



City of Glendale
5850 W. Glendale Ave. / Glendale, Arizona 85301



FOR IMMEDIATE RELEASE: April 11, 2018
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DON'T MISS OUT ON THE GLENDALE FAMILY BIKE RIDE DURING EARTH DAY APRIL 22 *Act Now and Register!*

GLENDALE, Ariz. – Join hundreds of riders for wonderful spring weather and great exercise at the free, annual Glendale Family Bike Ride on Earth Day, Sunday, April 22, starting out from Sahuaro Ranch Park, 59th Ave. and Mountain View Rd.

This traditional annual ride for all ages and levels of riders, from kids to adults, will again feature three routes – short, long and extended (6, 15 or 23 miles). Bicyclists will enjoy a leisurely ride through Glendale's neighborhoods and portions of scenic Thunderbird Paseo, Skunk Creek pathways and across the pedestrian/bicycle bridge over Loop 101.

Glendale Family Bike Ride begins at 8 a.m. and all riders must get on the road by 9 a.m. Complimentary snacks and water will be provided at three rest stops along the route.

Helmets are required for all participants. While supplies last, free helmets will be available at the event or riders can recycle an old helmet for a new one. In addition, the GUS Bus will continuously circuit the route to assist any riders in need.

Along with many free park activities, new this year is a Bike Rodeo with a skills course for young riders. A bike checkup station, bicycle and traffic safety information, health and wellness booths, music and inflatable kid rides are available before and after the ride.

A free event T-shirt will be given to the first 600 participants to register and a keepsake medal will be presented to all finishers. Riders are encouraged to bring their friends and the whole family for great weather and free entertainment.

Registration, release forms and helmets are required. Participants under age 18 must be accompanied by an adult. To register, visit www.GlendaleAZ.com/FamilyBikeRide.cfm or call 623-930-2940 for more information. #GlendaleBikeRide

Glendale is one of several cities valleywide participating in Valley Metro's Valley Bike Month encouraging new riders to give cycling a try and drawing attention to the health and environmental benefits of bicycling as a fun, inexpensive and green way to commute.

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