all muscle groups and is physically demanding. At the same time, the PUMPTRACK bicycle playground allows young children to **get used to cycling on uneven terrain in a safe environment**, as well as can be **challenging for experienced riders**.

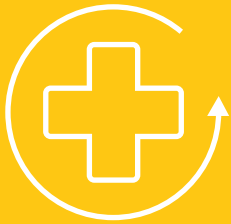


The PUMPTRACK bicycle playground is **fun for everyone** - regardless of the age group. It also provides challenges for cyclists of all skill levels and meets all safety standards, thanks to which it **can also be used by younger users**. It's hard to imagine a better promotion of sports activity and a healthy lifestyle than the facility that ensures **safe entertainment for everyone** - regardless of age and level of advancement.

Another feature that distinguishes a PUMPTRACK bicycle playground from other facilities is the **possibility to practice various sports on it**. This supports social integration, because the facility becomes **not only an arena for sports challenges, but also a place to meet peers who can compete with each other in a healthy way and simply spend time in a friendly environment**.



The key features of the PUMPTRACK bike playground from the point of view of territorial units responsible for implementation and monitoring sports facilities:



>> the highest safety standards:

The Swiss Competence Centre for Accident Prevention (BFU) put PUMPTRACKS in the “blue” category of sports facilities, which makes them equally safe as regular playgrounds.



>> attractive for users of different age groups and sports disciplines: cyclists, skaters, BMX enthusiasts, longboarders or people on scooters.

>> PUMPTRACKS are in the group of the least expensive sports facilities (definitely cheaper than the classic equivalents, e.g.: football pitches with artificial turf). Moreover, asphalt surface of the bicycle playground is extremely resistant to both intense use and weather conditions, **which practically reduces operating costs to zero.**



The benefits of building a PUMPTRACK bicycle playground for educational units (e.g.: kindergartens, schools):

- >> the neighbourhood of a new generation multifunctional sports facility*
- >> a way to effectively promote physical activity*
- >> increasing the attractiveness of facilities located in the immediate vicinity of the PUMPTRACK bicycle playground*
- >> creating a meeting place that builds social bonds and gives the possibility of healthy competition and developing sports passion*



SITE REQUIREMENTS

The terrain for the PUMPTRACK should be flat or just slightly sloping. It may have any shape. It is possible to design a track **running among trees or other natural obstacles** with appropriate safety zones. A varied PUMPTRACK bicycle playground can **be built on an area from approx. 800 m²**, but the most popular and valued by users are facilities with an area from 1000 m² upwards.



TRACK EXAMPLES



XS



S



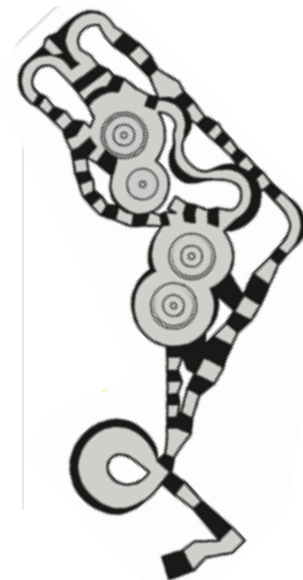
M



L



XL

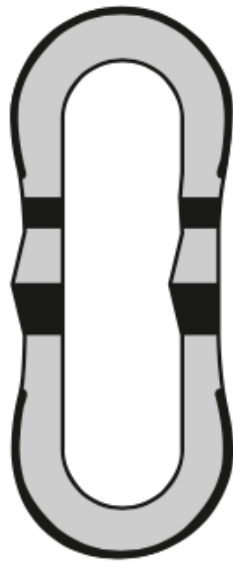


XXL

MINI PUMP

The facility is intended for children on balance bikes **from the second year of life**. Thanks to its small rollers, MINI PUMP is the perfect place for the youngest, where they **develop coordination through safe play, and the sense of balance**. Thanks to this, they not only acquire manual skills, but also develop the **ability to integrate with the group**. From an architectural point of view, the MINI PUMP is convincing with its small size and is customizable to virtually any environment.





