

# SP KE LIFE

SPRING 2018

Bike to Work Day:  
Ride, Work, Repeat

Meditation in Motion:  
cycling to find zen

reCYCLE—  
shopping used bikes

CycloMesa 2018: Arizona's largest  
bike festival returns to Mesa







Welcome

# Greetings From Spoke Life MESA

As we rapidly approach the third decade of the 21st century, Mesa is coming into its own as a true bicycle friendly community and destination. The Mesa Bicycle and Pedestrian Program is proud of the accomplishments that have been achieved and we are excited for upcoming funding opportunities, that could catapult the vision of a continuous loop around the city within the alignment of the Loop 202 Red Mountain and San Tan Freeways, a reality.

Our next big project currently in planning is the Grande Loop. It will connect with the City of Tempe (at Mesa’s northwest border) and the Town of Gilbert (along our southeastern border). The new pathway will offer residents nearly 30 miles of shared use path and bike lanes separated by traffic and protected at intersections by signalized crossings.

This loop will provide a multi-modal commuter thoroughfare by connecting shared use path “spurs” at multiple pre-existing pathways including: the Consolidated Canals Shared Use Path, the Eastern, Central Arizona Project and Roosevelt Water Conservation District pathway canal network. In addition to the major canal connecting points, the Grande Loop will be able to be accessed at several other locations as well.

The Grande Loop Shared Use Path, as envisioned, will aid in the commute for thousands of cyclists to commute, recreate, or run errands while reducing congestion of roadways and total carbon footprint of Mesa.

Be sure to watch for developments of this project over the next several years. Please also plan to attend and participate in public neighborhood meetings regarding this project so we can get your opinions to make the path what you want it to be. The City of Mesa builds, operates and maintains the bicycle and pedestrian facilities within the City, but you are the user and the owner of this network! What you need as the commuter, the recreational user, or the errand runner, is what we want to build for you. Make your voice heard, and we’ll see you on the paths!



**Jim Hash**  
City of Mesa Transportation Department  
Bike & Pedestrian Program Manager



The City of Mesa has proudly ranked a “Silver Status” as a Bicycle Friendly Community by the League of American Bicyclists since 2015. Mesa’s Bicycle and Pedestrian Program provides many services and educational opportunities to enrich the safety of cyclists and pedestrians in the City. The goal of the Bike and Pedestrian Program is to increase the ridership and activity throughout the City so residents can take advantage of this form of affordable and healthy transportation.

Spoke Life Mesa was recently honored by the Public Relations Society of America as a recipient in the 2017 Copper Anvil Awards, which celebrates excellence in public relations and communications. The spring 2017 issue won in the “print magazine” category and competed against publications from across the state of Arizona.



Spoke Life Mesa also received a Platinum Award in the Print Media Publication category by the MarCom Awards for the fall 2017 issue. The MarCom Awards is administered by the Association of Marketing and Communication Professionals and is one of the largest international creative competitions for marketing and public relations.





**Jackie Dishner**, mountain bike enthusiast, journalist and author of *Backroads & Byways of Arizona* (The Countryman Press, 2010), has been riding for 15 years. For one of her assignments for SpokeLife magazine, she finally learned how to change a flat tire. But she's still not giving up thick inner tubes.

**Michelle Turner** is an Arizona native who is excited about the idea of biking to a grocery store that is being built close to her house. She has already planned a route that will take her along side streets and has bought a bike helmet in anticipation of her grocery store trips.

**Zac Wood** is a US Navy Reserves combat veteran with three dogs, a bike, and two unicycles. A Phoenix native, he's now living and working near D.C. and doesn't make enough time for riding, or his other hobby, juggling. He blames the climate and culture, and misses Arizona. No, he hasn't actually mastered unicycling yet.

**Ryan Glausser** is an event, wedding and commercial photographer who loves spending time with his family. Ryan has a passion for all things photography. In his spare time, he collaborates with a team of rad local creatives creating short films.

**Amy McConnell** is a City of Mesa PIO by day and a lover of shopping local, supporting the slow-foods movement and connoisseur of Broadway shows by night. This is SpokeLife's third issue with Amy at the helm.



City of Mesa Bike & Pedestrian Team: Mark Venti, Jim Hash, Ashley Barinka, Al Zubi and Maria Angelica Deeb (left to right)

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# SPoke LIFE

- 4 Contributors
- 6 I Bike Mesa
- 8 Survey Says...
- 11 Fuel Your Ride
- 18 Maps

- 3 **Welcome** **Welcome Letter From Jim** Looking at what Mesa has become and how far we still have to go
- 7 **Two-Wheel Tip** **ReCYCLE** How to shop used bikes
- 10 **Personal Essay** **Lucky to Learn** Lessons & Reflections from a Bike Crash Survivor



- 24 On the Road
- 24 Cartoon
- 26 What/Where/When

- 12 **Ride Now** **New to Ride: Stadium Connector Pathway** New multi-use path connects Mesa's two spring training stadiums
- 14 **Cover Story** **Commuters Who Cycle** Biking to Work in Mesa Increasing in Popularity
- 22 **Party in the Park** **CycloMesa Unchained** Pump up your tires, dust off your helmet & mark your calendars for April 7!

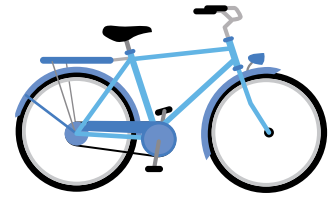
Sign up for e-notifications on Mesa's Bike & Pedestrian Program at [mesaaz.gov/bikeped](http://mesaaz.gov/bikeped)

Report potholes, graffiti, street light outages and more, download the City's free mobile app. Search Mesa CityLink to download from the App Store or Google Play.





# I BIKE MESA



## Reed Kempton

Age: 66  
Transportation Planner

**Two-wheel bio:** I've always had a bike and took my 1953 Firestone Super Cruiser to ASU in 1969. I began seriously commuting in 1971 when my young wife and I could only afford one vehicle. In the following decades my commute ranged from 5 to 25 miles each way. In the 1990s, my passion for good biking roadways gave way to a new career for myself, becoming an urban planner in the Valley, working to advocate for more bicycle-friendly resources across the area.

