

## Freestyle BMX: doing what feels good

The best thing about freestyle BMX, rider Paul Langlands says, is the feeling you get when you land a trick.

“Especially one you haven’t landed before.”

He would know. Paul is part of the BMX team performing at this year’s WoodFest; they’ve been practising and training together for more than 10 years.

“We each have backyard training facilities and practice together on regular occasions,” Paul says.

He has competed in some of the biggest international BMX events, including major Red Bull competitions, which he’s often placed in or won. He also holds the world record for the longest distance dirt jump.

While weather conditions – wind and rain – can hamper a rider, a good thing about freestyle BMX is that the sport is open to interpretation.

“Riders can do what feels good, and progress from there.”

The others in his team are a combination of BMX and mountain bike riders. Based around the Waikato, they’re ranked top in national competitions. They’ll join the FMX Pros in showing off daring stunts such as backflips, 360° rotations and Superman combinations at WoodFest.

What do they hope to get out of this? “To captivate the crowd with an exciting, exhilarating performance,” Paul says.