

# ARMCA



AMA  
District 23

AMATEUR RIDERS MOTORCYCLE ASSOCIATION

June 2023



## How Can I Start Racing and Trail Riding?

INSIDE: Race Schedules, Results and more!

DUAL SPORT



QUADS



ROAD





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*Alex Martin 26*

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# FROM THE CHAIR...

BY: REX GREENWALD

our social media sites and website.

Each month we are working on improving how we communicate and to get the word out the best way we can. This time we are going a little old school and putting something in your hands.

**Thank you** for all the work putting together this great form of communication.

**Thank you** to and for all the sponsors for their continued support.

**Thank you** to all of you, for adding to the content and sharing cool stories

and outcomes for all our friends and families.

You are all important, and I will attest that the volunteer leadership of the organization always has our members' best interests top on the list when decisions are being made.

Never take anything for granted. D23 ARMCA has grown and developed into an outstanding District of the AMA and one of the top Districts in the Country.

.....FROM THE CHAIR

- Rex Greenwald



**T**his *ARMCA Magazine* is for you! What a tough and long winter! We are now riding and enjoying our great sport. Get out, work up a sweat, gas it, and let's go! The world today communicates via social media and websites, and D23 ARMCA does all that. During the season we have thousands of hits on

# THE FLOOD RUN

FLOOD-RUN.COM

BY: KAREN UMPHRESS

The Flood Run is a biannual road ride which began in 1965 with several motorcyclists riding from Lakeland, MN to Winona, MN to help the town sandbag against the flood waters of the Mississippi. The trip has been celebrated more or less (with time out for the Vietnam War) annually since that time on the third Saturday in April. A second run was added in the early 2000s on the third Saturday of September as

the weather is often better. Both rides now support Gillette Children's Hospital Fund, helping kids and families with severe medical conditions.

The North Star Riders motorcycle club, an AMA Chartered and District 23 promotor, in conjunction with Polaris Foundation and Indian Motorcycles, has taken over the management of the events since 2018. The club has enhanced the experience by augmenting the Gold Star ride, adding a sport bike route, and adding a southern check-in area along the route.

This spring's run had some weather challenges, but with sponsorships,



merchandise sales, and rider registrations, more than \$16,000 has been raised to date for Gillette Childrens. See the official website for kids and families that have been supported by the Flood Run as well as information regarding the September event. We hope to see you in September!



# HOW CAN I START RACING?

Ask every racer how they got started in racing and each person will have a slightly different story. The common bond is that they love to ride motorcycles and they love the intense thrill from competition. If someone new to the sport went walking through the pits they would also see that it is largely a family sport, especially with the younger competitors. This person would also get a feel for the camaraderie; an atmosphere of brotherhood that goes hand in hand with this sport.

As far as equipment needs the following are considered the bare essentials:

1. Any model off road bike
2. Gear including: helmet, goggles, gloves, jersey, racing pants, and boots.

Most any motorcycle dealer/retailer can get you set up with #1 and #2.

As one can see there is a lot of room for personal identity and choice if one wants to compete and that is shown in the racers themselves. Also, one needs to know a place where to go to compete, and that's where District 23 ARMCA can help.

Throughout Minnesota one can compete on Sundays from April through October at tracks that are sanctioned by the AMA (American Motorcyclist Association). Points are given for year end awards through District 23 ARMCA. The racer needs to join the AMA and District 23 ARMCA. You can join at the track or online at [ARMCA.org/join](http://ARMCA.org/join). Receipts will be given for each membership. Use these to enter future races until your cards arrive in the mail.

There it is in a nutshell for you new prospective racers out there. What you will experience can only be described by going out and doing it, but it can be one of the most enjoyable things a person can do in their lifetime. The only thing I left out was of course the desire to do it, that you have to seek yourself!



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# 2023 MOTOCROSS SCHEDULE

# FXR

DATE	DAY	NORTH	CENTRAL	SOUTH	QUAD	COMMENTS
4/2	Sun	Staples	Grantsburg			
4/16	Sun	Staples	Mora			
4/23	Sun		Cambridge			
4/29	Sat				Cambridge	
4/30	Sun	Little Falls		Millville	Cambridge	
5/7	Sun	Echo Valley	Cambridge			
5/13	Sat	<b>Little Falls*</b>				<b>Area Qualifier*</b>
5/14	Sun	Little Falls*	Mora	Diamond Park		AQ/D23 Points*
5/21	Sun		Mora	Mankato		
5/28	Sun	Echo Valley		Millville	Diamond Park	
5/29	Mon	Echo Valley		Millville	Diamond Park	
6/4	Sun		Cambridge*	Mankato		ProAm/D23 Points*
6/11	Sun	Little Falls		<b>Millville*</b>		<b>Regional Qualifier*</b>
6/18	Sun		Mora	Diamond Park		
6/24	Sat				Diamond Park	
6/25	Sun		Cambridge	Millville	Diamond Park	
7/2	Sun		Mora			
7/9	Sun	Staples	Mora	Diamond Park		
7/14	Fri			Millville		
7/15	Sat			<b>Millville*</b>		<b>Millville Pro MX Race*</b>
7/16	Sun			Millville		
7/23	Sun	Echo Valley		Diamond Park		
7/30	Sun	Little Falls	Cambridge			
8/6	Sun		Mora	Millville		
8/13	Sun	Echo Valley	Cambridge	Diamond Park		
<b>8/20</b>	<b>Sun</b>	<b>Little Falls*</b>				<b>FEATURED EVENT*</b>
8/27	Sun	Echo Valley	Cambridge	Diamond Park		
9/3	Sun	Staples		Millville		
9/4	Mon	Staples		Millville		
<b>9/10</b>	<b>Sun</b>		<b>Mora*</b>			<b>FEATURED EVENT*</b>
9/16	Sat				Echo Valley	
9/17	Sun		Cambridge	Mankato	Echo Valley	
9/23	Sat				Staples	
<b>9/24</b>	<b>Sun</b>			<b>Millville*</b>	Staples	<b>FEATURED EVENT*</b>