**Weekly mileage:** Nowadays, I ride 15 to 35 miles a week.

**Favorite thing about riding in Mesa:** It is very easy to bike in Mesa with more than 500 miles of bike lanes. The collector street crossings off freeways and the path network along the canals has grown significantly as well. I also appreciate how Mesa's bike facilities connect with adjacent cities, like the new Rio Salado path connects Mesa to Tempe, Scottsdale and Phoenix pathways.



## Shawna Hash

Age: 25  
Bike Share Operator

**Two-wheel bio:** My parents like to say that I started riding bicycles before I could run. I grew up around bikes and developed a love and passion for them from a young age. From wrenching on bicycles to racing them, I dove into the bike world and have never surfaced for air. When I ride my bike I am stress free and loving life!

**Where I ride:** I ride in Mesa, Tempe and Phoenix. I also like to ride the mountains out in the Superstitions and Utery Park.

**Miles per year:** I hit about 2,500 miles annually, including leisure and commuting rides. I'm on a bike daily.

**Favorite thing about riding in Mesa:** I love that the City of Mesa is always trying to make conditions better for cyclists. From more bike lanes, to protected bike lanes and multi-use paths, the City of Mesa is taking all the steps to make Mesa a bike-friendly city. My favorite ride in Mesa is the Stadium Connector Path. The path is beautifully paved and the artwork on the fencing is incredible.



# reCYCLE

## How to shop used bikes

By Zac Wood

**C**onsider getting your next bicycle, not new from the factory, but from here in the community. It is cheaper, better for the environment, and can give you solid vintage style points.

Shopping for a used bike can be a time commitment. Hunt on Craigslist, at yard sales, thrift shops and the Mesa Surplus Store. Luckily, local students create a thriving second-hand market, so if you don't like this week's selection, check the same places again in a few days.

After you find a candidate bike in the right size and shape, inspect it for a straight, true frame, front fork, and wheels. Spin the pedals to ensure they are well-mounted and that the bearings are smooth. While any of those core structural components can be replaced, it might not be worth it. Find a good base first.

Next, look at the chain, sprockets and gear cassette, derailleur and shifting levers. Pluck at the chain as it sits on the gears (it should be seated without too much play), and look out for bent or unevenly worn teeth. Finally, ensure the



### Register your Ride

Once your bike is road (or trail) worthy, bring it to one of the Mesa Police Department headquarters, or mail the printed form. Registering your bike is free, and is the only way to prove ownership if it's stolen. (Visit <http://www.mesaaz.gov/residents/police/services-forms/bicycle-registration> for more info). When you get it registered, take pictures for your homeowner/renter insurance.

levers are not broken off or rusted out. Don't worry if they don't shift well, or if the cable is damaged - that's an easy fix.

Don't worry about brakes, tires, cables or anything else that's cheap and easy to replace.

Once you've found your perfect bike and adjusted it to fit, you'll need to do some quick maintenance. Even if you are willing and able to do all the work yourself (YouTube is a great resource for this), you should bring your new used bike to a local shop for tips and tricks of maintaining your new wheels. Mesa's indie shops are the best for finding the right components and supplies, and they'll have a good selection. Invest in good lubricants, and in the proper tools. While you're in the shop, experts will be able to give advice, identify problems you may not anticipate, and they'll check your brakes, which is incredibly important for safety, even if you know what you're doing.

Mesa's bicycle community is thriving. You're sure to find a good bike and the help you need to get it ready. We'll be looking for you out on the streets!



# How the 2017 Bicycle & Pedestrian Survey Helps to Shape New Projects

By Michelle Turner

## Mesa cyclists have “spoke-n” and now the City knows how to better serve your bicycling needs.

Every year, the City of Mesa Transportation Department’s Bicycle and Pedestrian Program surveys Mesa residents to get better insights on how to improve cycling in the city. For the 2017 survey, the City interviewed nearly 500 residents and here’s what you say about biking:

- Most cyclists (78 percent) ride for recreation, exercise and health benefits
- Most (66 percent) wear a bicycle helmet
- Cyclists feel most threatened by motorists’ behavior rather than loose dogs or other potential concerns
- An overwhelming majority of people who ride (96 percent) prefer separated or buffered bike lanes to protect them from motorists
- More than half of Mesa bicyclists’ trips are less than five miles

### Next leg for survey results

Armed with these results, City of Mesa transportation planners will adjust their bike program plans accordingly to make sure cyclists’ feedback is put to good use.

“We definitely listen to residents. We are here to build facilities that are going to be used,” said Jim Hash, Bicycle and Pedestrian Senior Transportation Planner at the City of Mesa. “We are going to sit down with these results and look at them, analyze them and make sure they are incorporated into our plans going forward.”

Hash said the 2017 results were pretty much in line with previous years’ survey results, giving planners a good, consistent guide to Mesa cyclists’ needs and a way to gauge their programs’ value to residents. For example, armed with the knowledge that cyclists feel most threatened by motorists’ behavior, the City of Mesa will continue its driver-education programs and look for more ways to get the message out to drivers about sharing the road with cyclists.

Hash said past cycling survey results were instrumental in the creation and design of the City of Mesa’s two latest major cycling improvements: the Stadium Connector and Rio Salado

Pathway, both of which opened in the summer of 2017.

The Stadium Connector provides a shared-use pathway for cyclists and pedestrians from Center Street and the Tempe Canal to the southeast corner of Dobson Road and the Red Mountain Freeway (near the Bass Pro Shops). With its pathways and cycle tracks, the Stadium Connector allows cyclists and pedestrians to travel through neighborhoods more easily and safely. The “Stadium Connector” gets its name because it links Hohokam Stadium, now home to baseball’s Oakland Athletics, to the Chicago Cubs’ spring training home, Sloan Park.

Months earlier, the Rio Salado Pathway was also completed. It runs along Tempe Town Lake and connects Mesa to Tempe and provides a lighted, landscaped, shared-use pathway along the Salt River bank for walking, running and bicycling. Not only does it connect Riverview Park, Sloan Park and Mesa’s Riverview Shopping Center to Tempe Town Lake, it allows cyclists the chance to visit Mesa from Phoenix, Scottsdale and beyond.

And the Pathway provides riders the chance to connect more easily with nature. Riding along the path, cyclists can spot cranes and other wildlife that live along the Salt River’s banks including American Bald Eagles. Or riders can just gaze at the natural beauty of Red Mountain or Four Peaks.

Both of these major projects were identified in past surveys as strong geographic needs.

