

FOR IMMEDIATE RELEASE

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Marketing/Communications

BIKE 101 FOR THE GLENDALE FAMILY BIKE RIDE ON MARCH 21

GLENDALE, Ariz. – Pull that bike out of the garage – it's perfect weather for bicycle-riding in Glendale! Glendale's Transportation Department is gearing up for two bicycling events in March and April.

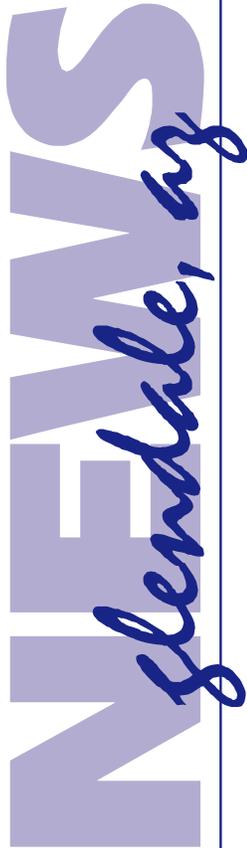
Back by popular demand, the 2009 Glendale Family Bike Ride is Sunday, April 19, at Sahuaro Ranch Park, located at 59th Avenue and Mountain View Road. Registration for the ride is 7 –9 a.m. with the bike ride beginning at 8 a.m.

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

A new event planned this year, prior to the Family Ride, is the Glendale Family Bike Rodeo, which was created to help families prepare for the Glendale Family Bike Ride. Staff from the Glendale Transportation Department will be teaching bicycle safety and instruction to kids of all ages on Saturday, March 21 from 11 a.m. to 1 p.m. at Northern Horizon Park, located at 63rd Ave. and Northern. Registration begins at 10:30 a.m.

Bike rodeo participants will go through an obstacle skills course, featuring five interactive learning stations. Individuals will learn how to ride safely and tips on what to do in a real life situations.

The safety lessons include how to properly fit your helmet; a safety checklist to ensure your bike is ready to ride; how to ride out of the driveway safely; how to safely deal with an intersection; learning to control a bike while



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looking over the shoulder; and how to avoid street hazards, such as rocks in the path of a bike.

For more information on the Glendale Bike Rodeo, call Rhianna Adams at 623.930.2662 or email at radams@glendaleaz.com. For more information on the Glendale Family Bide Ride, visit www.glendaleaz.com/transportation.

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