

SP KE LIFE

FALL 2018

Ride: Downtown Mesa

Pedaling and Protecting: Staying safe on the streets of Mesa

Stretch It Out: Three easy stretches to do at your desk

Geared Toward Giving: WE-CYCLE U.S.A. gives bikes to kids in need





Rio Salado Pathway
Photo credit: Ryan Glauser

Welcome

A Letter From The Team

Summer temps in Mesa may get bashed by most folks, especially outdoor lovers who yearn for cooler temperatures to run, ride or roll on the shared-use pathways, but our Bike and Pedestrian staff love summer. The hotter months give our event and safety coordinator time to plan for the next season of cycling culture for residents and visitors of Mesa. And let us tell you, she has been working on some exciting updates and extras for the fourth season of Mesa's Ride-in Movies at the Park series that launches in September.

Our safety classes for adults and children have continued to grow in popularity over the last few years and we're working on new takeaway materials and giveaways for participants. The free helmets will always be a mainstay of those classes—those aren't going anywhere, but we're adding more to the mix. We've added classes for the season, check out the Mesa Library events page to register.

That's not all the team has been working on in the cool air conditioning of our office. New way-finding signs along bike routes will be installed in the coming months with a new Mesa Moves logo we cooked up. These new signs will help to connect riders, walkers, and rollers to the pathways and routes throughout Mesa.

The updates and upgrades to our programming comes from resident feedback. We want to hear from you! Our annual survey is now open, and we encourage you to take a few moments to complete the survey, so we know what to work on next summer! Visit the survey at: <https://www.surveymonkey.com/r/2018MesaBikePedSurvey>

Happy Riding!

City of Mesa Bike & Pedestrian Program team



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 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.

Meghann Finn Sepulveda is a local freelance writer and communication professional. A native of New York and ASU grad, Meghann enjoys spending her free time running, cooking and volunteering at the school where her children attend. She lives in the East Valley with her husband and three children.

Gretchen Pahiar is an Arizona native and NAU alum. She keeps active by running, working out, playing sports and watching movies with her husband and two kids. Gretchen has been writing in the Valley for more than 15 years and is Principal and Owner of Media by Connection.

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 fourth 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

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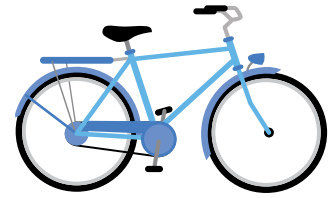
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Sign up for e-notifications on Mesa's Bike & Pedestrian Program at mesaaz.gov/bikeped

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



Tyler Viliborghi

Age: 34
Environmental Technician

Bicycling background: I began riding as an adult at age 26. I have cycled as a regular commuter and social rider ever since. I picked up athletic riding later, but only do so occasionally. When I do ride athletically I enjoy long distance road riding and mountain biking.

Where do you ride? Everywhere. I ride to and from the light rail stations while commuting to work, but I will run errands and meet up with friends on my bike as well. Mesa, Tempe, and Phoenix have done a good job building infrastructure that makes the communities accessible by bike. So now 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.

How many miles do you ride or commute each year? Currently one to two thousand, there have been several years well over six or seven thousand, almost all commuting around town.

Average length of ride? 15-30 minutes

How often do you ride or commute? Four to five days a week. Most days I'll commute to work with my bike and the light rail. About once a week I also do a social ride with friends. Sometimes I'll find it easier to ride to a store than drive so I'll take my bike on those occasions as well.

What do you like most about riding in Mesa? Bike lanes are well designed and do a good job keeping cyclists and drivers safe on the same road. The designated bike routes are very helpful for safely navigating the City. Mesa has also been installing mixed use paths that improve connectivity and make riding much safer and more relaxing.



Sabine Ellis

Age: 39
Traffic Engineer

Bicycling background: I grew up in Germany and knew how to ride a bike before I could walk. I rode my bike daily (school, work, fun) even when I had a car. Sometimes I couldn't even remember where I parked my car because it had been so long since I used it. When I moved to the Valley 12 years ago I stopped riding completely because being on high speed roadways scared me. Last year I got back into it to take a break from running and I recently started mountain biking because I am an adventure junkie and love to explore places off the beaten path.

Where do you ride? My preference is singletrack trails and Mesa's designated bike paths.

What do you like most about riding in Mesa? Working for the City of Mesa, I've been involved with many of the bike paths we have designed. Riding them, knowing that I had a role in their development, is extremely gratifying and seeing other people use them puts a big smile on my face.

Geared toward Giving:

WE-CYCLE U.S.A. provides bikes to those in need

By Michelle Turner

Where the cash register should be, there's a candy dispenser instead.

That pretty much sums up WE-CYCLE U.S.A.'s philosophy: the nonprofit provides recycled bikes to those who need them. Since beginning in Robert Chacon's garage in 2008, the community cycling center has given away thousands of bikes.

"With these bikes, we teach recycling, bike safety, bike maintenance," Chacon says. "We promote independence, get kids moving and get adults to their jobs. We are here for everyone and for every reason they need a bike."