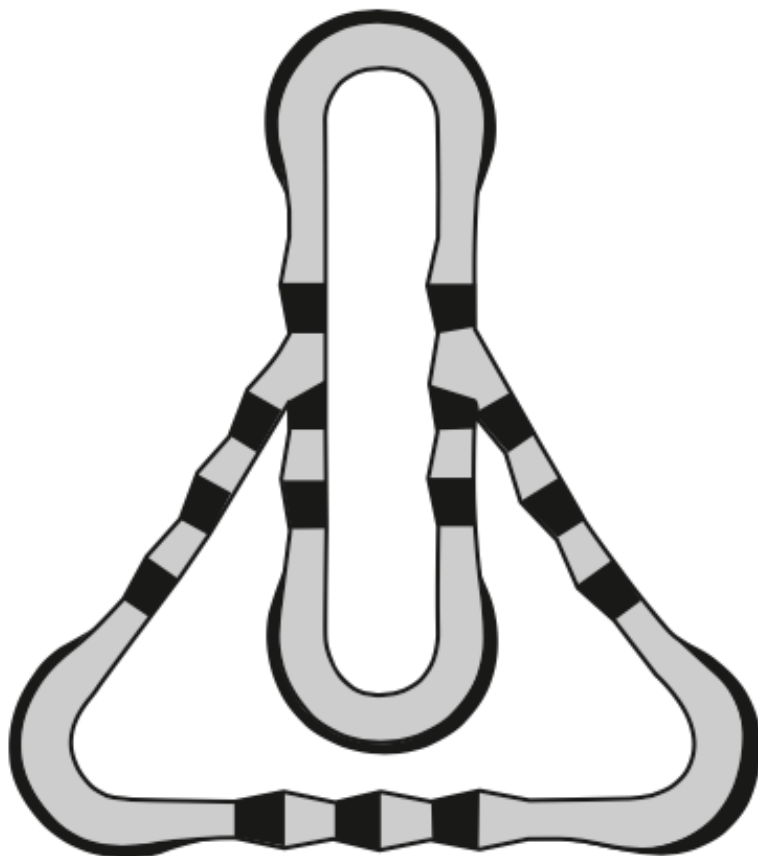
XS

Area of development:
310 m²

Asphalt surface:
84 m²

Length of the track:
47 m

Track dimensions:
18,4 m x 10,4 m



S

Area of development:
860 m²

Asphalt surface:
228 m²

Length of the track:
136 m

Track dimensions:
37,2 m x 29,4 m

EASY PUMP

*The track is intended primarily **for older children and beginners** who are just starting their adventure on the PUMPTRACK bicycle playground. **EASY PUMP** consists of slightly larger (in comparison to **MINI PUMP**) obstacles and profiled turns arranged in a loop.*



