



# MEDIA ADVISORY

DEPARTMENT OF COMMUNICATIONS  
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## ROLL INTO GLENDALE FOR FUN, EXERCISE AND EXPLORATION AT FAMILY BIKE RIDE

**GLENDALE, AZ:** It's almost time to grab your helmets, gather your loved ones and roll into Glendale for the fun-filled **FREE** Family Bike Ride, a tradition where people of all ages can engage in exercise, soak up beautiful scenery along bike paths and indulge in healthy treats and games.

**What:** In honor of Valley Bike Month in April, the Glendale Family Bike Ride 2025 will bring together riders of all ability levels to experience the city's bike pathways, bridges, trails and parks and gain valuable bicycle safety and educational information on April 6. Bicyclists can choose from three routes: Short (7 miles), Long (15 miles) or Extended (23 miles), and refuel on snacks and water provided along the journey.

All bikers must wear a helmet. Attendees can bring an old helmet to have transformed into a planter and obtain a **FREE** helmet. The first 500 people registered and in attendance at the event will receive a **FREE** T-shirt and everyone who completes the ride will get a unique participation medal.

**When:** The ride starts at 8 a.m. on April 6, while check-in and on-site registration begin at 7 a.m. Bicyclists must be on the road in their respective routes by 8:30 a.m.

**Where:** Sahuaro Ranch Park (Corner of 59<sup>th</sup> Avenue and Mountain View Road)

**Why:** To provide a **FREE** way for families and individuals to have fun together while boosting their fitness levels, as well as to promote alternative modes of transportation and health. Riders will also gain vital bicycle safety and educational information.

**Who:** Glendale's Transportation Department with support from other city departments and partnering organizations

Register today for the Glendale Family Bike at [Glendale Family Bike Ride - City of Glendale](#).

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