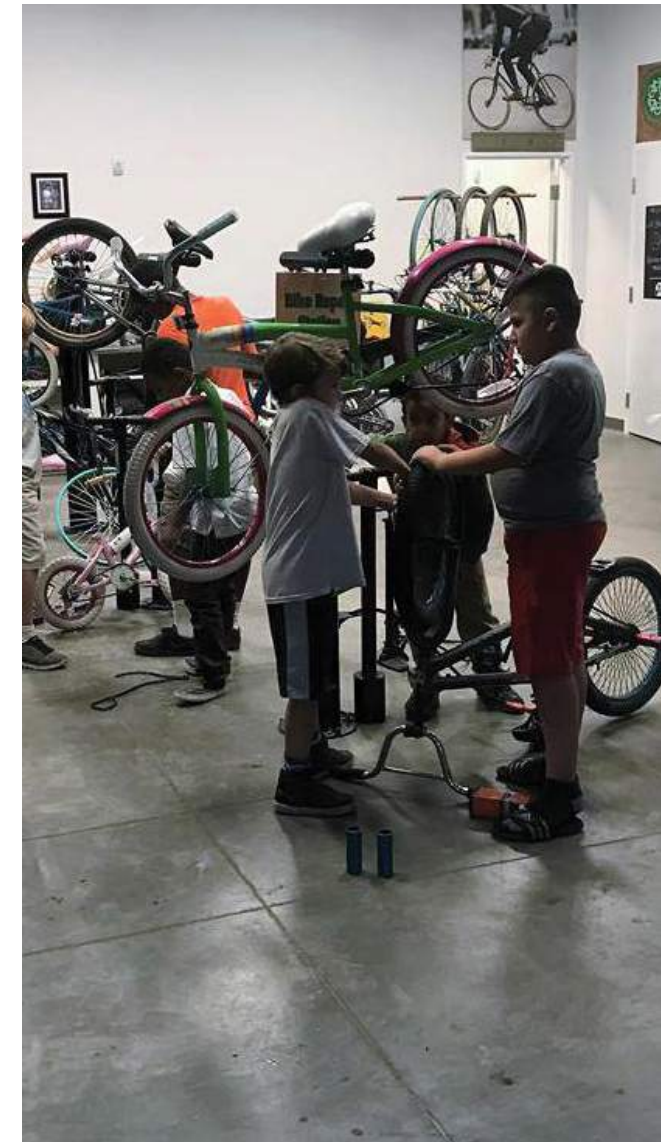
Sometimes even grandmas need a bike.

"We had a grandmother come in with her grandkids to get bikes. And we got Grandma a bike, too. We told her she had to keep up. By the time we were done, she was laughing and riding," Chacon said.

To get a bike, WE-CYCLE U.S.A. requires people 16 years old or older to complete eight hours of service at the center with a volunteer mechanic. Kids who are 15 years and younger may qualify for a free bike.

Chacon emphasizes that We-cycle isn't interested in competing against local bike shops. "We don't charge for anything."

After partnering with the City of Mesa to find space in downtown Mesa,



WE-CYCLE U.S.A. moved late last year to new digs. It is now part of the CDP/EI Rancho Community, occupying a ground-level storefront space near Main Street and Mesa Drive. At this new location, We-cycle pays only \$1 a year in rent and is available to residents who need affordable transportation to work and kids who need an inexpensive way to get some fun.

Chacon remembers one kid in particular who years ago was always hanging out at the center. "I figured life at home wasn't that great for him." The boy got a bike from WE-CYCLE U.S.A. but days later confessed to Chacon that his stepdad had already sold it. Chacon found the stepfather and pointedly told him that re-selling bikes wasn't allowed.

Years later, a confident, young serviceman appeared at WE-CYCLE U.S.A. Turns out he was the same little boy from years past. He told Chacon he always liked how he stood up to his stepfather and remembered "that there was someone there to watch out for him when he was young."

"So, yeah, sometimes, a lot of times," Chacon said, "This can be more than a bike."



Pedaling and Protecting

Staying Safe on the Streets of Mesa

By Meghann Finn Sepulveda

When the Mesa Police Department brought back the bicycle patrol division in 2015, Sergeant Quentin Gerbich thought the opportunity sounded like a great assignment. The 24-year law enforcement veteran applied for the job and was selected to lead the specialty unit central bikes division in Downtown Mesa. Today, Gerbich, along with his team of four bicycle officers, rides between six and 10 miles a day, connecting with local business owners, monitoring METRO light rail operations and keeping Mesa citizens and visitors safe.

Training and conditioning

Although Gerbich has always been physically fit, running and lifting weights, he had to learn how to apply bicycling to police work. He attended a 40-hour bike training class to get acquainted with the basic mechanics of his TREK bicycle, the necessary safety gear including a helmet and gloves, and how to negotiate the roadway.

“Not only did I have to learn how to safely operate the bike, I had to train on ways to utilize the bike in a law enforcement setting, such as how to dismount quickly in the event of an active pursuit,” Gerbich said.

The 51-year-old says the officers in the central bikes division are a self-selecting group who are in good shape, which comes in handy, especially with the physical demands of the job and when it’s time to hit the streets during the hot summer months.

“We carry a lot of water with us,” he said. “We also do a lot of stopping so we can cool down.”



Photo credit: Ryan Glauser

Police patrol assistance

The central bikes division maintains the Downtown Mesa area between Dobson and Horne Roads and often receives calls that are related to the METRO light rail system.

“We respond to individuals who do not cross the tracks appropriately and check to make sure passengers have valid passes and pay the proper fare,” Gerbich explained.

Additionally, central bikes division officers will handle calls to free up the patrol units because of their close proximity. When a call comes in that requires a large amount of police presence, Gerbich and his officers will go to assist.

Positive, public interaction

A big focus of the central bikes division is to establish relationships with local business owners in Downtown Mesa, which is currently undergoing a revitalization.

“Business owners feel secure and more comfortable calling us if any issues arise such as loitering or disorderly conduct, and know we will be there immediately to assist,” Gerbich said.

Historic Downtown Mesa also hosts a variety of popular events that draw large crowds such as Motorcycles on Main, 2nd Friday Night Out and Merry Main Street.

“During these events we have the ability to ride around barricades and stop and say hello to people,” Gerbich said. “Because we are on bicycles, our police presence is more casual, and people want to talk to us.”

The central bikes division also participates in activities for local school-aged children to promote bike safety.

“We all wear the same uniform,” Gerbich said. “But, put a police officer on a bike and the perception immediately changes. We’re no longer seen as tough, scary guys, but friendly and approachable.”

Learn more about the Mesa Police Department’s central bikes division at mesaaz.gov, or search “bicycle registration” on the website to register your bike online.



MESA MOVES
• RUN RIDE •
Mesa Bicycle and Pedestrian Program

FREE MOVIE

ON US TONIGHT!

UConnectMesa Pop-up! and 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!

