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GET ROLLING WITH THE GLENDALE FAMILY BIKE RIDE APRIL 13

Glendale, Ariz. --- One of Glendale's favorite family traditions is back! Join hundreds of riders for wonderful weather and great exercise at the annual Glendale Family Bike Ride on Sunday, April 13 at Sahuaro Ranch Park, located at 59th Avenue and Mountain View Road.

This free ride, for all ages and levels of riders, will feature an extended route this year to showcase the 63rd Avenue Pedestrian Bridge, with the options of a six-, 15- or 23-mile ride. 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.

The first 500 people to pre-register (online or via mail) and participate will receive a free 2014 Glendale Family Bike Ride t-shirt. Helmets are required for this ride and can be purchased at the event for \$10 (cash or check only). On-site registration will be held 7-9 a.m. and the ride begins at 8 a.m. There is no registration fee. All riders must be on the road by 9 a.m. Snacks and water are provided at no cost at two rest stops along the routes. In addition, the GUS Bus continuously circuits the routes to assist any riders in need.

Activities will be offered to riders beginning at 7 a.m. that include music by DJ Ron Harkins, blood pressure checks by Barrows Neurological Institute, chair massages by Elements Therapeutic Massage and free bike tune ups provided by Southwest Bike. Valley Metro will also be on hand to instruct riders how to properly load a bike onto the bus. In addition, Glendale's Water Services Department will provide water for riders to fill their bottles and Glendale's transportation staff will also be giving out free bicycle safety items.

Family Bike Ride
Add 1.1.1.

After the ride, children and families can enjoy inflatables at Sahuaro Ranch Park until 11 a.m. Bring the whole family for great weather and free entertainment.

To pre-register and complete a waiver form or for more information, visit

www.glendaleaz.com/glendalefamilybikeride or call 623-930-2940.

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