

FOR IMMEDIATE RELEASE

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**BIKE-TO-BREAKFAST AND CELEBRATE
ADMINISTRATIVE PROFESSIONALS DAY!**

GLENDALE, Ariz. – Are you burning all your energy biking to work?

Well, no sweat on April 25 because the city of Glendale is offering a special Bike-to-Breakfast celebration for Glendale residents.

Bike-to-Breakfast is Wednesday, April 25 from 6 a.m. to 9 a.m. at Glendale City Hall Amphitheater, located at 5850 W. Glendale Ave. Residents can enjoy a free breakfast buffet, while learning about the alternate ways of commuting to work.

Valley Metro will be on site with at an information booth and representatives will demonstrate how to load and unload a bike on the bus bike rack.

This day also marks Administrative Professionals Day and special gifts will be given to city of Glendale administrative professionals who commute by bike or alternate modes (bus, carpool, walk, telecommute).

Bike-to-Breakfast was created to promote bicycling as an alternate way to commute to work. This event is one of many that are being offered during “Valley Bike Month.” This campaign was designed to educate citizens about the importance of using bicycles as alternate mode of safe transportation, as well as bring awareness to the hundreds of miles of bike lanes, paths and trails that are used throughout Glendale and the Valley.

For more information, visit <http://www.glendaleaz.com>



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