Transportation and Neighborhood Outreach are teaming up to invite you to join us for a fun night with a Movie at the Park along with the next *UConnectMesa Pop-Up!* event. Stop by with the family for free Mesa giveaways, meet city staff, learn about helpful city resources, and enjoy a movie on us! SRP will provide the FREE kettle corn!

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

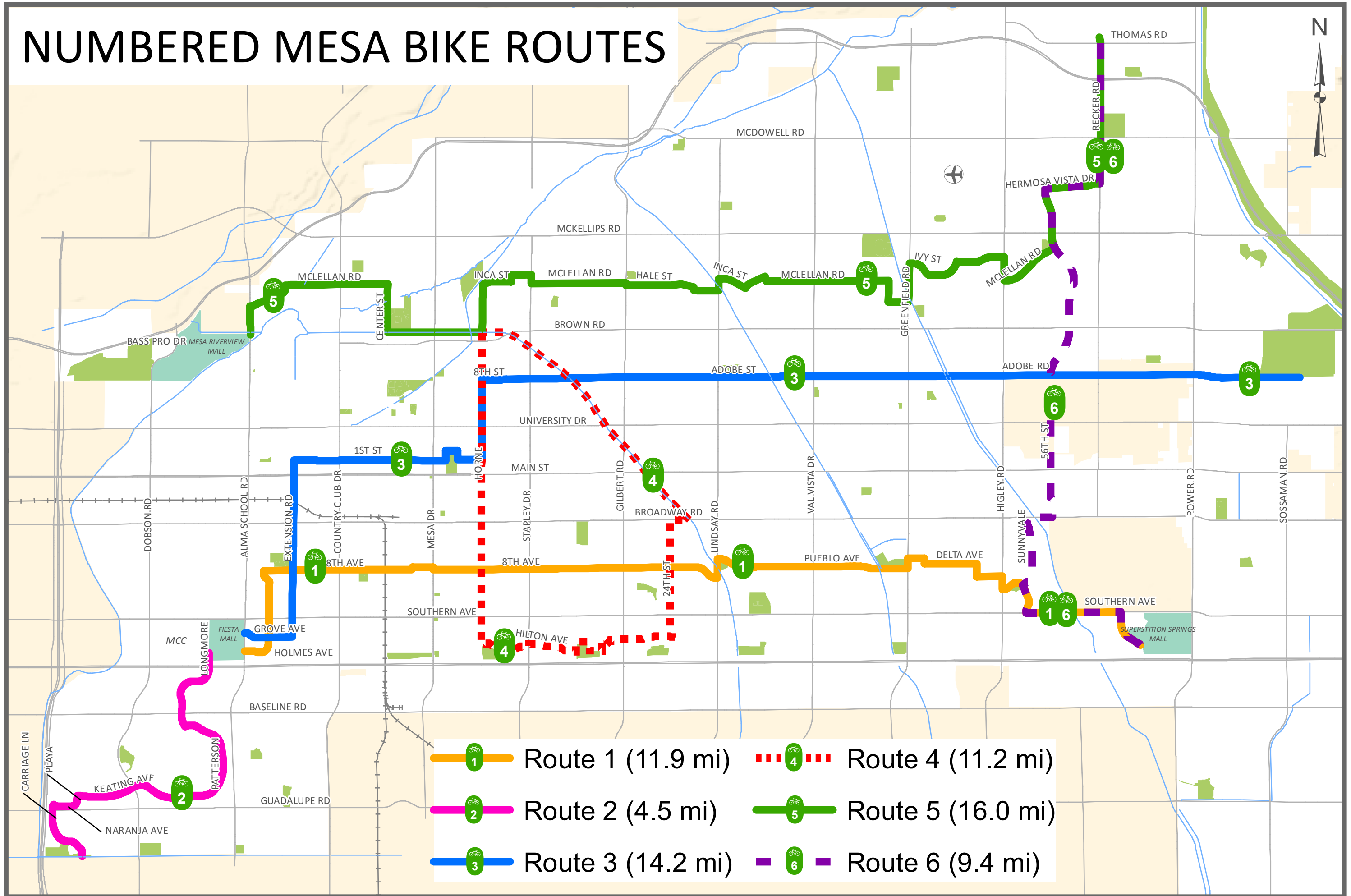
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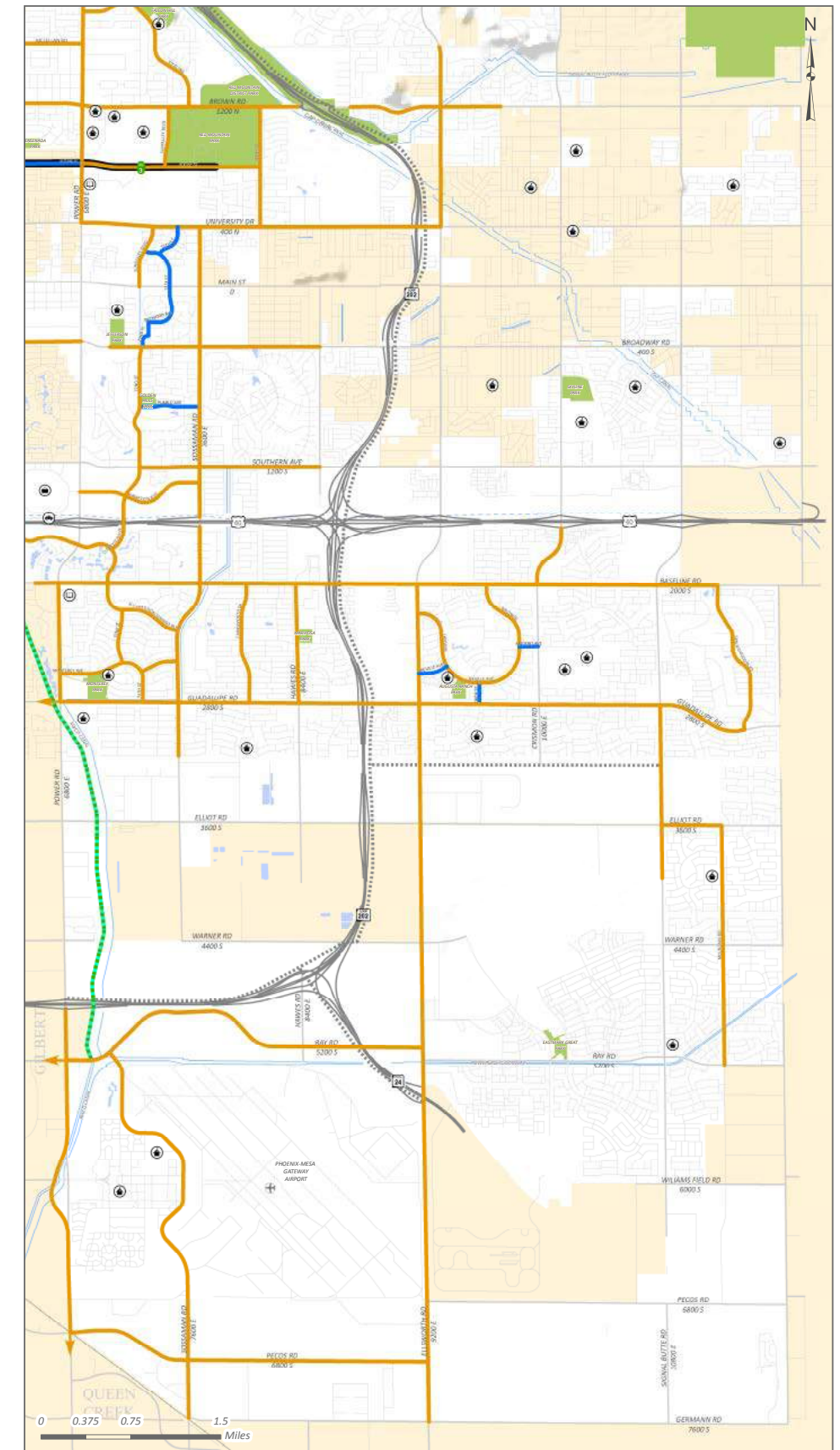
