

FOR IMMEDIATE RELEASE

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GLENDALE BIKE RODEO TEACHES VALLEY KIDS HOW TO RIDE A BIKE

GLENDALE, Ariz. – Cool temps make for perfect bicycle riding and the city of Glendale is offering a bike rodeo to prepare kids for the bicycle season.

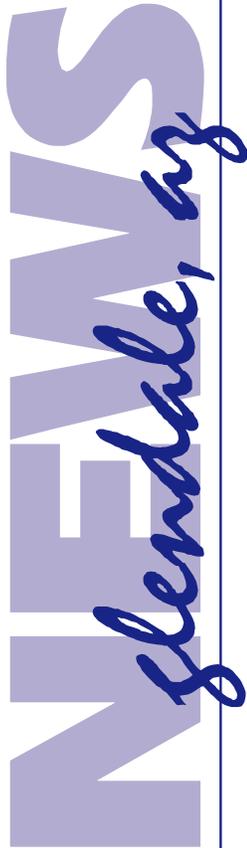
Staff from the Glendale transportation and police departments will be teaching bicycle safety and instruction to kids ages 5-13 on Saturday, Nov. 7 from 9 to 11:30 a.m. at Sierra Verde Elementary School, located at 7241 W. Rose Garden Lane (north of Loop 101).

The Glendale Family Bike Rodeo was created to promote safety awareness and to provide real-life scenarios to help kids learn how to maneuver and make quick decisions while riding a bike.

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

All riders must wear helmets. Helmets will be available for purchase at the rodeo for \$10. Parents must sign a waiver for each child who participates. Each child will receive a certificate of completion for basic bicycle training, along with



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reflectors and glow in the dark bracelets.

National Honor Society students will be assisting at the stations, along with volunteer parents.

For more information on the Glendale Bike Rodeo, call Sandy Adams at 623.930.2032 or visit www.glendaleaz.com.

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