### NON-POINTS EVENTS

3/26	Sun		Mora*			
10/1	Sun		Mora*			
10/8	Sun	Echo Valley*		Millville*		

\* NON-POINTS EVENT                      **FEATURED EVENTS - 2 OR 3 MOTOS, POINTS AWARDED FOR EACH**

**VISIT [ARMCA.ORG](http://ARMCA.ORG) FOR SCHEDULE UPDATES AND EVENT INFORMATION**

# 2023 ARMCA SCHEDULE

# FXR

## ENDURO

6/3	River Valley ER	Huntersville – Youth
6/4	River Valley ER	Huntersville
7/8	Norsemen	Mora – Youth
7/9	Norsemen	Mora
7/22	Central Iowa ER	Dayton, IA – Youth
7/23	Central Iowa ER	Dayton, IA
8/12	Paul Bunyan FR	Akeley – Youth
8/13	Paul Bunyan FR	Akeley
8/19	Straight Arrows ER	Duquette – Youth
8/20	Straight Arrows ER	Duquette



## HARESCRAMBLES

5/14	Hi Winders	Millville
6/10	BCMx	Cambridge – A, AA, Youth
6/11	BCMx	Cambridge – C & B
6/25	RPM	Off-Road Nevis
7/30	Norsemen	Trollhaugen
8/6	Range Riders	Brookston
8/26	RPM Off-Road	Crosby – Youth & C
8/27	RPM Off-Road	Crosby – AA, A, B
9/17	MotoCity	Staples
10/1	Golden Eagles	Millville
10/29	Straight Arrows ER	Willow River



## FLAT TRACK

4/22	Cedar Lake Arena	New Richmond, WI
4/23	Cedar Lake Arena	New Richmond, WI
5/13	Mississippi Thunder	Fountain City, WI
5/14	Mississippi Thunder	Fountain City, WI - Rain Date
5/20	Flying Dutchmen MC	New Ulm – <b>Bikes only</b>
5/21	Flying Dutchmen MC	New Ulm – <b>Bikes only</b>
6/24	Jacks of Spade	Jordan – <b>Bikes only</b>
6/25	Jacks of Spade	Jordan – <b>Bikes only</b>
7/22	Flying Dutchmen MC	New Ulm – <b>Bikes only</b> *
7/23	Flying Dutchmen MC	New Ulm – Bikes only *
* 5/20-21 Rain Date(s) or Practice		
9/16	Flying Dutchmen MC	New Ulm – <b>Bikes only</b>
9/17	Flying Dutchmen MC	New Ulm – <b>Bikes only</b>
10/7	Cedar Lake Arena	New Richmond, WI
10/8	Cedar Lake Arena	New Richmond, WI

## HILL CLIMB

5/6	Indianhead MC	Red Wing
5/7	Indianhead MC	Red Wing
6/17	Kato Cycle Club	Mankato
6/18	Kato Cycle Club	Mankato
6/24	CMJ Raceway	Hixton, WI
6/25	CMJ Raceway	Hixton, WI
7/8	Valley Springs MC	Bay City, WI - <b>No Points*</b>
<b>*American Hillclimb - Sanctioned by AMA Pro Racing</b>		
7/9	Valley Springs MC	Bay City, WI - <b>No Points*</b>
<b>*AMA Semi Pro and Youth</b>		
7/22	Indianhead MC	Red Wing
7/23	Indianhead MC	Red Wing
8/26	Kato Cycle Club	Mankato
8/27	Flying Dutchmen MC	New Ulm

## DUAL SPORT

8/19	Valley Springs MC	Ellsworth, WI
9/23	Twin Cities TR	Huntersville
9/24	Twin Cities TR	Huntersville
10/7	Norsemen	Danbury, WI
10/8	Norsemen	Danbury, WI

## ROAD

4/15	North Star - Flood Run	Lake St. Croix Beach
7/23	Kato Cycle Club	Mankato
8/19	MS River Road	Lakeville
9/16	North Star – Flood Run	Lake St. Croix Beach