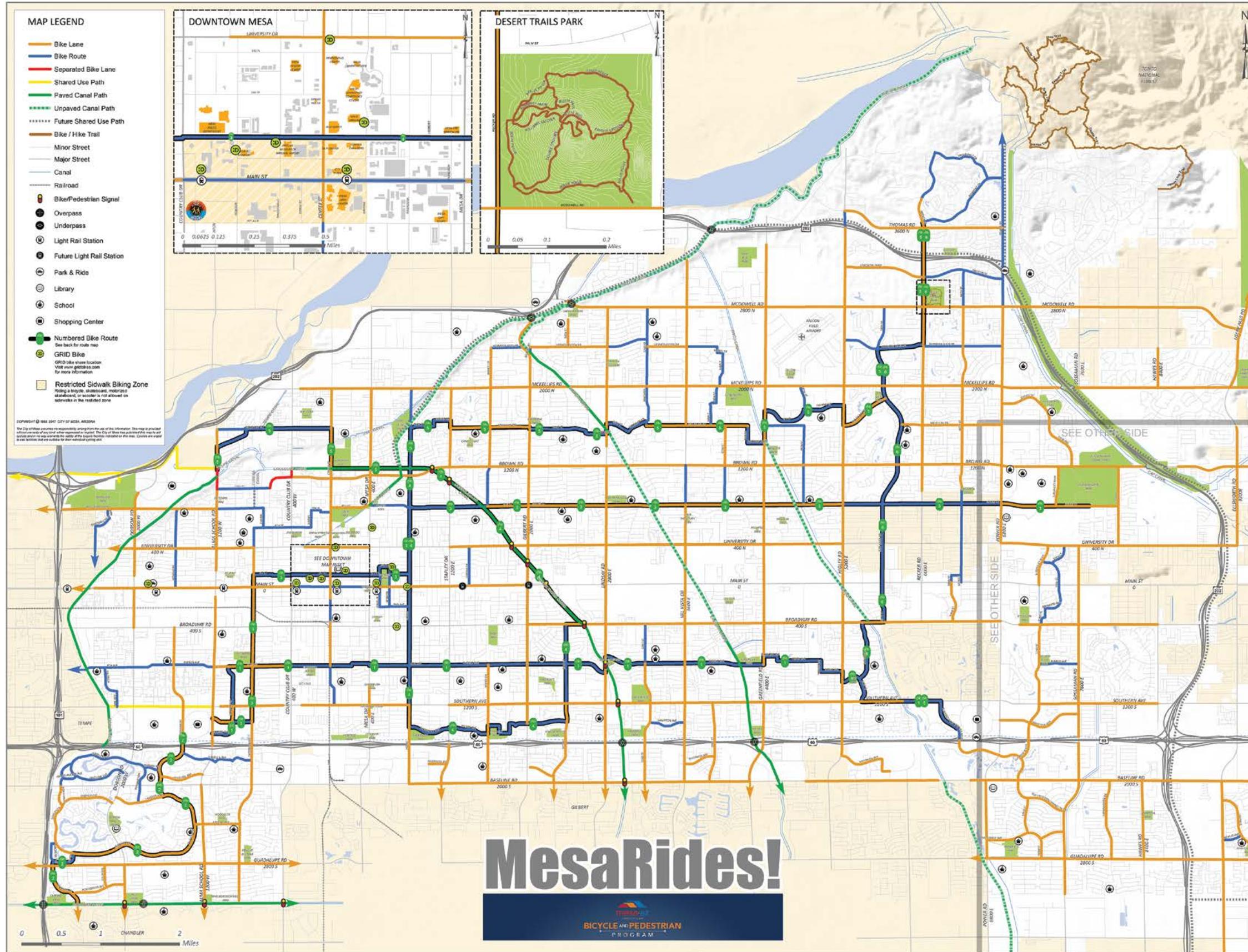
DATE	LOCATION	TIME	MOVIE
September 29, 2018	Chelsea Park	7:00pm	<i>Paddington 2</i>
October 27, 2018	Mountain View Park	6:30pm	<i>Hocus Pocus</i>
November 10, 2018	Pioneer Park	6:00pm	<i>Polar Express</i>
February 23, 2019	Red Mountain Park	6:45pm	<i>Incredibles 2</i>
March 2, 2019	Mariposa Park	7:00pm	<i>The Nut Job 2: Nutty by Nature</i>
April 20, 2019	Whitman Park	7:30pm	<i>Peter Rabbit</i>
May 4, 2019	Rancho del Mar Park	7:45pm	<i>Show Dogs</i>