Cyclists said they really wanted those “missing-link” projects to be completed so they could ride easily between East Valley cities, which they now can do, thanks to the Connectors.

People were true to their word in using the requested projects. About 125 people a day use the Stadium Connector and around 250 ride the Rio Salado Pathway, according to the City of Mesa’s cycling-traffic counters that are placed



along the roadways.

“We are very happy with those numbers,” Hash said. “They are very much a-build-it-and-they-will-come type of projects,” he said.

Both projects were financed with a combination of federal grants, a 2012 Mesa Parks and Recreation bond issue and the Mesa local streets sales tax.

Also, in part due to past cyclists’ survey finding, the city of Mesa last year established ten new Bike-Share stations including one at Sloan Park for spring-training games. The ride-share program has been rolling for the City. In its first year, the bright green bicycles stationed at 14 sites in Mesa logged more than 5,000 miles on more than 2,000 trips.

Other cyclist-suggested improvements are coming soon as well. Work has begun on the Southeast Mesa Pathway, which will run along Santan Freeway between Baseline Road and Elliot Road and will provide two miles of pathways that can be used by pedestrians, cyclists and others.



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# Lucky to Learn

## Lessons & Reflections from a Bike Crash Survivor

By Zac Wood

**I** was lucky. 2005: My senior year at Mesa's Dobson High School, I biked everywhere. It was two miles to school, and bicycling was healthier and cheaper than gas (and maintenance) on my 1986 Dodge GasGuzzler. Early in the fall semester, though, I got really lucky.

I was in the crosswalk, going fast, making good time. The little walk dude was illuminated. I had the right of way, even though technically I was on the wrong side of the street (there are no laws about which direction pedestrians go on sidewalks, but law says bikes must go with traffic and utilize the bike lanes).

The driver—she was stopped, waiting to turn right out of the neighborhood and onto Alma School Road. She looked left, saw there was no traffic, and gunned it, making a perfectly legal right-on-red turn. Her Jeep Grand Cherokee impacted my left side, flinging me into the road before rolling the vehicle over my hips.

I was raised that kids always had to wear helmets on bicycles (even if my dad never did). Unfortunately, this was a minority opinion in the neighborhood, and I was mocked for wearing mine. One of my acts of teen rebellion was ditching the helmet as soon as I left home. When the Jeep hit me, the helmet flew further than I did.

I was lucky. A little more forceful of an impact, or a different angle, or just less luck, and I would have had a concussion, or brain damage or a fatal injury. I was almost 18. The bike was totaled.

Someone called emergency responders, and a firetruck blocked traffic while they inspected my injuries and moved me off the road. The EMTs said I was unconcussed and offered to hospitalize me, but for the most part, I was cleared to walk away from the accident scene.

I was already in trouble for having ditched a bunch of school, and suspected even this was not enough of an excuse to miss more (in retrospect, I probably coulda milked it for a day or two, but teens rarely realize how much they are loved). I was only an hour late for class.

But as the day progressed, my injuries started appearing. By midafternoon I could barely walk. I was sore all over, and couldn't stand up straight.

My dad had recently discovered the joys of chiropractic (he was just in it for the massages) and so that's where I was treated, after a few days of complaining. Their low-tech diagnostic was to stand me up with each foot on a different scale. I was putting a solid 25 pounds more on my right than my left. The chiropractor ordered a spinal x-ray, which



**If you'd like to learn more safety basics about cycling in Mesa, sign-up for the Bicycle FUN-damentals, an adult education class that teaches riders how to be safe on the road, and supplies each class participant with free safety gear, including a reflective vest, helmet, locks and more. Upcoming classes will also be posted on our website and Facebook page. Limited seats available, pre-registration is required and can be done through the library event system (<http://www.mesa-library.org/events/>). The next class is April 25, at the Main Public Library.**

prompted a laugh. "Your spine is banana-shaped!"

I was tweaked and adjusted and stretched four times a week all through the rest of the fall and into early spring. By November, I was fit enough to ride a new bicycle (a birthday gift from my parents), and by January I was ditching chiropractic appointments like school.

I knew I was lucky, and I did learn my lesson. I started going out of my way to be on the proper side of the street, and being bullied about my helmet was better than being buried without one. This was an important lesson, as two years after my bike accident, a full-face motorcycle helmet saved my life in another crash.

As for the Jeep Grand Cherokee driver, she learned her lesson, too. She was incredibly apologetic, and when I occasionally saw her in the neighborhood, she approached to apologize again and reassure me that she was a much safer driver now.

But, dear reader, have you learned your lesson? Let's recap:

- Ride with traffic
- Wear your helmet
- Look out for cars!

When you are driving a car, look twice. Don't drive in a direction you are not looking.

As I said, I got lucky, and I knew it. In April of 2003, Yong Kim, a senior at Dobson, was killed by a drunk driver as he rode his bike home from choir practice. In December of 2004, my classmates Krystal Ebel and Shayna Linneen were killed in a car crash at lunch time, not a thousand feet from my own accident. This past March, a kid bicycling to class at Dobson was hit by a car and rushed to the hospital.

There is one more lesson to learn:

**Tell them you love them, while you still can.**

# Meditative Benefits of Cycling

By Jackie Dishner

**W**hen I rode the Stadium Connector Pathway for the first time, I immediately noticed the feel of the newest parts, probably a rubberized concrete. I felt the cool wind in my face and smelled hamburgers cooking somewhere as we passed the Riverview shopping center. I noticed the browning leaves on late fall vegetation. And, of course, I felt the strength of my body as I was able to speed up on longer spans, the canal paths, for instance, where ducks were making their landings and splashing sounds. I was so distracted by all of that and the repetitive movement of my ride that I didn't think at all about the work I left at home.

I started riding a mountain bike in 2002, gravitating naturally toward it during a divorce. Those daily long, slow and deliberate rides helped me move past the personal challenge and away from anxiety, depression and grief.

I didn't know at the time that I was participating in a form of moving meditation, another way to become present in the moment. But once I had left anxiety and moved into a calmer state of being, I attributed it to my rides. So would Michael Hosking, 52, a 25-year veteran cyclist and founder of what he calls a revolutionary indoor cycling studio, Revocycle, in Portland, Oregon. In class, Hosking treats cycling more like yoga, cuing intermittent body scans so riders can assess how they feel from head to toe.

