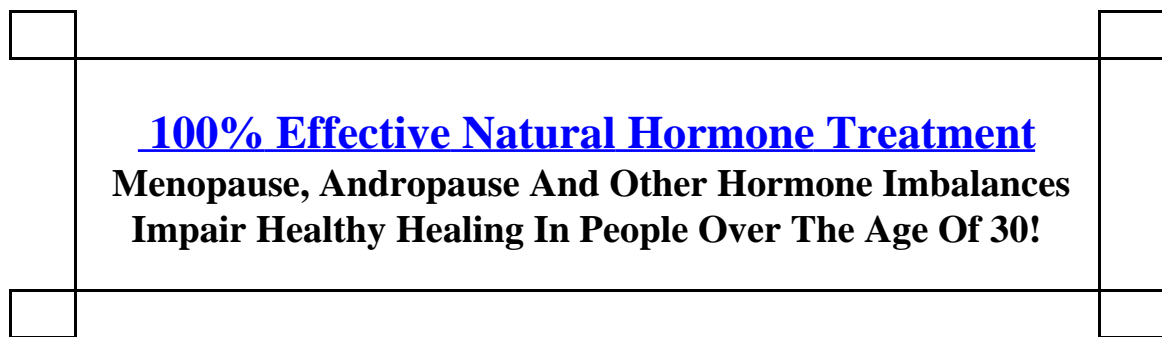


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Building a BMX Bunny Hop Trainer.

By Written by: Ivan Gotta Crotchful

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Learning to get enough height to start grinding and stalling can be a real challenge for the beginning BMX biker. Here is something that can be built and used to get the heights needed. The best part about it that it is cheap and easy to build. Materials can found at your local lumber/hardware store. The materials needed are as follows;

2-2"x4"x3'board

1-1/2"x8' piece of hard plastic water pipe.

20-2" finish nails.

1-3/4"x1'x4' plywood

4-3"deck screws

With the materials assemble as the diagram illustrates.

"You can see the detailed picture at www.evilmx.biz under articles page".

The 3" deck screws come up from the bottom of the plywood into the 2"x4"x3' boards.

The finishing nails are nailed into the board about 1/2" to 3/4" The nails provide a place for the plastic pipe to hang. You can put the nails 1" apart going up on each side.

Using the Bunny Hop Trainer.

Set the trainer in the middle of the area you are going practice. Set the pipe on the lowest nail to get use to it. Start from the opposite side where the pipe hangs and ride towards the pipe and hop over it. If you hit the pipe it will simply fall off the hanger. When you clear the pipe with ease raise it another 1". You will find after using the Bunny Hop Trainer your grinding and stalls will be easier at the Skate Park or street riding. You can amaze your BMX and skateboarding hobbies with your new learned skills.

Ivan Crotchful is a BMX flatlander who contributes articles to EVILBMX. He claimed to be a nymphomaniac until he found out what it really meant. He use to listen to a punk band called The Nymrods and he thought a nympho was a band groupie. You can read this article and others at www.evilmx.biz.

Making a BMX Writer out of you

By Kevin Doberstein

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So you would like to write BMX articles. Maybe you want to write a scene report, a contest, a recent roadtrip, a product review or any other BMX related topics. Your ultimate goal is to be published in an e-zine or a BMX magazine. I listed some ideas below that may help you get started.

The first thing to do is make an outline of the article you want to write. This will help you stay on track when you are writing the article. This will also keep you from rambling off and losing your reader. Below is the outline for this article that I prepared.

Title; Making a BMX Writer out of you.

- Introduction
- Create Outline
- Writing for the reading audience this article is intended.
- Length of article.
- Submitting pictures for the article.
- Proofing the article after it is written.
- What to do with the article after it is done.

When you are writing an article you must take into consideration who the intended readers will be. If you are writing for a general audience such as a newspaper article it doesn't make any sense to talk about doing tailwhips to manual or maybe a toothpick on a subbox. Instead you would say the BMX rider is performing a bike trick on the ramp. If you are writing a scene report for a BMX rider reader you would not bore them to death saying the rider was doing a BMX bike trick. Something better would be "he was out of control whipping out tailwhips to icepicks on the spine".

Write an article to lengthy and you will probably lose you reader before he or she is done with it. I never write articles over 500 words. This article has 470 words. If you have a long article you should find sentences that could be taken out.

Generally when I submit pictures I send them by e-mail as .jpg extension files and I also send a clear hard copy (photo paper) to the editor. I also mention who took the picture and who is in the picture.

After finishing your article read it and make sure all the words are spelled correctly and you have used proper grammar. Also make sure the article flows and makes sense. After doing that have at least one other person that is good in the subject of English proof it also. Even better have another person proof your work. Sometimes if it is an important article I will have a third person read it.

You can submit it to Evilbmx. The editors will look at it and decide if they will work it in the next e-zine. There is also many article directories you can submit it to on the web. Some of the directories are:
http://ezinearticles.com/add_url.html

<http://www.goarticles.com/>

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Impair Healthy Healing In People Over The Age Of 30!**