movies subject to change or cancellation without notice



NUMBERED MESA BIKE ROUTES





Stretch It Out

Three easy stretches to do at your desk

By Michelle Turner

First, you hunch over your bike on your commute into work. Then, you lock into position at your desk working over a keyboard. Your body needs more movement in the day if you want to continue riding and living a healthier life.

By doing some quick, simple moves that don't require you to leave the privacy of your cubicle, cyclists can care for the muscles that helped you ride into work and prepare them for longer journeys ahead.

Stretching improves your range of motion which helps you bicycle more easily, says Craig Nolan, fitness and stretching instructor at Mesa Community College. Flexible hamstrings, for example, also reduce your risk for injury.

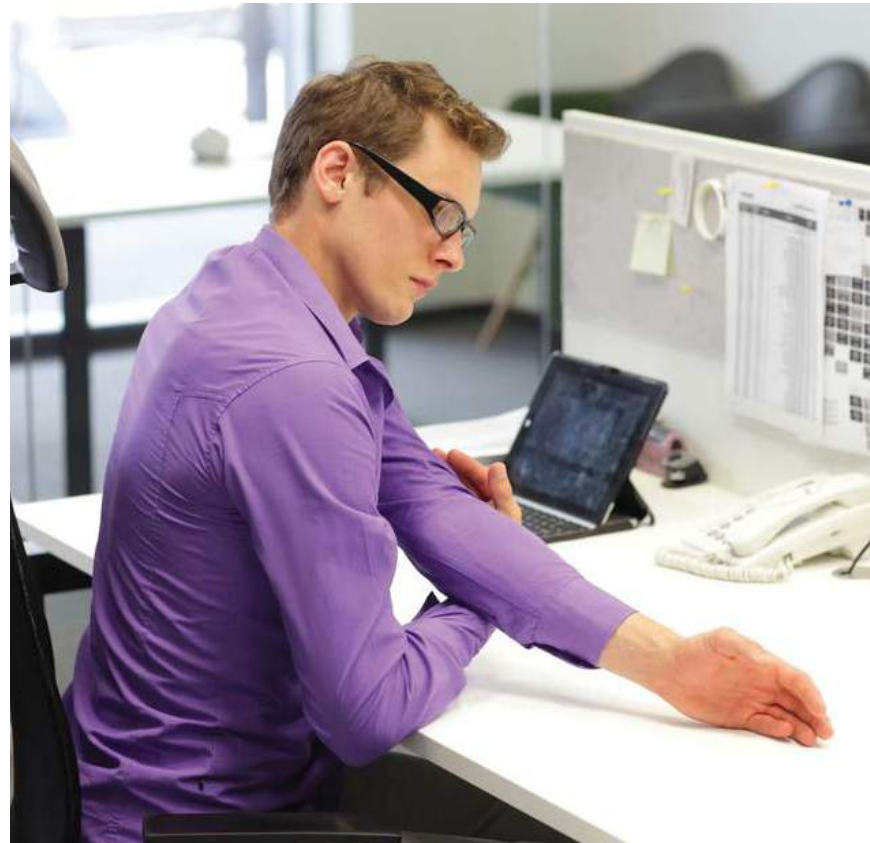
"And we know that sitting can be bad for us if done for long periods of time, even if you didn't exercise that morning," Nolan says.

Nolan suggests these stretches: (First, make sure your office chair is secure).

Twist: Inhale and as you exhale, turn to the right and grab your chair back with your right hand, and the chair arm with your left. Twist your torso around as far back as possible. Switch sides, repeat.

Knee up: While seated, pull up your right knee so your foot is on your chair. Bend forward and hug your knee into your chest, feeling the stretch in your back. Switch legs, repeat.

Arms up: Sit up straight in your chair. Stretch your arms above and interlock your fingers. Inhale, exhale, release.



mesa-az
TRANSPORTATION
BICYCLE AND PEDESTRIAN PROGRAM
www.mesaaz.gov/bikeped

Seeking Input

The City of Mesa's Bicycle & Pedestrian Program is seeking community input on the cycling culture in the community. The annual survey is written to collect data on who is biking in Mesa; what motivates them to ride; their concerns as cyclists and types of programming they look towards the City to provide to riders. In the Spring 2019 issue, we will compile and analyze the results from the survey. We value your honest input as it is taken into account when we are deciding on new projects and planning events and classes.

The survey is now open and will remain open through October 15, 2018 and can be accessed at:
<https://www.surveymonkey.com/r/2018MesaBikePedSurvey>
 Spanish survey version: <https://es.surveymonkey.com/r/ES2018MesaBikePedSurvey>
*Survey participants will also be entered to a random drawing for Downtown Dollar gift cards, redeemable at more than 40 Downtown Mesa businesses.

The Power Of a Good Massage

Healthy Tips to Keep Cyclists on the Road

By: Gretchen Pahia

Photo credit Amanda Brooks



Cyclists are on the go, putting miles behind them that can cost wear and tear on the body. There are a few simple things riders can do to make the body recover easily and keep riders healthy and back on the road in less time.

Angela Powers of Innerlight Wellness in Mesa says there are certain massage techniques that work well and can be most beneficial. "A therapeutic massage with deep tissue techniques is most effective for frequent cyclists." Deep tissue massage involves applying firm pressure and slow strokes to reach deeper layers of muscle.