"We tune into the muscles, the pedaling and the breath to find focus. To enhance your ride, you can do the same thing on the road," he says.

This kind of mindful exercise helps you notice improvements and become more aware of your surroundings. At the same time, the focused, rhythmic, repetitive movement is working to calm your mind so your worries disappear.

I tell him about my penchant to write #baiku (haiku for the cycling enthusiast that I learned about on Twitter) after a ride, and he says that's because I've cleared my mind of clutter. "The brain is now better able to problem-solve. Meditative movement also frees the mind to think more creatively," he says.



#Baiku Poems by Jackie Dishner

**PEACEFUL**  
Empty streets in town,  
nobody walking  
around. Just me and  
my bike.

**JOY RIDE**  
Spinning, spinning fast  
going up, up, up, down-  
hill and into the sun.

**FAITH**  
Balance and posture  
steady as she goes,  
over uneven trails.



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# New to Ride: Stadium Connector Pathway

## New multi-use path connects Mesa's two spring training stadiums

By Jackie Dishner



An average of 150 riders a day, including families and winter visitors, are taking advantage of the City of Mesa's newest bike path, the Stadium Connector Pathway.

The 3.5-mile path opened in August 2017, connecting the Chicago Cub's baseball stadium at Sloan Park on the west end to the Oakland A's Hohokam Stadium on the east. In between, cyclists on this path traverse the Salt River, canals and historic neighborhood streets. They'll pass a fishing hole at Riverview Lake, access points at Riverview Shopping Center where one of the city's oldest Mexican food restaurants (Matta's) has moved, pocket parks with benches and shade trees, and Mesa Grande Cultural Park, the site of the remains of a temple

mound built by historic Hohokam people beginning in 1100 A.D.

"It's great for anyone, ages 8 to 80," says the city's Transportation Department's Bicycle and Pedestrian Manager James Hash. With a Sheraton and Hyatt Place hotel near the Cub's stadium, both with direct access to the pathway, it helps create a convenient trail for Spring Training visitors to enjoy. They can avoid the drive and instead bring their own bikes, rent locally or borrow a Grid bike directly off the property at Sloan Park. Bike parking is city-mandated, so riders won't have a problem finding bike racks on the route. Walkers can just hop on the pathway and go. The Hohokam field is about an hour away on foot. Segregated cycle tracks and signage along the way help direct traffic and also keep riders, runners and walkers safe from automobiles.

The \$4.5 million plan had been in the works since 2010, says Hash, and was made possible by City tax dollars and city residents, who supported a bond election in 2012.

### If you'd like to learn What are Cycle Tracks?

The City of Mesa is the first in the Valley to experiment with Cycle Tracks. Defined as dedicated, two-way bike lanes on the street that are separated by a median, they were constructed as part of the new Stadium Connector Pathway. No automobile traffic is allowed.

Painted green in places where they need to stand out more, and with signalized crossings, they provide a safer and more comfortable place for cyclists to ride; however, since the pathway runs through neighborhoods and crosses busy intersections, cyclists should be cognizant of driveways, businesses, and other traffic conditions.

Signage in both directions helps cyclists stay on path.

"Our residents spoke loud and clear that they wanted more places to recreate," he says.

"It's created a whole new way for folks who were too timid to ride with automobiles, especially children, to get around. Kids ride it to get to school. It's very safe," says Hash. "It's become an amenity in the neighborhoods it serves."

Cyclists can connect to more than 60 additional miles of Mesa bike routes from this pathway. It also completes the missing link for cyclists traveling on the north and northwest side of the city to access Tempe, Scottsdale and Phoenix bike paths and trails via the Rio Salado Pathway.

"[The Connector] makes it possible for cyclists to more easily commute—and it's an attractive ride," says Hash.



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# Commuters Who Cycle

## Biking to Work in Mesa Increasing in Popularity

By Michelle Turner

In the City of Mesa, employees can bike to work or they can bike while they are at work.

The City wants residents to embrace the idea of logging some time behind the handlebars whether it is for a commute to their workplace or to take a break from their workplace and get in a quick ride.

“We are really trying for a holistic approach,” said Jim Hash, the City’s Senior Transportation Planner. Hash manages the City’s Bicycle and Pedestrian Program, which continuously works towards creating enhanced pathways and safety resources for those looking to travel through the city on two-wheels or on foot.

“We want to show residents that there is a wide variety of ways that they can incorporate cycling into their life.”

That works for Marcos German, who started riding his bike to work at Banner Health’s Corporate Center in Mesa when he began working there as an environmental-services technician five years ago. He rides year-round.

“I just find it to be very rewarding,” says German, who takes the bus for part of his commute and bikes the last three or four miles. German says six or seven of his Banner colleagues also bike to work.

Hash, who has been part of the bicycling movement for more than 10 years, says he now sees more people like German commuting to work via bicycle.



Many riders were prompted because of the economy, he said.

“When gas prices went up to \$4 a gallon, people started taking a different look at their transportation.”

But even as gas prices settled back into the \$2.50-per-gallon range, people didn’t return to their cars.

Once they got into the habit of cycling to work, they became hooked on the exercise as well as the environment-friendly aspects of it, Hash said.

As part of efforts to increase that interest in commuting to work, the City of Mesa will celebrate Valley Bike Month in April with a Bike2Work Day. City employees will compete in a department-to-department challenge to see who can have the most people participate in the ride. Departments who win receive a catered lunch celebration and there’s a trophy that rotates annually to that year’s winner.

Valley Metro gets in on the fun by offering great prizes in its ShareTheRide.com database. Registration is free and so are the contests, with prizes ranging from hotel stays and restaurant certificates to gift cards for Starbucks, Sprouts, The Home Depot and more. Groups of friends, family or co-workers can form teams in ShareTheRide for the Valley Bike Month Commuter Challenge. The winning team gets a victory party hosted by a local restaurant. There’s even a pledge contest in March for people who plan to bike in April.

Valley Metro works with businesses, bike clubs and its member cities to put on dozens of events throughout the month to encourage employees and residents to get out and ride.

City of Mesa Environmental Technician Tyler Vilborghi commutes via bike and light rail from his home in Phoenix to downtown Mesa daily. “I ride everywhere—when I want to grab groceries, go to the hardware store, or go to a concert I can usually make the choice to skip the car and ride my bike instead. Most days not only am I commuting on my bike, but I also do social rides with friends weekly.” He logs more than 6,000 miles annually on his bike.