## TRAIL RIDE

5/20	Golden Eagles	Theilman
5/21	Golden Eagles	Theilman
6/17	Twin Cities TR	Millville - <b>Beginner Ride</b>
7/8	Kato Cycle Club	Mankato
7/9	Kato Cycle Club	Mankato
7/16	Twin Cities TR	Rum River - <b>Vintage Ride</b>
7/22	Twin Cities TR	Huntersville - <b>Ladies' Ride</b>
7/23	Twin Cities TR	Huntersville - <b>Ladies' Ride</b>
9/9	Golden Eagles	Theilman
9/10	Golden Eagles	Theilman
9/23	Twin Cities TR	Huntersville
9/24	Twin Cities TR	Huntersville
10/18	Paul Bunyan FR	Akeley

VISIT [ARMCA.ORG](http://ARMCA.ORG) FOR SCHEDULE UPDATES AND EVENT INFORMATION

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# BEGINNER AND LADIES RIDES

BY: KAREN UMPHRESS

The Twin Cities Trail Riders TCTR is a non-competition dirt bike club whose mission involves having fun while riding, regardless of the skill level, with families and friends as well as bringing new people into the sport. To support these goals, TCTR began hosting an annual Beginner Ride in 2018. This year's event will be held on Saturday, June 17.

The purpose of this ride is to provide an area for beginner dirt bike riders to develop skills before riding on public trails. This is accomplished by providing Dirt Bike School training classes, a Motorcycle Safety Foundation curriculum, at a subsidized cost and by providing skills building opportunities. The opportunities include cones set in a grassy area along with instructional signs to help riders with skills building exercises, a grass track, a couple of short and wider trails, and a mini track.

Beginners can get this additional seat-time without the worry of more experienced riders wishing to pass or other vehicle traffic on the trails. Spring Creek Motocross Park has graciously allowed the ride to be at

their facility since the first ride.

TCTR added a Ladies Ride in 2020 to help women become more comfortable with the entire trail riding experience. This ride is open to anyone, young or old, male or female, but focuses on the ladies.



The ride offers a weekend of fun including guided rides through the Huntersville State Forest, how-to sessions, and riding games. Past how-to sessions have included how motorcycle engines work, riding through sand or other tricky areas,

using the Avenza Maps navigational tool, basic motorcycle maintenance, tire changing, etc. Riding games have included a slow ride, riding a plank (on the ground), and a cone weave.

Guided rides are for all skill levels and include a forest road ride and a fast-paced ride through single-track trails. Huntersville State Forest boasts more than 70 miles of single-track trails and several miles of forest roads. Primitive camping is included in the ride. This year's event will be July 22–23.



For more information about these and other TCTR events, check out their website at [tctrailriders.org](http://tctrailriders.org) or on the Facebook page at [facebook.com/TwinCitiesTrailRiders](https://facebook.com/TwinCitiesTrailRiders).

*Photos courtesy of Doug Marsh*



# GOVERNMENT IN MOTION

BY: TOM UMPHRESS

## Meet Your Government Relations Team



ARMCA/D23 has 4 people that work on legislative and state government related items for the membership. Tom and Karen Umphress are the elected Government Relations Officers on the Board. Our Lobbyists are Ray Bohn, and his associate, Tom Hackbarth.

Tom and Karen Umphress are founders of the Twin Cities Trail Riders dirt bike club here in Minnesota. In addition, Tom and Karen have many other current and past affiliations:

- Tom is a Board member of the American Motorcyclist Association, the Minnesota Recreational Trail Users Association, and the Coalition of Recreational Trail Users
- Tom is a past Board member of the National Off-Highway Vehicle Conservation Council
- Karen is a Board member of the Minnesota Recreational Trail Users Association and the Coalition of Recreational Trail Users

- Karen is the State Chapter Coordinator of the AMA for Minnesota.
- Karen is a past Board member of American Trails and a past staff member of the National Off-Highway Vehicle Conservation Council

Tom and Karen have been the Government Relations Officers since 1999. They work with our lobbyists to help create favorable laws for motorcycle riding in Minnesota. More importantly, the team helps defeat unfavorable bills that would be detrimental to both motorcycle riding and off-road riding in the State.

The couple also works with the Minnesota Department of Natural Resources. This involves several meetings a year including seasonal meetings with the Parks and Trails staff, meetings on special topics such as the Grant-In-Aid program, and special meetings such as meetings with upper-level management to work to move projects forward.

## Can you change the course of politics?

We hear the question of “**Can I actually make a difference?**” in what happens at the legislature.

The answer to that question is “**Yes, you can!**”

SF1324 – The hearing of this bill was cancelled due to the number of people who reached out to their State Senators and House Representatives. This bill would have set riding opportunities in the state back almost 20 years.

Did you know that it only takes around 7 contacts to an elected official from constituents for them to wonder what has people riled up on non-hot button issues such as abortion or gun control. Many people complain, but not many contact their representatives. Form letters and petitions don't really work, all comments submitted this way end up counting as one comment unless you can customize your response, including the subject line.