M

Area of development:
690 m²

Asphalt surface:
215 m²

Length of the track:
100 m

Track dimensions:
39,0 m x 19,3 m



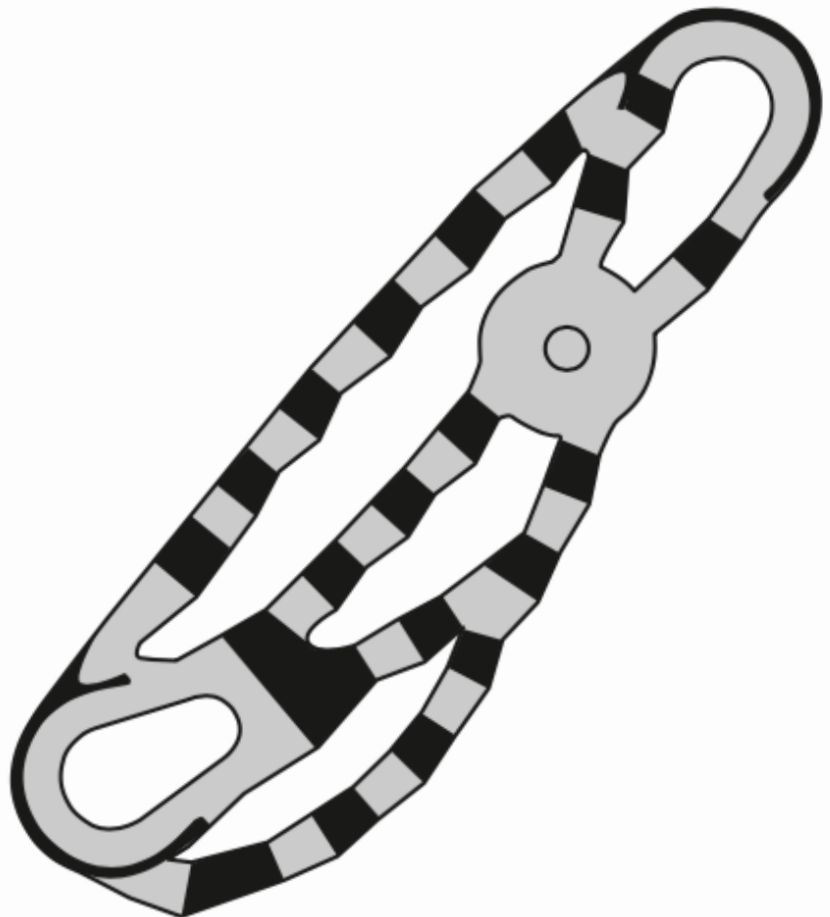
L

Area of development:
920 m²

Asphalt surface:
352 m²

Length of the track:
173 m

Track dimensions:
45,5 m x 15,7 m



FLOW TRACK

*This kind of track is intended for **intermediate and advanced riders**. It provides endless joy through the opportunity to perform jumps and riding on large and safe profiled turns. FLOW TRACK is also great fun because of its multiple lines and obstacles that can be ridden in various directions.*