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\*Benefitting Community Spirit Organization: WE-CYCLE

**EARTH DAY EXPO:**  
• Visit environmental awareness displays from City departments.



Mesa realizes that not all employees can become cycling commuters like German or Vilborghi. So the City is also encouraging people to rent bikes and get in a ride sometime during their workday. "The City of Mesa is dedicated to keeping our employees healthy and happy," said Nicole Stec, City of Mesa Employee Health and Wellness Manager. "Through our wellness program, we offer many physical activity opportunities, including the promotion of the City's bike share program with Grid Bikes, lunchtime yoga-pilates classes, multiple workday walking groups and activity contests throughout the year."

With the City's new bike-share program, bright green Grid bikes are available at different hubs throughout Mesa to "check out." City employees have already been using them to get to meetings at different parts of the City campus. Instead of getting into their cars, employees just hop onto a bike and cruise over to a different building a mile or so away.

"I have a reoccurring meeting every Tuesday at the Mesa Arts Center," said Renate Ehm, Senior Transportation Engineer. "Instead of driving the mile there, I hop on a Grid bike and it takes me 10 minutes to pedal to my meeting. That squeezes in 20 minutes total of exercise into my workday that otherwise wouldn't be there if I drove to my meeting. It's great that Grid offers an employee discount to City of Mesa employees. I've been using their service since it came to Mesa two years ago and appreciate the opportunity to weave fitness into my workday."

Hash added, "I think riders like the wellness aspect of it—and it's a great way to break up their day."

Employees spend nearly half of their waking hours at work, therefore, the workplace represents an important setting for promoting healthy behaviors. The City of Mesa aims to help drive other Mesa employers, like Banner, to continue to encourage wellness activities at places of business. "Efficient, effective and sustainable worksite wellness initiatives have been shown to reduce healthcare costs and improve productivity," Stec said. While results at each organization can vary, some employers have realized up to a \$6 return for every \$1 invested in wellness programs.




  
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- Experience the Newly Renovated Park that includes a one-of-a kind Playground, Water Wall and Splash Pad
- Life-like Dino Encounters
- Living Green Village
- Carnival Rides (\$5 wristband for unlimited rides)
- AZ Raptor Experience
- Tot Spot Toddler Area
- KidZone - Bounce Houses and Kids Games
- Entertainment, Contests and Give-aways
- Information Vendors



**Games Music**  
**Petting Zoo**  
**Food Trucks**  
**Bounce Houses**



**480-644-PLAY**  
[www.celebratemesa.com](http://www.celebratemesa.com)

The City of Mesa is committed to making its programs and services accessible. For accommodations such as braille, large print, or translation, please contact Lane Gram at the City of Mesa PRCF, 480-644-2863 or [Lane.Gram@mesaaz.gov](mailto:Lane.Gram@mesaaz.gov), or AzRelay 7-1-1 for those who are deaf or hard of hearing.

Si necesita información en español por favor de llamar al 480-644-PLAY.

