

October 18, 2022

St. John's First Pump Track Now Open at Quidi Vidi Park

The City of St. John's along with Avalon Mountain Bike Association (AMBA) and Canary Cycles are proud to announce the opening of the first pump track in St. John's at Quidi Vidi Park. The paved track is a fun way to develop biking and riding skills for all ages and abilities.

"I am thrilled to see the opening of the new pump track at Quidi Vidi Park," said Councillor Ian Froude. "The new facility will be a unique recreational amenity for the community. It is an opportunity for people to grab their wheels and try something different."

A pump track is a continuous loop of berms and "rollers" (paved mounds) where riders use an up and down pumping motion to propel themselves forward instead of pedaling or pushing. It is most suitable for bicycles and skateboards. It can also be used by other non-motorized equipment like scooters and wheelchairs.

"We are proud to be supported by the City of St. John's to build a track that will provide opportunities to grow our cycling community," says Lachlan Roe-Bose, President of AMBA. "It gives people a fun way to challenge themselves, to socialize and stay healthy and active."

The project was first [announced last year](#) as a community-led initiative with the [Avalon Mountain Bike Association](#). The City provided the land to build the pump track as well as \$195,000 to cover building costs. AMBA raised approximately \$125,000 which includes a \$100,000 donation from Canary Cycles and a \$15,000 grant from the Government of Newfoundland and Labrador's Department of Tourism, Culture, Arts and Recreation's Active NL Fund. An image of the pump track design is [available here](#).

Grand Opening Public Event

Grab your wheels and come check out the new pump track.

AMBA will be having a grand opening public event this Saturday, October 22 from 1 to 4 p.m. The celebration will include demos on how to ride on a pump track with local leaders and cycle informational booths as well as a food vendor truck on-site. For more details, please visit AMBA on [Facebook](#) or [Instagram](#).

There are rules for riding on the pump track. The riders must always wear a helmet and follow the primary direction of travel around the track. Hours of operation are between sunrise and sunset. Please remember to respect all users of this facility.

"We encourage you to come to this free event. Whether you are a new or experienced cyclist, you can learn new skills in a safe place and have fun," says Canary Cycles owner Don Planchat.