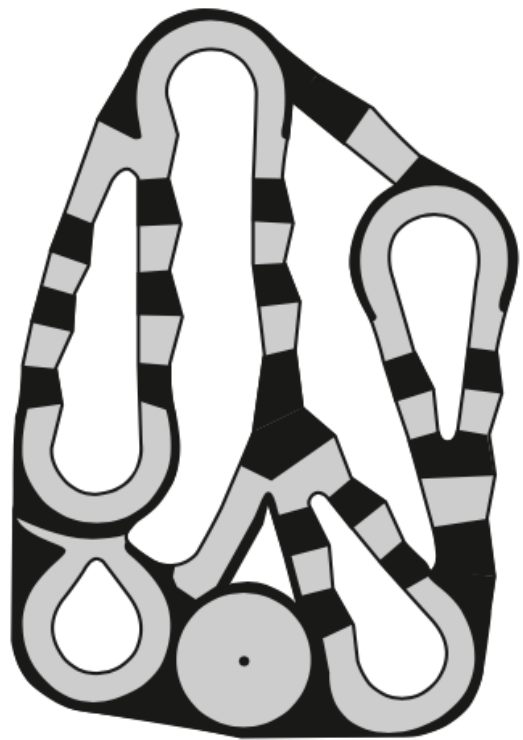
XL

Area of development:
1290 m²

Asphalt surface:
413 m²

Length of the track:
237 m

Track dimensions:
43,8 m x 35,0 m



XXXL

Area of development:
2700 m²

Asphalt surface:
1489 m²

Length of the track:
505 m

Track dimensions:
101,0 m x 65,0 m



RACE PUMP

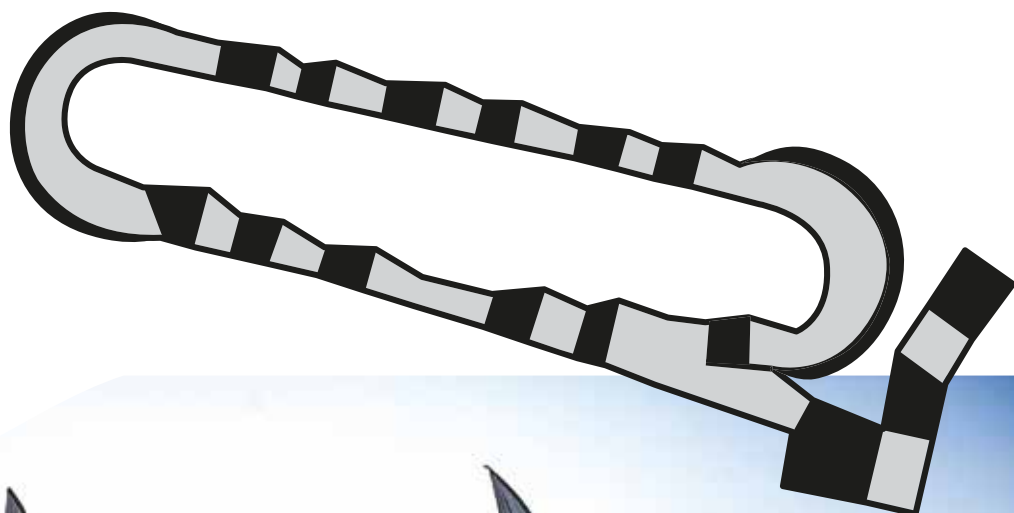
With obstacles modelled on Olympic BMX racing tracks, RACE PUMP is a great training **not only for future competitors**, but also for everyone who wants to try their hand at riding with obstacles at slightly higher speeds.

Area of development:
1300 m²

Asphalt surface:
320 m²

Length of the track:
124 m

XL



ASPHALT

As the first in Poland and the second in the world, we have created a PUMPTRACK bicycle playground with asphalt surface (Nowa Sól/Poland, 2014). This surface, thanks to the perfect riding characteristics, is in our opinion the best material for the construction of PUMPTRACKS.

Advantages:

- » At least 5-year warranty
- » Makes it possible to ride bicycles, skateboards, roller skates or scooters
- » Durable, resistant to weather conditions and acts of vandalism
- » Low maintenance costs
- » It's possible to use it in all weather conditions
- » Aesthetic, fitting in landscape
- » Low noise level
- » Possible to colour the surface

MODULAR

Prefabricated system of a PUMPTRACK bicycle playground allows you to produce a certified track in the controlled conditions and transport and install it anywhere in the world.

Prefabricated elements are TÜV certified and meet the standards of EN 1176-1: 2009, EN 1176-7: 2009 just as conventional playgrounds.

The modular Parkitect system has gained recognition at the world's largest exhibitions and received the prize of the **ISPO** fair in Munich and the **Gold Medal** at the **BUDMA 2014** fair in Poznan.

Advantages:

- » Makes it possible to ride bicycles, skateboards, roller skates or scooters
 - » Made of the highest quality ecological materials
 - » Resistant to weather conditions and acts of vandalism
 - » Low maintenance costs
- » Easy expansion - investments can be divided into several stages: purchase Basic Track Package and later upgrade it with new elements
- » Mobility - the track can be moved from place to place, e.g.: during the organization of festivals, sports days, city / town days, etc.
- » Easy to change configuration - based on the modules you have; tracks can be rearranged.

02 > SKILLS PARK

*SKILLS PARK is a perfect solution for children, beginners and advanced bikers who want to improve their riding technique. A practice area that on most occasions lies on flat land allows riders to test new obstacles of various difficulty levels in a **safe environment**. There, you can find sharp turns, platforms, tree roots and protruding stones. Thanks to that, training of **balance and coordination can be performed in a controlled environment**. The typical obstacles for SKILLS PARKS are: wooden bridges, bumps and other soil, wooden and stone obstacles.*



03 > BIKE PARKS

The bike park is a common area for practicing **various types of cycling sports**. It can be independent or an addition to the existing sports and recreational facility. The bike park is divided into sections where you can find elements of **dirt jumping trails, BMX Racing** and **PUMPTRACK** bicycle playgrounds of various difficulties. All that is integrated with each other and allows you to **choose between many lines, so it never gets boring**.