To find out who represents you at the state capital you can visit [leg.mn.gov/](http://leg.mn.gov/) and use the “Who Represents Me?” links for both bodies. Just reaching out and identifying yourself as a constituent and an off-highway motorcycle (OHM) rider, without having a specific issue to bring forward, can make a difference.



# ADVENTURE AND DUAL SPORT RIDING

BY: MIKE LARSON

Adventure riding is often associated with larger motorcycles sporting knobby tires and possibly luggage. Adventure riding means to venture into the unknown. Distance travel using secondary roads, gravel, forest roads, two track, some trail following GPS tracks laid down by many riders before you, often camping, covering large distances.

Minnesota has 3 great routes, Wisconsin has 2, South Dakota has 3, Iowa 2. There are several Backroad Discovery Routes “BDR” tracks available for 12 different states as well, some extremely challenging with mileage ranging from 600–1200 miles in length. Many secondary routes also exist in most states that are shorter in length.

This will change the way you look and

think about distance motorcycling.

Comparably, dual sport riding is usually done with a smaller bike resembling a pure dirt bike but being street legal, and while many dual sport bikes do ride Adventure Routes, a traditional dual sport event usually focuses on more difficult terrain including several enduro routes incorporating technical single trails more suited to off road competition bikes. These events are usually tied together with two track, gravel, some pavement, and usually less than 200 miles in length. These events are gaining in popularity. They offer a variety of challenges, but are completion rides and are largely non competitive.

The Norsemen Motorcycle Club puts on an awesome 2 day dual sport event every year in Danbury, WI



(October 7–8). It is “Big Bike Friendly” as well.

If you’ve ever thought about either of these disciplines, they complement each other well. Most important though.....*Ride*.



# RACE RESULTS



APRIL 29-30

## **Nico Trkla**

*"Had a great time at Spring Creek Motocross Park 4/29-4/30. Had a good set of first motos, I took 3rd in the 85 9-11 and 3rd in the 85 9-12. Had a mechanical issue in the second moto of the 85 9-11 and a nasty crash in the second moto of the 85 9-12 so I didn't end up placing where I should have."*

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# LECTION OF DIRT BIKES



# FLAT TRACK: JACKS OF SPADE YOUTH PROGRAM

BY: JACKIE RIESS



spend a day at the track, learn how to ride and race, and make new friends, 100% free. This program includes a wide selection of top of the line safety equipment and race bikes for youth riders to use free of charge while racing and training. Jacks of Spade also has volunteer coaches at every event to help train new riders, and covers the fees associated with race day. This includes pit passes for the racer and up to two parents, AMA and D23 ARMCA day memberships, and up to 2 paid classes.



The Jacks of Spade Youth Program was founded in 2022 as a means of growing D23 ARMCA Flat Track racing. The Youth Program is comprised of the Youth Race Team, the New Kids on the Block program, and the annual To the MaXX race.

must sign a contract, but the team contract has no obligations for competition. Instead, off-track behavior such as good grades, completing chores, making new friends, helping other racers, and assisting in the New Kids on the Block program are rewarded with a spot on the team. In 2023, the team consists of 5 racers (3 girls and 2 boys), an increased number from the 2022 team.

The New Kids on the Block program provides youth the opportunity to experience motorcycling in a Flat Track setting. This allows them to



The youth on the Race Team are invited based on their attitudes off the track and the positive culture that they help to build towards newcomers at every D23 ARMCA event. In order to maintain their position on the team, each racer



And finally, in 2022 with the founding of the Youth Program, Jacks of Spade became a 501c3 Non-Profit Organization and an AMA sanctioned race promoter. They rented out the Scott County Fairgrounds, built a track, recruited an entire crew of volunteers, and promoted their first race. To the MaXX racing was born, and is now continued annually (June 24–25). Jacks of Spade utilizes the funds from this event to support the other aspects of the Jacks of Spade Youth Program.

If you'd like to learn more about the Jacks of Spade Youth Program in any aspect, please visit [jacksofspade.com](http://jacksofspade.com) or [@JacksofSpade](https://www.instagram.com/JacksofSpade) [@JacksofSpadeYouthProgram](https://www.instagram.com/JacksofSpadeYouthProgram) on social media.



# RACE RESULTS



## Justin Nikkola

"Successful season opener out at Cedar Lake Arena in New Richmond, WI! After a long winter it felt great to finally race a motorcycle and see all the Flat Track Family. Can't thank HMS Creative & Tim McBride Photo enough for coming out and getting some shots of us!"



FLAT TRACK  
APRIL 22-23



ECHO VALLEY  
MOTOCROSS PARK  
MAY 7

## Hadley Winther #226

Despite the weather, this week-end was awesome! Had so much fun racing my dirt bikes.