The frequency of how long and how often a cyclist should get a massage depends on how often they ride, but at least every three to four weeks between therapy sessions for any rider in need of some extra TLC is a good rule of thumb, Powers advised.

The benefits of massage for cyclists include improved flexibility, blood flow to stressed and injured muscles, increased range of motion and easier recovery time from long rides.

According to Powers, it isn't just about massage therapy either, there are plenty of good stretches that cyclists can do on their own to keep up a healthy status. "I like to suggest easy yoga stretches and the use of a tennis ball and of course, a foam roller."

At the end of the day, it is about keeping your body happy so you can head on out for that next ride without any serious concerns about your health and safety.

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When neighbors start talking, good things happen. Nextdoor.com makes it easy to connect with your neighbors and receive important updates from the City of Mesa.

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- Share recommendations about local services (plumbers, baby sitters, dentists)
- Organize neighborhood events (block watch meetings, neighborhood bike rides, potlucks)
- Get to know your fellow neighbors so you can finally call them by name

Join your Nextdoor neighborhood at
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Slow Biking

By Jackie Dishner

On most days, Alan Hall, 59, rides his hybrid to work. He lives in Mesa but owns a commercial truck gear shop in Phoenix. He takes the Stadium Connector Shared Use Pathway for his 18-mile, hour-long route.



Hall started commuting by bike in 1997, when he lived at Southern and Gilbert. "There was no freeway then, so it was faster to ride my bike to work than sit in traffic... I just never stopped... By the time I get to work, I'm warmed up and ready to go," he says.

Hall also spends Thursday nights on local mountain bike trails with a riding group. He says he and his wife Cindy, who rides an e-bike, take their bikes with them on vacation. Sometimes, he and his wife ride over to Riverview and visit the Brass Tap for beers.

Although Hall may not be aware of this, he's part of the "slow bike" movement. Started in 2008, by Mikael Colville-Andersen of Copenhagen, where 41 percent of trips to work or school are done by bike, The Slow Bicycle Movement (now a Facebook page) is about slowing down, riding to work or play, taking time to see the landscape, urban or not. Generally, it's leisurely paced, with or without Spandex. It's for people love bikes and think of cycling as a normal part of the day.

Photo credit: Ryan Glauser



Jeff Quick, who has lived in Mesa for nearly 10 years, says he fits the profile.

"I've enjoyed riding bikes since I was a kid, and I inherited my dad's love for vintage road bikes," he says. He'll take a touring bike down canal paths but rides a hybrid in town, often to West Mesa's Fiesta District.

"I think it's a great place to ride because there are some pretty decent-size bike lanes," he says. A medical student in Glendale, Quick doesn't commute during the week but rides on weekends. His stomping grounds include places like Bookman's, Downtown Mesa and other places where you can find a variety of local shops and restaurants.

"We have great bike lanes here and even when there aren't any, it's pretty easy to find a side street that will get you where you want to go without a lot of traffic," he says.

Erick Geryol, the general manager at Boulders on Southern, a favorite of Quick's, admits he's never heard of "slow cycling" but says most of his advertising is geared toward recreational cyclists.

"We're trying to get less cars on the road," he says, "get people out there experiencing the city."

His bike-friendly restaurant offers indoor bike parking, distributes free bike lights or bells, and keeps a bike pump on hand. They even host regular bike crawls

"We see more of the street cruisers and co-op cyclists here," he says, and thinks Mesa has put a lot of effort into creating a bike-friendly place to ride... We should all get on board with [slow biking]," he says.

The one down-side, says Quick, "Drivers can still be pretty oblivious to bikes here, though, especially when they are leaving driveways." For any cyclist, that's a hazard. It's also good reason to ride slow.

Buying Saddles

By Jackie Dishner

Noticing discomfort on your long rides? The problem might not be "bike fit," it just might be the saddle. Especially for long rides, the right – or wrong – saddle can affect both how you feel and how you perform.

"There's no absolute formula to consider because everyone's posterior is built a little bit differently," says Mark Hickey, a custom bike builder in Mesa and owner of Habanero Cycles. But he offers these tips for your next purchase:

1. Avoid cushy saddles. They may be good for the pub ride. But long term, they cause harm. The cushion forces weight to be redistributed, and that can lead to numbness – the problem cyclists want to avoid. If you're buying a high-performance saddle, with or without cut-outs, they are made to support pressure on the sit bones (the boney tissue that rests on the seat). Since women tend to have wider sit bones, they should consider saddles made especially for women.

2. Try them out. Saddle manufacturers send a group of eight to ten sample saddles as a demonstration kit when bike shops buy their merchandise. Ask to test a saddle out. Ride on it for a few days to see if you like it. Then test another till you find the right fit and feel.

3. Stick with the one you have. Saddles are built to last. But if your old one has worn out, no need to switch models and brands if what you had worked for you. Buy a new one just like it.

4. Pay up. You can find quality saddles for as low as \$35, but the sweet spot when talking price points is in the \$50-\$75 range.



FALL 2018 DIA DE LOS MUERTOS

OCT 27 | **OCT 28**
10:00 AM – 5:00 PM | 12:00 PM – 5:00 PM

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Join us as we celebrate departed loved ones in a festive and traditional manner observed for centuries across Mexico. The Day of the Dead Festival will feature live entertainment, delicious food and drinks, traditional face painting, an altar contest, a colorful Mercado featuring an assortment of Dia de los Muertos merchandise, jewelry, arts and crafts, a large-scale, artist-created community altar, and, new this year, a custom car show.

Individuals, families and schools are invited to participate in the Altar Contest sponsored by the Mexican Consulate of Phoenix and the Mesa Association of Hispanic citizens.



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Ride: Downtown Mesa

By Jackie Dishner

A long chain of vintage motels, their neon signs ready to light up the night like Route 66, gives me an immediate sense of history as I approach Mesa's historic Main Street to explore by bike a downtown established in 1878. At Country Club, the left lane turns into the only lane on my side of the road, and I'm immediately reminded of a conversation with City of Mesa senior engineer Mark Venti: "No riding on the sidewalks."