Site requirements

As with the PUMPTRACK bicycle playground, the terrain for building a bike park should be flat or slightly sloping. It can have any shape. A varied bike park takes up an area from approx. 2000 m² upwards.



04 > **BMX RACING TRACKS**

BMX RACING history dates back to the 60s. **The discipline, as an Olympic Sport**, features 8 competitors racing on a specially designed and built track. Riders are equipped with helmets and pads and start racing from a gate installed at the top of a starting hill. The course length varies from 350 to 450 meters, and it takes 30 to 40 seconds to finish the run.

Site requirements

The terrain dedicated for a BMX racing track should be either flat or slightly inclined. The minimum area required for such a facility equals approximately 0,5 ha (optimal dimensions are 70 m x 110 m). On top of that, an additional area dedicated to the car park, competition offices and sanitary facilities can encompass the track. In order to allow fair as well as exciting competition, track width, its first straight and the whole course specification have been precisely outlined by UCI (The Union Cycliste Internationale). At the same time, the types of obstacles, their location, the shape of the track, and the number of turns are up to the track's designer. All that makes each and every track unique. The top objectives for the design are: to make a fast and exciting course for the audience to watch and to make it safe and challenging for the racers at the same time.



05 > CITYTRAIL

In other words: mountain bike routes in the city space. CITYTRAIL is a well-thought-out network of cycle trails for all kinds of mountain biking (cross-country, enduro or e-bike) located in a relatively small area.

*The great advantage is the **low requirements regarding the existing terrain**. Even on a just slightly hilly area, a **varied route giving lots of fun** can be guaranteed. Small elevation amplitudes give opportunity for beginners to learn new skills and strengthen their fitness.*

Advantages:

>> it is possible to combine different sports, such as Nordic walking, jogging, trail running

*>> **promotion of physical activity**, and creating a place to rest and contact with nature in an urban setting*

*>> **a non-nature-intrusive** planning and construction concept*



06 > **SINGLETRACK**

Sustainable cycle routes are those that are built **in harmony with nature**. They are usually narrow, one or two-way and smooth. They traverse the slope and **wind between the trees**. Not only that they can be enriched with obstacles and turns in the form of bands, but they can be varied in terms of difficulties and blend in perfectly with the landscape.

Singletrack can be made like a tight loop developed in a small area, or as a **network of routes connecting two or more towns**. Whatever the variant, singletrack is an affordable investment, which in addition does not interfere with nature negatively

Benefits of investing in sustainable cycle routes:

- >> generating additional income in the tourism sector thanks to functioning of special bicycle paths
- >> **development of bicycle tourism and an increase in the number of customers** for tourism-related infrastructure: guesthouses, hotels, gastronomy
- >> **increasing the attractiveness of the region and its promotion**
- >> redirecting tourist traffic to a much more interesting and earlier unknown areas



07 > **FLOWTRAIL**

A *FLOWTRAIL* is a type of mountain bike trail that makes it possible for a **safe and smooth ride** along its entire length. You won't find there technically difficult sections (stones, roots), and instead properly profiled turns, rhythmic obstacles and relatively flat surfaces, thanks to which rider will feel like on a roller coaster.

FLOWTRAIL is a perfect place **for all cyclists**, doesn't matter how experienced, those taking their first steps and those who want to improve their skills.



08 > **BICYCLE TOURIST ROUTES**

*Bicycle tourist routes are seen as **symbols of the regions**. They are planned and built with the most **characteristic landmarks and key attractions** of a given area in mind and fulfilling recreational and educational functions. Tourist attractions are as important as the network of quality routes itself.*

These paths are popular among people interested in short rides, as well as tourists on weekend bicycle trips or long distance tours. To guarantee best riding comfort, after mapping the route we can level and, if necessary, reinforce its surface with the mineral aggregate. Additionally, we can enrich the routes with various types of additions: wooden bridges, humps or other elements made of the ground, wood or stones.