# SPRING CREEK MX PARK

**What is Spring Creek MX Park?** A Motocross Track located on Highway 60, 9 Miles east of Zumbro Falls MN. It is owned by John and Greta Martin and has been built up into one of the top MX tracks in the United States. It is one of twelve facilities to host a Professional Motocross race.



Luloff and Roger Schellhammer, both ex racers help with track maintenance. John oversees the track crew which consists of many volunteers, Matt Schellhammer, Ryan Smith, Mike Janovski, Brent Bjugan, Adam Guberud, Joel Lenz, Joe Kidd, gate dropper big Tom Kidd, and Tim Walker among a few others. Mike Quinn Sr now spends most of each week helping John with a myriad of jobs, and has served as Race Referee for over 25 years. Mike Quinn Jr and Jennifer Martin run scoring and sign up with the help of Missy Janovski. Lisa Boaz, Kristine Rumpca, and Carey Quinn are the primary ladies behind recording the numbers as the racers cross the scoring line. Nancy Kidd and Cindy Rumpca are the primary gatekeepers at the entrance to the park. Denise Lindahl, Scott and Joyce Cripps. Esequia Kidd makes sure our young racers on Track 2 have a quality race program.

## Who are the people behind SCMx?

Owners John and Greta Martin are the two driving factors behind SCMx. John has the primary responsibility of building, maintaining, prepping the track, and overseeing the track crew on practice and race days. Greta's primary responsibilities lie in the behind-the-scenes organizational tasks including office work, bookkeeping, sponsorship contracts, overseeing the concession stand operations and the front gate. Danny

## Why is SCMx passionate about supporting motorcycling in Minnesota?

Both John and Greta are passionate about riding, John himself is national class racer having won the 1985 National Hare Scrambles Championship. John and Greta have 2 sons Alex and Jeremy both of whom are Pro Motocross racers that have had success in the pro ranks with younger son Jeremy a 2-time outdoor National Champion in the 250cc

class. John grew up in a riding family, his love of off-road racing coming from his father. John raced both the National Enduro Series and National Hare Scrambles Series for many years. He was a factory racer for Can Am and ATK. Greta has been with him since his early days as a factory racer. Racing is in their blood. They both inspire those around them to be better and to improve the sport for all of the racers coming to SCP. 2023 will also see the addition of elder son Alex Martin to our staff as he has officially retired from the Pro MX racing.



## What are the long-term goals of SCMx?

Long Term goals include supporting D23 and increasing district membership. Another goal is establishing a land buffer around the facility to ensure a solid future for mx racing in our area and state. As we as owners get older we are looking to the future as we want the legacy of SCP MX Park to continue for many decades to come. SCP has a rich history that dates back to Hillclimb events in the 1960's. Motocross at the facility started in 1971, we want to keep it going into the distant future.



# TROLL TRAINING

SAFE. INTELLIGENT. EFFECTIVE.

BY: ALEX MARTIN

Hey there! I'm excited to use this column to pass along the knowledge and wisdom I've learned while racing professionally for 15 years on a variety of topics related to dirt bikes, health and fitness. I would like to touch on the fundamentals of riding a motorcycle. Now even if you've been riding for years don't turn the page! This information can be applied to all ages and all skill levels. Throughout my career I would regularly remind myself of these techniques and practice them almost every time I rode my motorcycle.

**The 7 Fundamentals:** Proper riding technique is essential to safely riding a motorcycle and even more necessary if you want to go fast. It will allow you to attack the obstacles at your local track safely, effectively, and with increased confidence.

1. Elbows up: Getting your elbows up will give you increased control of the bike at all times; allowing you to corner faster and help you in high-speed situations where you may be susceptible to "headshake". This also forces your body to be farther forward leading to more weight on the front tire, which in turn helps keep the front end from washing out.
2. Head centered over the bars: If you look at all the top pros, one thing you will notice is that no matter where they are on the track, their head is almost always directly over the handlebars. Keeping centered increases your control and stability of the motorcycle.
3. Grip with the legs: Gripping with your legs, standing in rough areas of the track, and in kinked, rutted



corners will allow you to minimize the energy required of your upper body. Energy is a finite resource, so save it for the parts of the body that can utilize it most effectively, and give your upper body a break!

4. Unlock the hips-but out: This is absolutely critical if you want to hit a set of whoops or attack a straightaway with speed.
5. Balls of your feet: Whether sitting or standing, you always want to be on the balls of your feet. This allows your body to be more responsive and ready for whatever comes your way. You simply won't be as ready to react if you are standing on your heels. This also will give you a few more inches of "free" suspension to help you absorb those rough areas of the track.
6. Look ahead: Get in the habit of looking a good distance ahead, you want to be prepared for what's to come and if you're looking 30-50 feet ahead down a straightaway vs 10 feet, this extra distance can make a huge difference! This will also make finding alternate line choices easier.
7. Breathe and relax your grip: We all have the tendency to hold our



breath and grip extra tight when navigating a tricky section of the track. Actively telling yourself to breathe and relax your grip can be a massive help in delivering fresh oxygen to those muscles you're working so hard. Have someone put on the pit board "breathe", or write a message on your bar pad.

