

FOR IMMEDIATE RELEASE

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GET GREEN...RIDE A BIKE AT THE GLENDALE FAMILY BIKE RIDE

GLENDALE, Ariz. – Spring is in the air, making it a perfect time for a little two-wheel fun. Give back to the great outdoors by taking a green ride at this year's Glendale Family Bike Ride, where going "Green" is the theme.

The 2008 Glendale Family Bike Ride is Sunday, April 13, at Sahuaro Ranch Park, located at 59th Avenue and Mountain View Road. Registration for the ride is 7 –9 a.m. with the bike ride beginning at 8 a.m.

Participants will enjoy a free 6- or 12-mile leisurely bicycle ride through Glendale neighborhoods and sections of the Thunderbird Paseo Pathway.

Each participant needs to bring used, plastic grocery bags (Bashas' will recycle the bags) to exchange for a free ride T-shirt, and complimentary refreshment stops are available along the route. In addition, there will be food, entertainment and a Kids Entertainment Zone.

The city of Glendale partnered with various environmental groups to educate participants on the various ways to help clean up the environment. Some of the groups that will set up displays and informational booths are city of Glendale Recycling, Glendale Water Conservation, Bashas' (plastic grocery recycling station), Dependable Solar Products, US Green Building Council, a.k.a. Green Water for People and Arizona Department of Environmental Quality.

In addition, Arizona School of Massage Therapy volunteers will provide free massages to bike participants.



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Each rider is required to wear a helmet. Helmets may be purchased at the ride for \$10. The use of protective eyewear and other safety gear is strongly recommended.

Bike safety information will be available at the registration table. In addition, experts will be onsite to inspect children's helmets to check for proper wear. GUS the Bus will continuously circuit the route to pick up any riders struggling with disabled bikes or aching legs.

Bike routes and registration information is available at <http://www.glendaleaz.com>.

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