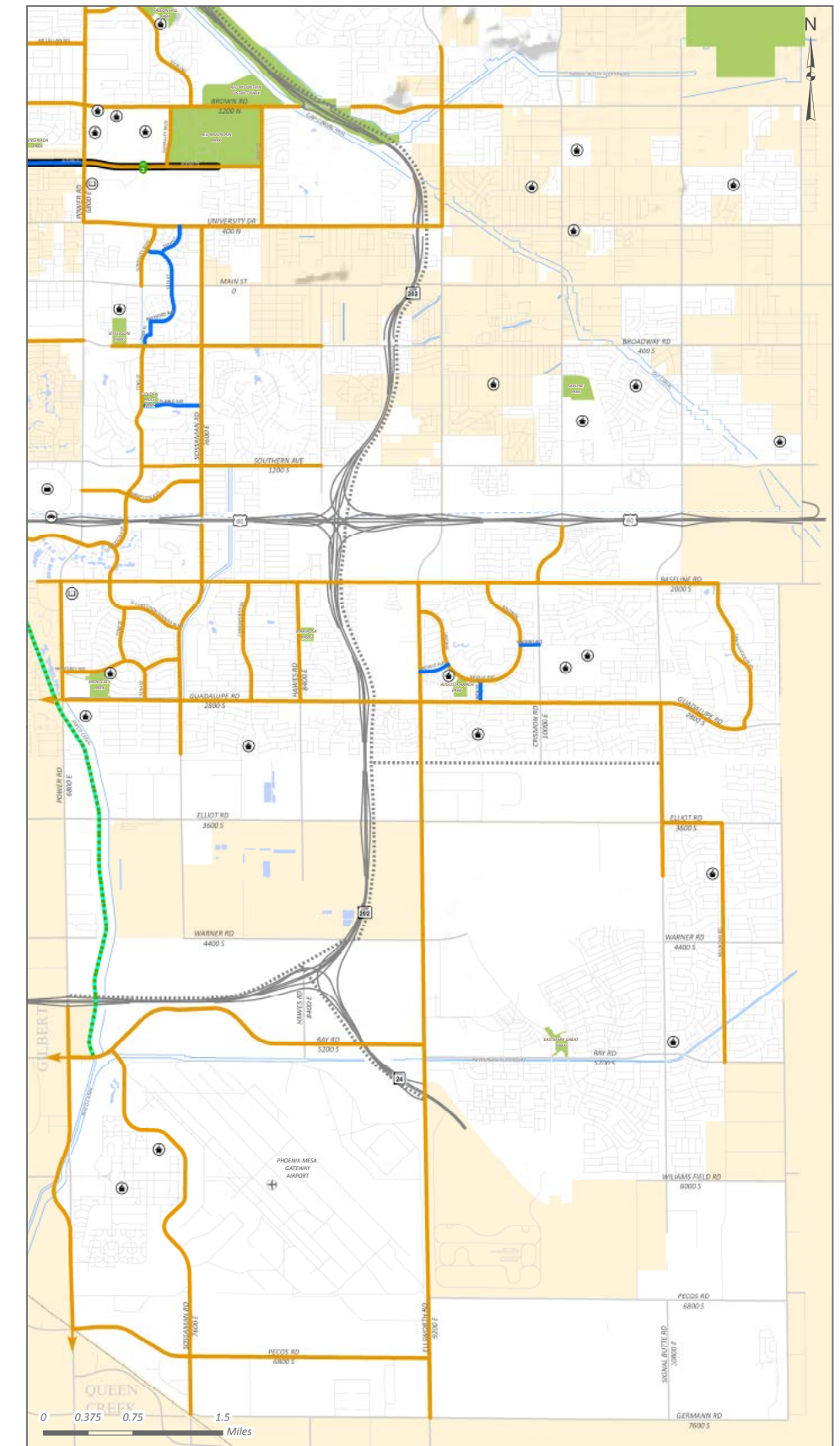
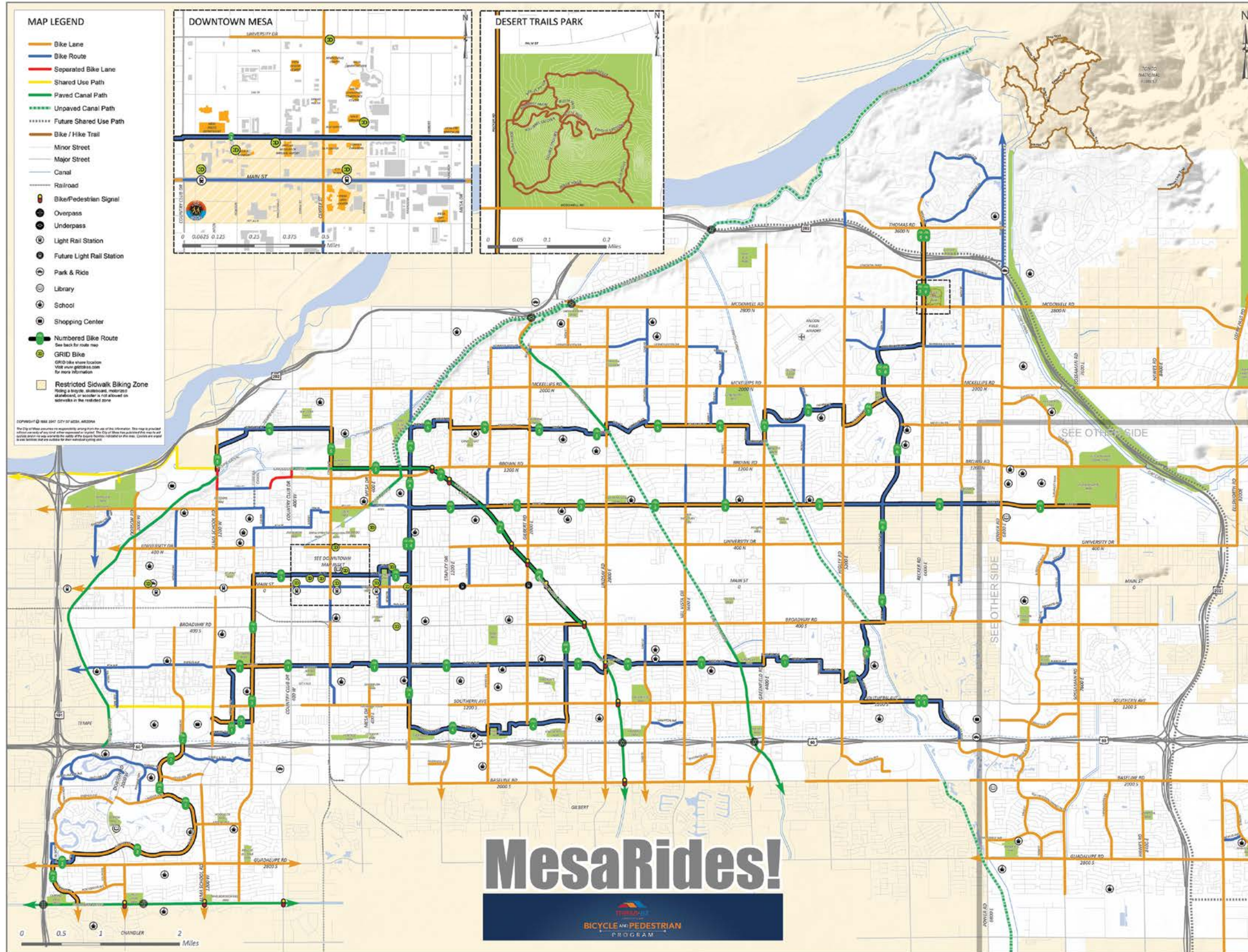


**SATURDAY, APRIL 14, 10AM-2PM**











# CycloMesa Unchained

Pump up your tires, dust off your helmet & mark your calendars for April 7!

By Amy J McConnell

**M**ark your calendars, pump up your tires and dust off your bike helmet for Saturday, April 7, 2018. Each spring for the past seven years, the City of Mesa Transportation Department, Bicycle and Pedestrian Program has brought a celebration of everything bikes to the Downtown area. This year join CycloMesa and bike lovers from all over the valley for the seventh annual CycloMesa Unchained Bicycle Festival put on by the City of Mesa, Downtown Mesa Association, Perimeter Cycling, APBP Arizona, Grid Bike and City of Mesa Water Resources. This is the Valley's biggest bicycle festival of the season!

At CycloMesa, attendees can watch cyclists race through the streets of Downtown Mesa and beyond. Acting as the beginning and ending point for Perimeter Bicycling's, Holualoa Companies El Tour de Mesa, CycloMesa is a celebration for everybody that loves to bicycle. Open



Photo credit: Christie Captain

to cyclists of all ages and abilities riders can compete to earn gifts, prizes and awards in different mileage options ranging from a metric century ride down to one-mile, with options in the middle at 35-miles and six-miles.

After getting your ride on, you can return to the finish line where you can enjoy entertainment for all, including a zip line, bungee trampolines, rock wall, BMX Freestyle show, bicycle education seminar, beer garden, custom bicycle competition, vendors, food truck alley and more. Bring the family - there will be a huge Kid's Zone and Extreme Sport's Zone—plus a kids bike rodeo.

Don't miss Mesa's own Amazing Race-type event—The Mesa



Photo credit: Ryan Glouser



Adventure Challenge: Bike Edition. This is a fun and exciting event where teams will be required to solve clues complete challenges and most of all, ride their bikes from destination to destination enjoying the beautiful Mesa bicycle facilities and landscapes. Head's up—advanced registration is required for this part of the festivities!