If you are interested in learning more head over to our website, [trolltraining.com](http://trolltraining.com). We offer physical fitness programs, merchandise and host riding schools at Spring Creek Mx throughout the summer. We strive to make riders and athletes of all ages and abilities the best versions of themselves.

*Thanks for reading!*



# RACE RESULTS

## QUAD MX DOUBLE HEADER APRIL 29-30

### Carter and Chloe *Written by: Cody Anderson*

"Had the first District 23 ARMCA race of the season last weekend at BCMX in Cambridge. First off, hats off to the Barna family and their whole crew. With all the snow melt, rain, cloudy weather the north track was in tough shape Friday and Saturday. BCMX was great about communication early on and coming up with other possible solutions so we could still race. On top of that, they worked tirelessly to get the North track ready to race Sunday. The hard work paid off and we had a great event on both tracks. @bcmx is absolutely first class in what they do. Races went smooth, fast and efficient. Thank you BCMX and the Barna family!!

After a LONG winter, the kids hopped on their wheelers and seemed to pick up right where they left off. Carter came home with a 2nd and 3rd and I THINK Chloe got a 4th and a 5th? Probably would have done better but one race she looped out her 90 and the other she had it standing at about 12:00. Maybe I should change a few things.

Thank you, Karisa Quast, for taking the photos!"



## QUAD MX APRIL 29-30

### Ethan Strang

"First D23 race of the season  
Saturday: blew up motor in practice.

Sunday: 1st in both motos for 1st overall.

Thank you BCMX"



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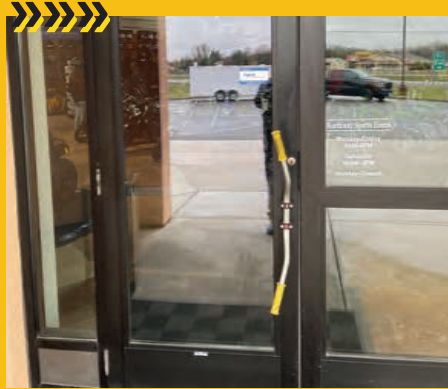
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# AROUND THE PITS AND MORE ...



Althoff and Wittman getting their fish on at Spring Creek.



You will find this moto door handle at Northway Sports in East Bethel.



You'll find Donny and hundreds of other photos on Larson's Cycle hallway of Moto history.



The Babbe brothers are really looking forward to riding and racing in 2023.



Jerry Schulze lining up on the outside



Woody at The Bridge getting Spencer Wallace his pit vehicle pass



Rhett Appel visiting his Championship banner at the KTM Peewee Track.



Johnny D with Ricky Carmichael, sporting the flannels, at the 2018 MX of Nations.





My favorite part of race day is hanging with my buds! Moto friends are the best friends! - *Brayden Johnsen*



MN's own Jake Vanada national race chaplain for SX and MX, does chapel service at every race.



Mariah and Mason Tichy excited for their 1st year racing D23 ARMCA!  
- *Mike Tichy*



Damon Frick, Dan Jacobsen Jr., and Lowell Bronstead help out their buddy, Jake Rehberger, and rejeat his bike before the season opener.



In the pits at Battle at the Barn in Des Moines, IA.. Mac McGrew, Matt Johnson, Lowell Bronstad, & Cooper Mindiola, chat it out.



Trish Dahl and Justin Nikkola were all smiles with fresh plastics and wraps on their bikes for the 2023 season.



5 year old Cooper Mindiola taking a break during the D23 youth practice day prior to the season opener at Cedar Lake Arena.



# FASTER FOR THE MASTER

BY: JAKE VANADA



Being a race chaplain is quite a ride. I get to work with some of the fastest dudes on the planet every single weekend at the races. Eli Tomac, Chase Sexton, Jett Lawrence, Cooper Webb...the list goes on. Seeing these guys compete on the biggest stage of our sport and bring the speed each round is mind-blowing to me.

These athletes are on a different level than most of us for sure. Their ability to see the lines, the rhythms and even the fastest way through the start straight is compelling to me. Their eyes tell the story of the focus that they have on what is coming. I see it in the photo's or even some of the shots from NBC, our athletes *steer where they stare*. We all do, both when we ride, and in life. It's how we go faster.

"Look through the corner" is a line I have heard a lot at our FCA MX Camp in Minnesota, as instructors teach young riders how to go fast. I see this happen every weekend at Supercross. When Eli won in Glendale this year, there is this picture I saw of his head...close up right on his eyes and Oakley goggles/ Bell Helmet...he was looking through the corner with a focus and an

intensity that sticks out in my mind. The Bible talks about having this kind of "steer where we stare" approach to faith in our life.

### Philippians 3:12-13

*<sup>12</sup> I don't mean to say that I have already achieved these things or that I have already reached perfection. But I press on to possess that perfection for which Christ Jesus first possessed me. <sup>13</sup> No, dear brothers and sisters, I have not achieved it, <sup>[a]</sup> but I focus on this one thing: Forgetting the past and looking forward to what lies ahead,"*

I think those of us in moto probably have a better idea of what this verse means than most of the rest of our fellow humans on the planet.