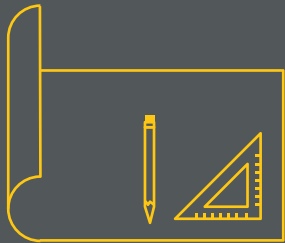


OUR OFFER

As BTPProject, we provide **support at every stage of the investment**. We guarantee an efficient, fast, and safe course of formalities and investment development. Thanks to **many years of experience** and many facilities built, we know how to ensure the **quality** and efficient management of every construction.

How does the cooperation with us looks like?

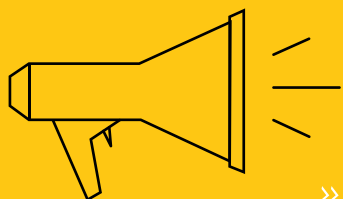
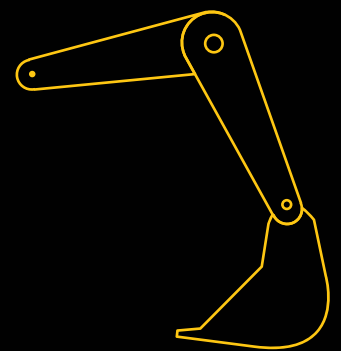
1. CONSULTING AND DESIGN



- » Analysis of the possibilities and consultation of the project
 - » Initial concepts and valuations
 - » Establishing design assumptions
- » Presentation of the concepts at an information meeting
 - » Refining technical and creative details
- » Development of the safety and signage guidelines
 - » Complete project documentation
- » We obtain all necessary opinions, arrangements and permits
 - » 3D visualizations

2. CONSTRUCTION

- » Construction work according to the schedule and design documentation
- » We carry out technical acceptance
- » Staff training regarding the operation and maintenance of the facility



3. PROMOTION

- » Planning and implementation of marketing activities
 - » Organization of events and training
- » We provide production of photographic and video content
 - » Maintenance works