Within the historic square mile, from Country Club on the west to Mesa Drive on the east, University on the north and Broadway on the south, there are no bike paths. Cyclists are expected to ride on the side of the road. Up and down Main Street, however, cyclists become like motor traffic. I claim my own space on this single lane. Called a "sharrow," the lane designation is marked by two arrows and a bicycle painted in white on the road. Signs on light poles act as reminders that cyclists "MAY USE FULL LANE." It's a headache for some motorists to follow slower speed cyclists, so Venti recommends pulling into bus lanes to let frustrated drivers pass.

Instead, I follow Lori Ann Mecham's cautious advice. "Use the alleyways." The owner of Arizona ING Tours, Mecham, a long-time Mesa resident, offers walking and biking tours in the area and tells me this way I'll see historic architecture, back alley entrances unique to this part of the Valley, and more of the 26 downtown murals.

I follow her suggestion and also explore surrounding neighborhoods. The area north of Main, with its wide, tree-lined streets and large front lawns, is where I spot the Sirrine House, circa 1896. It's a Queen Anne, cottage-style home on the corner of 2nd and Center streets. Around it are rambling ranch homes that remind me of the Midwest where I grew up. The area south of Main leads me to historic bungalows, tiny mission style abodes and the historic Alhambra Hotel that now houses college students. The famous LDS Temple west of downtown is under construction, so I sadly bypass that.

Back on Main Street I find a bike rack in front of the Mesa Arts Center (others in the area are at Light Rail stops and at the Mesa Public Library) and head

Photo credit: Ryan Glauser



out on foot. "Walk Your Wheels" signs painted in desert color hues on sidewalks and hung on walls remind visitors on bikes, skateboards or scooters to keep the area pedestrian-friendly. Grid Bikes and other bike shares are plentiful but still need to be walked or parked while exploring Main.

With buildings of gray concrete on one side and multiple color and texture on the other, Mecham says the Mesa Arts Center reminds her of geodes. But as I tour the property, I see "prism" in the many colors, moving metal parts and water features.

Because of hot weather, I skip an urban garden in favor of checking out businesses on and off Main. Behind brick or stucco buildings and underneath awnings – reminiscent of the old western town this once was – sit cafés, local shops, a cidery, menswear store, an antique typewriter repair shop, maker space, and too many empty spaces. A jewelry display in the window of Jarrod's calls me inside the funky coffee shop that also serves as an art gallery. Meanwhile, dozens of history plaques, murals and bronze sculptures wait to be explored. It's an eclectic mix of the past, passion and promise of more to come.

So no riding on sidewalks? Cyclists zooming in and out of pedestrian traffic would upset the dynamic. Like most things in life, it's a balance – a pleasant balance to ride over and see for yourself.

2018 Merry MAIN ST

Downtown Mesa
Nov. 23, 2018 - Jan. 4, 2019

Kick-Off Nov. 23!
www.merrymainst.com

Come enjoy the **Winter Wonderland Ice Rink** at Mesa City Plaza, the **4-story Christmas Tree** in weekend Christmas Market on Macdonald, free visits with Santa, and **Jack Frost's Food Truck Forest**.

The Rules of the Road

Staying Safe on the Streets of Mesa

By Gretchen Pahia

Cars, bikes, pedestrians, oh my!

The streets of Mesa are filled with a variety of modes of transportation but the reality is that not everyone understands the proper etiquette when it comes to moving throughout the City.

For bicyclists, it is right to assume that you have the same responsibilities as drivers and are subject to follow the same state laws and ordinances. For example, Mesa residents are required, by ordinance, to register bikes through Mesa Police.

According to Mark Venti, Senior Transportation Engineer for the City of Mesa, there are proper ways to ride your bike in a busy traffic area. "A busy traffic area is relative, but in general, be sure to stay on the right side of road. Always wear bright colors and maintain eye contact with the road. Also, always be scanning the road, be predictable, do as we expect cars to do, including crossing at intersections, signal, slow down to turn and change lanes. And of course, always wear a helmet!"

For walkers throughout the City, it is also ultra important to be aware of your surrounding. While pedestrians have the right of way on sidewalks when cyclists are present, there are other items walkers need to be aware of when out and about. "Pedestrians should consider cyclists to be just like any motorized vehicle, and adjust accordingly," says Venti.

For bike riders, it is also about safety awareness, especially if your commute takes you on the road during the darker hours. According to Arizona Law, you are required to have lights on the front and back of your bike and the front light must be white, attached to bike and shine for at least 500 feet. The rear light must be red, the same height as a vehicle and shine for 50 to 300 feet. Mesa's Bicycle and Pedestrian Program gives away free bike lights to class participants of Smart Cycling FUN-Damentals participants, a 90-minute bicycle safety class taught by the City of Mesa's Bicycle and Pedestrian Safety Educator. Upcoming class dates are listed at mesaaz.gov/bikeped. To register a bike in Mesa, search "bicycle registration" on mesaaz.gov for the online form.