Here is how I see this working in my life. When I focus my eyes (or stare) at perfection trying to copy what I see (which is Jesus) and put more attention on where my life is going than my past... then I start to pick up speed in my faith. I steer where I stare. I want my life to stare at the ultimate champion of life: Jesus— what He taught, what He said, His commands and promises.

Eli shows me how to do this well each time he throws a leg over that Star Racing Yamaha. Jesus shows me how to do this every time I pick up His Word and read it.

Lets Ride.  
Faster for the Master.  
Giddyup!



Jake Vanada  
National Supercross and  
Motocross Chaplain  
Visit us at [sxmxoutreach.org](http://sxmxoutreach.org)

*Jake Vanada lives in Albertville Minnesota with his wife Christy. They both serve as the full-time chaplain's for Supercross and Motocross and travel to each round of both series. They have 2 adult children, Jackson and Abigail.*

**See you at the races!**

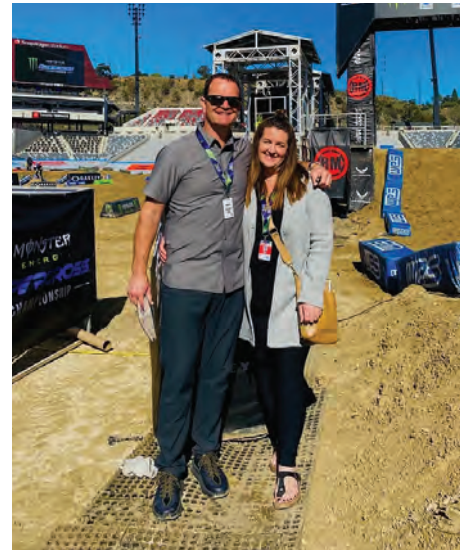
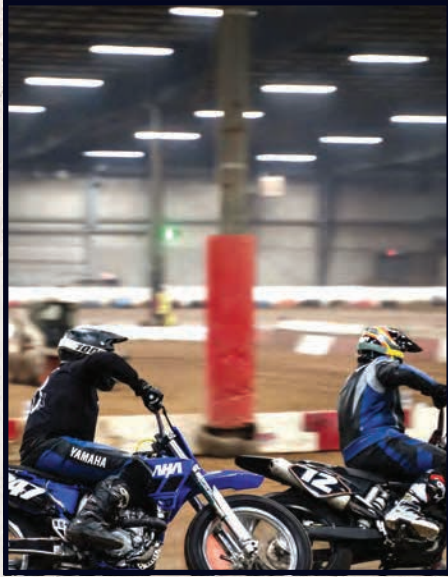


Photo by BrownDogWilson

# RACE RESULTS

## MOTOCROSS BCMX MAY 7



### **Hayden Finch** *Written by: Tom Finch*

Day two at BCMX Cambridge was race day. Hayden took his first starting gates on track and was in full competition for the first time. He did great, and I'm really proud of him. He kept the bike upright and going forward most of the time, which seemed to be a good strategy as the other kids were falling down even more than he. First race was a fourth place, and the second race he was on track for third place, but got into a altercation with another rider in the second to the last corner resulting in both of them going to the back of the field. The most important thing is he truly enjoyed himself, and explored the possibilities of what he can do. When we got home, he started cleaning his motorcycle off with the hose and continued to clean up the whole inside of the trailer, and put all the tools and gear away unsolicited. That showed me humility and appreciation. As a parent it was really cool to watch my Son quite literally grow up before my eyes. If only just a little bit. Keep up the great work buddy.



*Signed,  
Your biggest fan. Dad*



There are a number of reasons to join. **ARMCA** stands for **Amateur Riders Motorcycle Association**.

It is our local District 23 of the American Motorcyclists Association (AMA).

**ARMCA** is the most recognized Off-Highway Motorcycle Association in the state. It is recognized by the State Legislature, the Department of Natural Resources, and the other Off-Highway Vehicle Associations.

**ARMCA** employs the services of a full time lobbyist to make sure that we are aware of what is going on at

## WHY JOIN ARMCA?

the capitol and to help make sure our voice is heard.

**ARMCA** is the body that provides year end awards and recognition to those who enjoy the competition side of our sport.

**ARMCA** provides a central connection for all of the different clubs and promoters within the state.

**ARMCA** has a legal defense fund to help with the legal battles that we know lay ahead of us in our pursuit to preserve our sport in the years to come.

**ARMCA** "Trail Rider" membership is only \$10 a year (\$15 online). More information on joining can be found at [armca.org/join](http://armca.org/join)

**ARMCA** "Competition" membership is \$40 mailed, \$45 online, or \$50 at the track. Learn more at [armca.org](http://armca.org).

