

FOR IMMEDIATE RELEASE March 16, 2017
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GLENDALE FAMILY BIKE RIDE ROLLS THROUGH TOWN APRIL 2

Let's Ride!

GLENDALE, Ariz. – One of Glendale's favorite family traditions is back! Join hundreds of riders for wonderful weather and great exercise at the free, annual [Glendale Family Bike Ride](#) on Sunday, April 2, starting out from [Sahuaro Ranch Park](#), 59th Ave. and Mountain View Rd.

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

Registration is free and begins at 7 a.m. The 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 two rest stops along the route. In addition, the GUS Bus will continuously circuit the route to assist any riders in need.

Free activities beginning at 7 a.m. include music by DJ Ron Harkins, blood pressure checks offered by Barrows Neurological Institute, bike tune-ups provided by Southwest Bike and transit experts will be on hand instructing riders how to properly load a bike onto a Valley Metro bus. In addition, Glendale's Water Services Department will provide free water bottle fill-ups.

After the ride, children and families can enjoy music, ride inflatables, get information on bicycle safety and transportation services, relax with a free chair massage and purchase tasty treats from Waffle Crush and Java Stop food trucks at Sahuaro Ranch Park until 12 p.m. Bring your friends and the whole family for great weather and free entertainment.

Registration, release forms and helmets are required. Bike safety helmets can be purchased at the event for \$10 (cash only). 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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