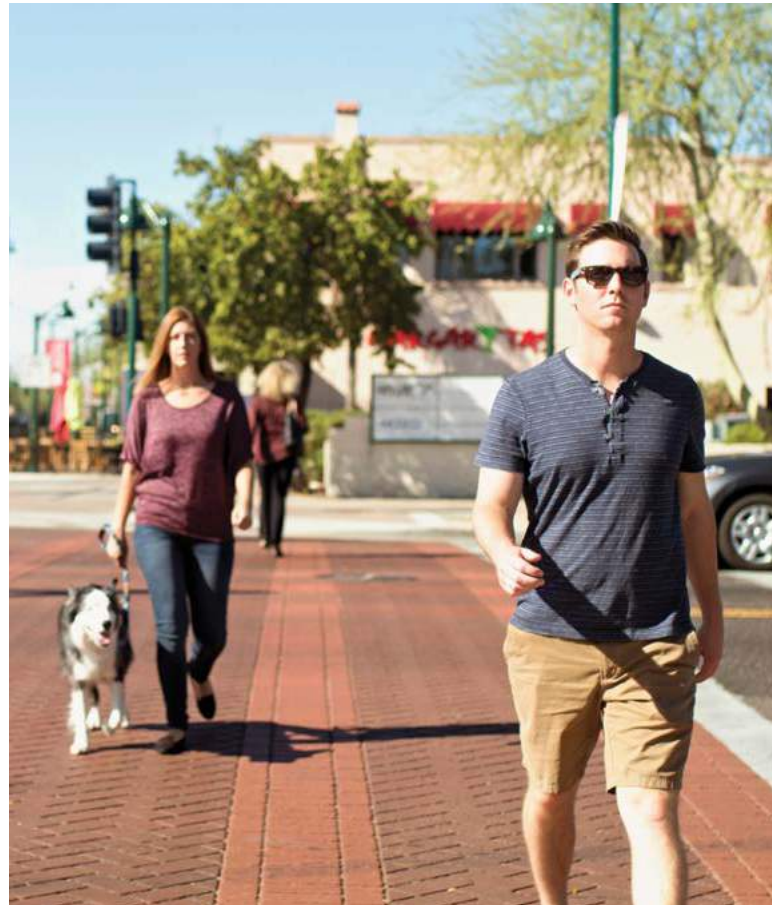


Photo credit: Ryan Glauser

Keeping You Green in Mesa!

earth-FRIENDLY PROGRAMS

- Backyard Composting Program
- Grass-to-Xeriscape Incentive
- Solar Rebates for Mesa Electric Customers
- Water- Use It Wisely
- Prescription Drug Disposal
- Cooking Oil Recycling
- Mesa Urban Garden
- Arbor Day Celebrations & Tree City USA
- Textile Recycling
- Paint Reuse Program
- Living Green Events
- Monthly Sustainability Savings Tips
- Valley Metro Bus & Light Rail
- Bike & Pedestrian Program plus GRID Bikes
- Green Waste Barrel Program
- Household Hazardous Materials Facility
- Amazing City Parks/ Pools

mesaaz.gov/sustainability



It's snowing in Mesa

CYCLEMESA

Winterfest

Saturday, December 15
2:30 - 5 p.m.

ALTA MESA PARK

Join the Bike & Pedestrian Program for 20 tons of snow play, a mechanical snowboard, bounce houses, food trucks and more reindeer games as well as a holiday helmet safety message and concussion education.

Stick around after the snow melts for a guided family-friendly bike ride through Alta Mesa's neighborhood to see homes lit up with holiday lights and decor. Night ride starts at 5:30 p.m.; don't forget your helmets and bike lights!

www.mesaaz.gov/bikeped • [Facebook.com/MesaBikePedProgram](https://www.facebook.com/MesaBikePedProgram)



› **EVENTS 2018 - 2019**

October 6

Tour de Fat Tempe
3 p.m.
newbelgium.com/events/tour-de-fat

October 7

6:30 a.m.
Tour de Scottsdale
Tourdescottsdale.net

October 10

International Walk to School Day
<http://www.walkbiketoschool.org/>

October 10

Kids Bicycle Safety Class
3 p.m.
Mesalibrary.org/events

October 19

Moonlight Madness #3 Live- Run Your Race 5k Fun Run
www.facebook.com/RunYourRaceAZ/

October 20

Celebrate Mesa
5-9 p.m.
<https://www.mesaparks.com/info-contact/special-events/celebrate-mesa>

October 27

Movies in the Park at Mountain View Park
6:30 p.m.
Mesaaz.gov/bikeped

October 27

Mesa Adventure Challenge
11am-1:30 p.m.
mesaaz.gov/things-to-do/mesa-adventure-challenge

November 10

Movies in the Park at Pioneer Park
6 p.m.
Mesaaz.gov/bikeped

November 14

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

November 17

El Tour de Tucson
7 a.m.
perimeterbicycling.com/el-tour-de-tucson/

December 5

Kids Bicycle Safety Class
3 p.m.
Mesalibrary.org/events

December 6

Kids Bicycle Safety Class
3 p.m.
Mesalibrary.org/events

December 15

CycloMesa WinterFest
2:30- 5 p.m.
Mesaaz.gov/bikeped

January 12

Intermediate Adult Skills Class
10 a.m.- Noon
Mesaaz.gov/bikeped

January 23

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

February 13

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

February 23

Movies in the Park at Red Mountain Park
6:45 p.m.
Mesaaz.gov/bikeped

March 2

Movies in the Park at Mariposa Park
7 p.m.
Mesaaz.gov/bikeped

March 6

Kids Bicycle Safety Class
3 p.m.
Mesalibrary.org/events

March 7

Kids Bicycle Safety Class
3 p.m.
Mesalibrary.org/events

April 6

El Tour de Mesa
6:30 a.m.
perimeterbicycling.com/el-tour-de-mesa/

April 6

CycloMesa
9 a.m.-2 p.m.
Cyclomesa.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

› **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

Mesa Police Department
"Hiring the Future"



- Various Detective Assignments
- SWAT
- K-9 Unit
- Aviation/Airport Unit
- Traffic/Motors Unit
- School Resource Officers

- Competitive Salary
- Comprehensive Benefits
- Tuition Reimbursement
- Public Safety Retirement Plan
- Promotional Opportunities
- Shift Differential Pay

MPDJOB.COM

JoinMPD@mesaaz.gov

Schedule Your Neighborhood Cleanup Event TODAY!



Download or request an application packet:

MesaAz.gov/waste | (480) 644-4791



Don't have time to coordinate an event? The City of Mesa also offers a curbside bulk item collection service. For rates, additional information or to schedule a bulk pickup, visit MesaAz.gov/waste or call (480) 644-6789.



BICYCLE AND PEDESTRIAN PROGRAM

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 or follow us:

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

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

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