CycloMesa is an opportunity to see, hear, feel and experience bicycling. Enjoy the festivities on streets closed to motorized traffic and watch the finishers of El Tour de Mesa!



Photo credit: Ryan Glouser

**The Mesa Adventure Challenge: Bike Edition** Don't miss Mesa's own Amazing Race-type event—The Mesa Adventure Challenge: Bike edition. This is a fun and exciting event where teams are required to solve clues, complete challenges and most of all, ride their bikes from destination to destination enjoying the beautiful Mesa bike facilities. Heads up—advanced registration is required for this part of CycloMesa's festivities.



Photo credit: Ryan Glouser

FREE EVENT

CYCLOMESA

UNCHAINED

4/7/18

DOWNTOWN MESA

9AM-2PM

ZIP LINE • ROCK WALL • FOOD TRUCKS • BEER GARDEN  
 CUSTOM BIKE COMPETITION • KIDS ZONE • AERIAL ARTS  
 EL TOUR DE MESA • STUNT SHOWS • CIRCUS PERFORMERS

[WWW.CYCLOMESA.COM](http://WWW.CYCLOMESA.COM)

PRESENTED BY



# Report From Your Ride

## Smartphone App Enables Riders to Submit Issues Seen on Bike Trails

By Amy J McConnell

**Biking through the City** allows riders to see Mesa through a unique perspective drivers don't get. You're up-close and get the option to interact with your surrounding area as you wheel through a neighborhood, bike path or road.

The City of Mesa recently launched CityLink, a smartphone app that helps keep our city clean and safe, including striving to make the City graffiti-free by collecting reports of vandalism from citizens.

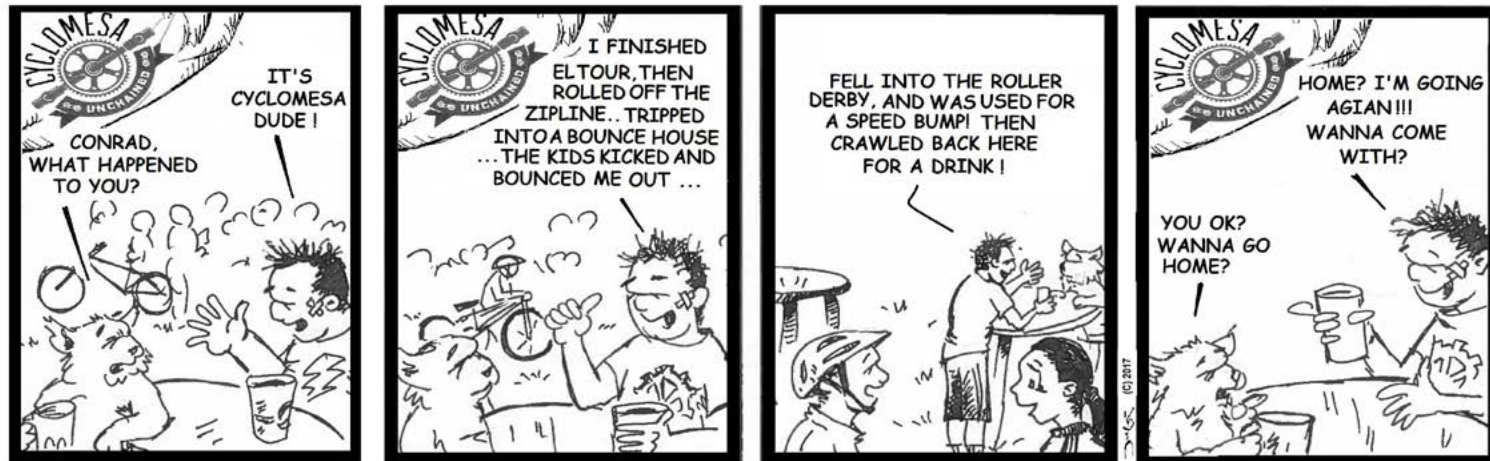
How does this impact our biking community? When rolling through the city on two-wheels, especially across the 78-miles of bike paths, we are asking you to report any graffiti you see.

It's easy to report: The app guides users step-by-step to take a photo of the graffiti and submit it. Using the smartphone's built-in GPS, the app automatically collects the location of the request to enable Mesa's graffiti abatement team to be dispatched to the exact location. Once reported, graffiti will be removed within 24 hours on City business days: A standby dispatch crew is on-call during weekends and holidays for offensive graffiti to be removed as quickly as possible.

Going too fast on your ride to slow down and take a picture? You may also call the graffiti hotline at (480) 644-3083 to make a report. To download the app, search Mesa CityLink on your mobile device and download from the App Store or Google Play.



### CONRAD By Zubi



# FREE MOVIE

## Ride-in-Movies

### at The Park

**You bring blankets and we will supply the popcorn! We encourage families to ride their bicycles or walk to the park. Remember your helmets and bike lights!**

**Please visit our website for up-to-date information on each movie,**

**<http://mesaaz.gov/bikeped>**

**<https://www.facebook.com/MesaBikePedProgram/>**

DATE	LOCATION	TIME	MOVIE
Feb 3, 2018	Red Mountain Park	6:30pm	<i>Despicable Me 3</i>
March 3, 2018	Palo Verde Park	7:00pm	<i>Smurfs Lost Village</i>
April 28, 2018	Skyline Park	7:30pm	<i>Cars 3</i>
May 5, 2018	Summit Park	7:45pm	<i>Emoji Movie</i>

*\*movies subject to change or cancellation without notice*

Your place to play
BICYCLE PEDESTRIAN PROGRAM
Deliverina water and power.™



› EVENTS

March 24

El Mirage Bunny Hop Bicycle Rodeo  
9 a.m. – noon  
elmirageaz.gov/Bike-elmirage

April 3, 6, 20, 27

Phoenix Spokes Rise & Grind meet up  
7 a.m.  
phoenixspokespeople.org/events/  
rise-and-grind/

April 6

Coalition of Arizona Bicyclists Statewide  
Bicycling Summit  
9 a.m. – 3 p.m.  
Need linka

April 7

Chandler Family Bike Ride  
7-11 a.m.  
chandleraz.gov/transit

April 7

El Tour de Mesa  
6:15 a.m. – noon  
perimeterbicycling.com/el-tour-de-mesa/

April 7

CycloMesa  
9 a.m. – 1 p.m.  
Cyclomesa.com

April 7

Mesa Adventure Challenge: Bike Edition  
10:30 a.m.  
mesaaz.gov/things-to-do/  
mesa-adventure-challenge