**ARMCA** membership provides you with a subscription to our new ARMCA magazine.



# RACE RESULTS

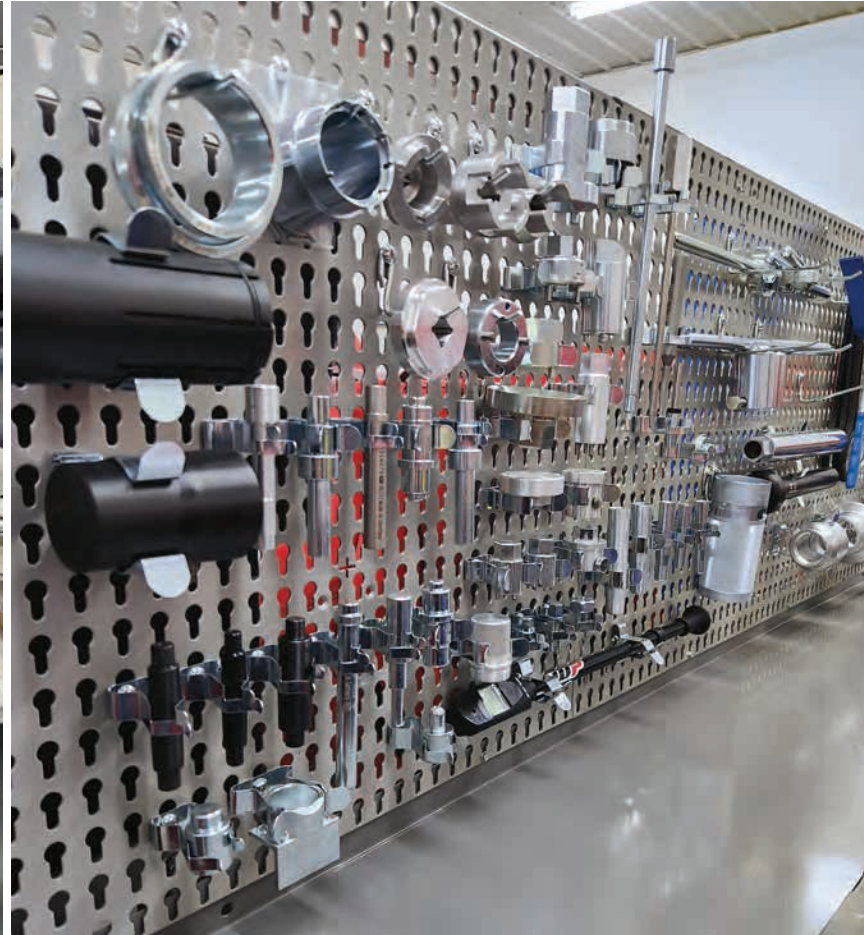
## *Hillclimb at Indianhead Cycle Club*

It's finally hillclimb season again! We had a great opener Saturday, May 6th at Indianhead Cycle Club in Red Wing. Despite some pretty intense rain Friday night, the hill was prime! We saw quick rides as well as a few wild dismounts. Unfortunately, the rains returned with a vengeance Saturday night, which forced a cancellation for Sunday. Nonetheless, it was a fantastic event and we can't wait to be back to Indianhead in July!



*Photos courtesy of 1 Hundred Designs*

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# BERM BENDERS RACEWAY



**B**erm Benders Raceway was originated by 5 families in the 1970's, until the Caswell family took it over from 2004-2021, and is currently owned by the Arends family. The location is 9 miles East of Mora on Hwy 23 to 2393 Sherwood St, Brook Park, Minnesota. Mark Arends passion for motocross started at a young age when his brother Joe Arends used to bring him racing and it continues today. Berm Benders Raceway has always been his favorite track in Minnesota, so when the opportunity came to own it, he couldn't pass up the offer. We couldn't be happier to work with all these great people and give back to the motocross community.

Berm Benders motocross track is known for its perfect dirt, step-ups, jumps, whoops and of course berms. This AMA/District 23 facility is open to the general public and offers a wide range of activities for casual riders, beginners, intermediate and professional riders.



**Track Amenities:** The facility also offers trackside support on event weekends from Vaith's Cycle and PDR Performance to keep you on the track. Mike's Small Engines offers a wash station with pressure washers to keep your machines clean. F and A's Chuck Wagon is always on-site during events to keep riders and spectators' hunger needs satisfied, from burgers to ice cream. There are live announcements on the PA system and radio station at all their events to keep you up on all the action.

**Weekday Practices** on Tuesday and Thursdays from 4-8pm.

**Race Event Weekends** offer Saturday Practice from 9-3pm and Racing on Sundays at 8am.

Follow us on Facebook and Instagram for up-to-date information and questions.

*Photos Provided by: Shoot for the Cause, KC Sports Media and Sky Arends Photography.*

**Other Amenities** include Pit Bike Track, Pedal Bike Track, Stacyc Races, Playground, Bingo, Community Fires, Smores, Silent Auctions, Live Auctions, Cornhole Tournaments, Crafts, Music and much more.

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110/90-19	<b>\$119.99</b>
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