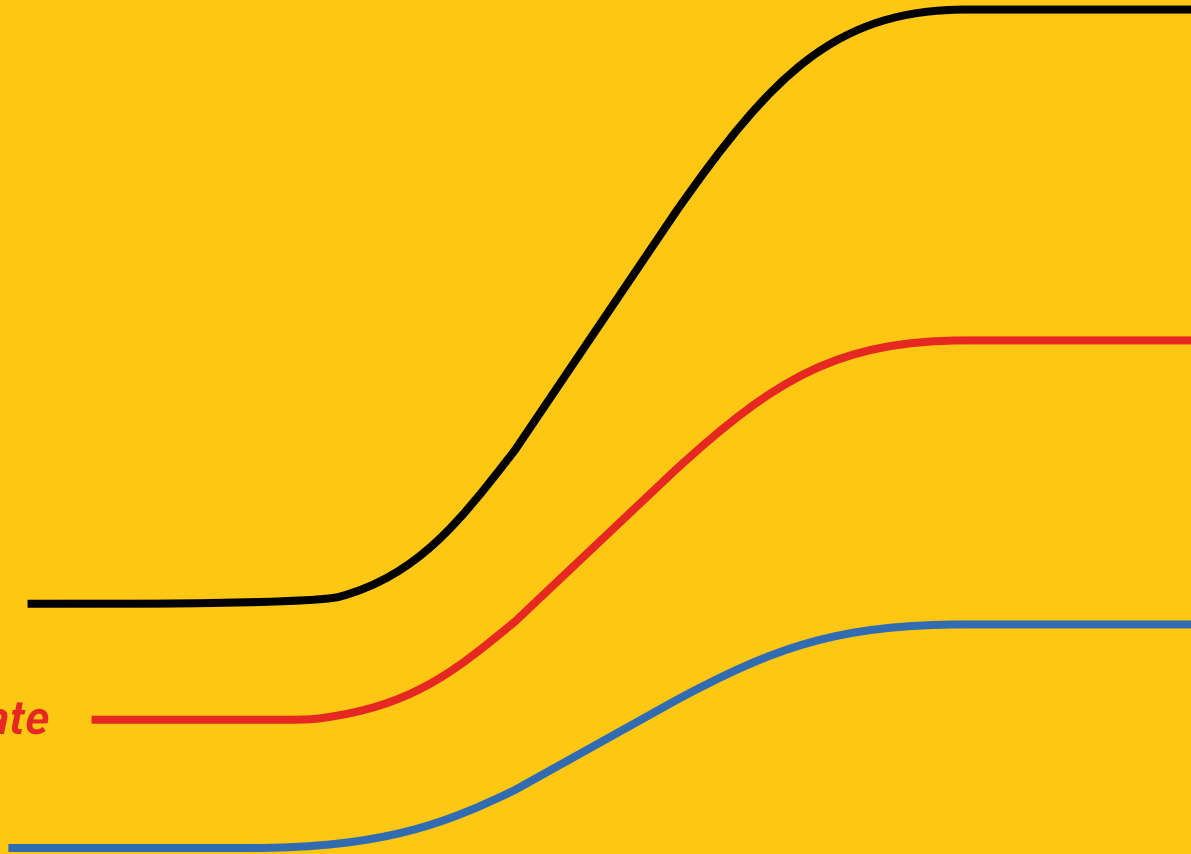
LEVEL OF DIFFICULTY

Our facilities are divided into three levels of difficulty. We use for this **commonly known and standardized markings**, similar to the ones on ski slopes or hiking trails. We reach numerous and diverse user groups, therefore we pay special attention to the correct marking and taking into account the needs of **beginners (blue)**, those who already have **some skills (red)** and **advanced riders (black colour)**.

Advanced

Intermediate

Beginner



TARGET GROUP

Different cyclists have different needs. We want our tracks to be for everyone - both beginners and amateurs, as well as experienced riders. Therefore, we differentiate our tracks with respect to the degree of difficulty, and we mark them accordingly, so everyone finds something for themselves and will enjoy riding.



families

freestylers

children

TARGET GROUP

downhill riders

enduro riders

bicycle tourists

WHY US?

We ride bikes, and we have been involved in this sport for over 20 years. **Since 2008 we use our knowledge and skills** professionally, building tracks, bike parks and bicycle routes. We are a part of the cycling community in Poland and around the world, that's why **we know the expectations of cyclists** as well as the trends, solutions and requirements in this industry. We are happy to be able to build and develop a world level bicycle infrastructure.

Projects developed by the BT Project team have become winners of numerous prestigious awards and distinctions:



2 x A COMPANY WORTHY OF A MEDAL and A PRODUCT WORTHY OF A MEDAL

> Awarded by Klub Sportowa Polska as part of the "We're Building Sports Poland" program. During the seventeenth and twentieth editions of the event organized since 1999, BT Project has received awards for **pioneering activity in the field of construction of bicycle tracks and routes** in Poland and for **the most innovative product** - the PUMPTRACK bicycle playground. Competition is held under the patronage of the Polish Olympic Committee, Association of Polish Architects and marshals of the provinces.



GOLD MEDAL OF THE POZNAN INTERNATIONAL FAIR

> One of the most recognizable awards on the construction market. It is **awarded for the innovative and the highest quality products**. International judges elect winners after subjecting them to rigorous evaluation by experts in construction and design.



DISTINCTION FOR SPORTS ARCHITECTURE OF THE REGION, 2014

> In the prestigious competition "Builder of Polish Sport" organized by Klub Sportowa Polska. Recommendation to the competition was issued by the Marshal and the Board of Podlaskie Voivodeship: **"The investment which was created in Kolno is noteworthy for both, its sporty character and its distinctive design, in terms of the architecture of the bicycle pumptrack"**.



BT Project sp. z o.o.
Sytkowska 43
60-413 Poznan, Poland



VAT-EU PL7811926350

E-mail:
biuro.btproject@gmail.com

WWW:
www.btproject.eu

We belong to



IAKS Polska
International Association
for Sports and Leisure Facilities

Check out our projects



BTproject PUMPTRACKS / BIKEPARKS