April 7 & 8

Scorpion Weekend events  
5 a.m.  
azbrevet.com/Scorpion%20Weekend.html

April 8

Cycle the Arts Downtown Family Friendly  
Ride  
8:30 a.m.  
scottsdaleaz.gov/transportation/paths-trails

April 8

Tour de Tempe  
7:30 – 11 a.m.  
tempe.gov/city-hall/public-works/  
transportation/bicycle-ped

April 10

Upcycled Crafts Night at Rusty Spoke  
6 – 8 p.m.  
phoenixspokespeople.org/events/

April 14

Phoenix Spokes People/Bicycle Nomad  
Café Second Saturday ride  
8 a.m.  
phoenixspokespeople.org/events/

April 14

Gilbert Global Village  
9 a.m. – 2 p.m.  
gilbertaz.gov/departments/parks-  
and-recreation/special-events/  
gilbert-global-village-festival

April 15

Cycle the Arts North Scottsdale  
7 a.m.  
scottsdaleaz.gov/transportation/paths-trails

April 14

Queen Creek Cycle the Creek  
9 a.m.  
queencreek.org/departments/  
parks-recreation/special-events/  
cycle-the-creek

April 18

Phoenix/Maricopa County Bike to  
Work Day,  
6:30 a.m.  
maricopa.gov/btw/

April 18

City of Mesa Bike to Work Day  
6 – 8 a.m.  
mesaaz.gov/residents/transportation/  
bike-pedestrian

April 18

City of Scottsdale Bike to Work Day  
7:30 – 8 a.m.  
scottsdaleaz.gov/transportation/paths-trails

April 18

City of Tempe Bike to Work Day  
6:30 – 8 a.m.  
tempe.gov/city-hall/public-works/  
transportation/bicycle-ped

April 21

Phoenix Spokes People Bike Prom  
7 – 11 p.m.  
phoenixspokespeople.org/events/

April 22

Glendale Family Bike Ride  
8 a.m.  
GlendaleAZ.com/FamilyBikeRide.cfm

April 25

Bicycling FUN-damentals Adult Class  
6 p.m.  
mesalibrary.org/events/

April 28

Ride-In Movies in the Park  
7:30 p.m.  
mesaaz.gov/bikeped

April 28

Arizona Bicycle Club Desert Classic  
6:30 a.m.  
azbikeclub.com/content.aspx?page\_  
id=87&club\_id=53364&item\_id=696343

April 30

FilmBar Bike-In Movie  
7 p.m.  
phoenixspokespeople.org/events/

May 5

Ride-In Movies in the Park  
7:30 p.m.  
mesaaz.gov/bikeped

› BIKE SHOPS

ABC Bicycle & Jetski Rentals

3655 E. Main Street  
480-641-2453  
abcjetski.com

Adventure Bicycle Company

1110 W. Southern Avenue  
480-649-3374  
2336 E. Baseline Road  
480-649-3394  
adventurebicycle.com

Archer's Bikes

1530 N. Country Club Drive  
480-275-5818  
archersbikes.com

Bikes Direct Mesa

1545 S. Power Road  
480-891-8901  
bikesdirectaz.com

Bike Masters Gilbert

San Tan Village Mall  
2244 E. Williams Field Road  
480-857-7000  
bikemastersaz.com

DNA Cycles

2031 N. Power Road  
480-924-2453  
dnacycles.com

Electra Bike Shop

1545 S. Power Road  
480-428-2349

Mike's Bike Chalet

5050 E. University Drive  
480-807-2944  
mikesbikechalet.com

Paragon Cycling

1106 N. Gilbert Road  
480-830-1620  
paragoncycling.com

Performance Bicycle

1155 S. Power Road  
480-832-0034  
performancebike.com

Two Wheel Jones

2837 N. Power Road #110  
480-380-8222  
twowheeljones.com

› BIKE CLUBS & ORGANIZATIONS

Blazing Saddles Ride Club

Group road and mountain bike rides for all levels. Skills and maintenance clinics.  
meetup.com/bike-masters-bikes-direct-blazing-saddles-rides-club

Gravity Riders Organization of Arizona

Advocacy, rider education and trail work. The Gravity Rider community includes downhillers, freeriders, all-mountain riders, dirt jumpers and BMX riders of all ages.  
gravityridersaz.com

San Tan Shredders

Group rides for mountain bikers of all levels.  
meetup.com/santan-shredders

Tempe Bicycle Action Group

Working to make bicycling a prominent, safe and convenient form of transportation and recreation in the region. Also hosts group rides and events.  
biketempe.org

We-Cycle-USA

Help kids and adults in need to recycle and refurbish bikes.  
wecycleusa.org



Celebrating 60 Years In Mesa!!

www.marccr.com 924 N Country Club Dr., Mesa, AZ 85201

FOR INFORMATION ABOUT OUR 60TH YEAR DIAMOND JUBILEE CELEBRATION CONTACT  
JEFF BAYER AT 480.969.3800 EXT 1090 or JEFF.BAYER@MARCCR.COM

Marc Community Resources is a 501 c 3 and a qualifying organization for your tax credit donation!



Water Safety Program

Canal Safety

www.mesaaz.gov/fire

Ride Safe. Ride Smart.  
Always supervise children around all bodies of water.

Follow us on... [Facebook, Instagram, Twitter, Snapchat icons] #MesaFireDept





# BICYCLE AND PEDESTRIAN PROGRAM

[www.mesaaz.gov/bikeped](http://www.mesaaz.gov/bikeped)

**Recent trends continue to highlight a strong desire for communities to be bike-friendly, and the City of Mesa's Transportation Department Bike & Pedestrian Program is continuously working on creating enhanced pedestrian pathways to provide safe connections for residents to travel through the city on two-wheels.**

Stay up to date with current projects and announcements!

Sign up for e-notifications on Mesa's Bike & Pedestrian Program at [mesaaz.gov/bikeped](http://mesaaz.gov/bikeped) or follow us:

 [MesaBikePedProgram](https://www.facebook.com/MesaBikePedProgram)

 [@cityofmesa](https://www.instagram.com/cityofmesa)

 [@mesaazgov](https://twitter.com/mesaazgov)