

# SPOKE LIFE MESA

A publication by the City of Mesa's Bicycle & Pedestrian Program



## PROGRAM UPDATE

In November, we thought perhaps things would be returning to normal soon but here we are putting together the Spring issue of SpokeLife magazine still working from home part-time. While our ability to teach classes in person or hold events is still on hold, we have been continuing to plan and design future projects and maintain our current facilities. The counters installed on the shared use paths have seen a huge jump in riders and walkers since COVID restrictions began in March 2020. During the first few months there was over a 200% increase in usage and a year later, our counts are still above average. More users mean more feedback and we appreciate everyone who took this year's survey and provided comments.

Lastly, the Mesa Moves Bond program that was passed last November, has a survey open now until May 9th to gather feedback on future Active Transportation Projects. Use the QR Code or visit [mesaaz.gov/mesamoves](https://mesaaz.gov/mesamoves) to take the short survey and learn more about the public meeting on May 18th.



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# REPORT FROM YOUR RIDE

by Amy J McConnell



Photo credit: Brenton Booth

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 launched a new version of 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. This app allows you to report other issues such as debris in the roadway, streetlight outages, and potholes.

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

## REGISTER YOUR BICYCLE

Mesa Police Department offers bicycle registration in the event your bicycle was stolen and recovered. This allows your bicycle to be able to be returned to you much easier if you have all the necessary information to provide to Police in order to get it back. You can visit Mesa Police Department's website to fill out the [online form](#) or drop it off at any Mesa Police station.

## Your Bike Was Just STOLEN!

If you heard the words, "Your Bike Was Just **STOLEN**," do you have all of the necessary information to provide to Police in order to get it back? **Fill out this card, Submit it On-Line, or Print and Mail it to or Drop it off at any Mesa Police station to register your bike.** You can also create your own Free account for personal property inventory at Foundrop: [www.Foundrop.com](http://www.Foundrop.com)  
**Note: A Foundrop Account Inventory does not register your property with the Mesa Police Department.**

Do You Know Your Serial Number?

Your Bicycle Serial Number is located on the bottom of the pedal casing. If your bike does not have one, engrave your Driver's License number in this location and record that number on the registration card below.



### NEED YOUR BIKE?

- PHOTOGRAPH IT
- REGISTER IT
- LOCK IT
- WEAR A HELMET
- OBEY TRAFFIC LAWS



### Bicycle Registration ~ Be sure to print a copy for your records before submitting. \* Indicates REQUIRED Field

\*Name: \_\_\_\_\_

\*Phone: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ \*Age: \_\_\_\_ \*Sex: M  F

\*Bike Make: \_\_\_\_\_ Fenders? Yes  No

\*Bike Model: \_\_\_\_\_

\*Bike Color(s): \_\_\_\_\_ Bike Size: \_\_\_\_\_

\*Serial #: \_\_\_\_\_

If No Serial # Found on Bike, Complete Next Line:  
Owner Applied #: \_\_\_\_\_ Driver's Lic.? Yes  No  State: \_\_\_\_\_

Notes: \_\_\_\_\_

Date Submitted: \_\_\_\_/\_\_\_\_/20\_\_\_\_  Mailed In  Dropped Off  Submitted On-Line

By checking this box you are attesting to the truthfulness of the information contained in the Registration Form and confirm that you understand that false reporting to the Police is a crime.

This Section for Mesa Police Department Use Only: RMS Bike ID# \_\_\_\_\_  
Received \_\_\_\_/\_\_\_\_/20\_\_\_\_ Entered By: \_\_\_\_\_ Badge# \_\_\_\_\_

SUBMIT FORM

New 3/19



# SAFETY FIRST

by Jackie Dishner



The last thing any of us want is to be stuck on a bike path or trail with a flat tire. It's worse if you don't know how to fix it yourself. If you should ever be in that predicament, here's the least you need to know about how to fix a flat, with help from Travis Jones of Mesa's Two Wheel Jones bike shop.

**Start with these tools:** two plastic tire levers, extra inner tube, and air pump.

**Step 1:** Assuming work is on the back tire, first remove the back wheel from the bike. To do that, shift the back tire's derailleur to the outside gear (the smallest cog) and then pull the noodle clasp out of the brake caliper. Stand behind the bike and open the quick release lever. Hold the frame on each side of the wheel, pull the rear derailleur towards you as you push the axle forward with your thumbs. It will drop out of the frame.

**Step 2:** Remove the inner tube from the wheel by holding the tire, facing outward, with one hand. With the other hand, pinch the tire, exposing the inside of the rim. Insert the tire lever into that space and underneath the tire bead (one side of tire only). Affix the other end of the lever onto the spoke below to hold the tire in place. With a second lever, pry the bead outside the rim several inches away. Remove both levers and set them aside. It may take some force, but remove the entire tire from the rim, and the inner tube from the tire.

**Step 3:** Inspect the rim for sharp objects or open spoke holes. Inspect the tire's outside. Using the old inner tube, wipe the inside of the tire to remove any thorns, nails or other sharp objects. Look for cuts or debris.

**Step 4:** Pull out the new tube and pump a little air into it so it holds its circular shape. Place it around the rim. Insert the inner tube valve through the valve hole on the rim. Pull one tire bead fully onto the rim. Massage the tube inside the open bead by walking it around the tire with your fingers. Pull the second bead, the other side of the tire, over the rim until only a fraction is left. Release the air in the tube so it flattens. Pinch one side of the tire to create slack and then twist it like a towel to pry it the rest of the way on.

**Step 5:** Re-inflate the tire and re-install the wheel by setting the chain on the outer cog. Guide the rear axle, rotating the derailleur backwards and away from the cog, so that the frame drops in place. Hold the bike in place by pressing down on the seat. Close the quick release. Reposition the brake caliper. Check the function of the axle, gears and brakes. Make any final adjustments, and your bike is ready to ride. With practice, changing a tire should take no more than five minutes.



# Be Seen, Be Safe



## Cyclists must:

- Have a light on the front of their bike and a reflector on the back.
- Ride WITH traffic, not against.

## Remember:

- Always wear a helmet.
- Wear bright & reflective clothing to make yourself more visible.
- Follow traffic laws & ride in a predictable manner.
- Use hand signals so people know where you are going.

## It's the law!



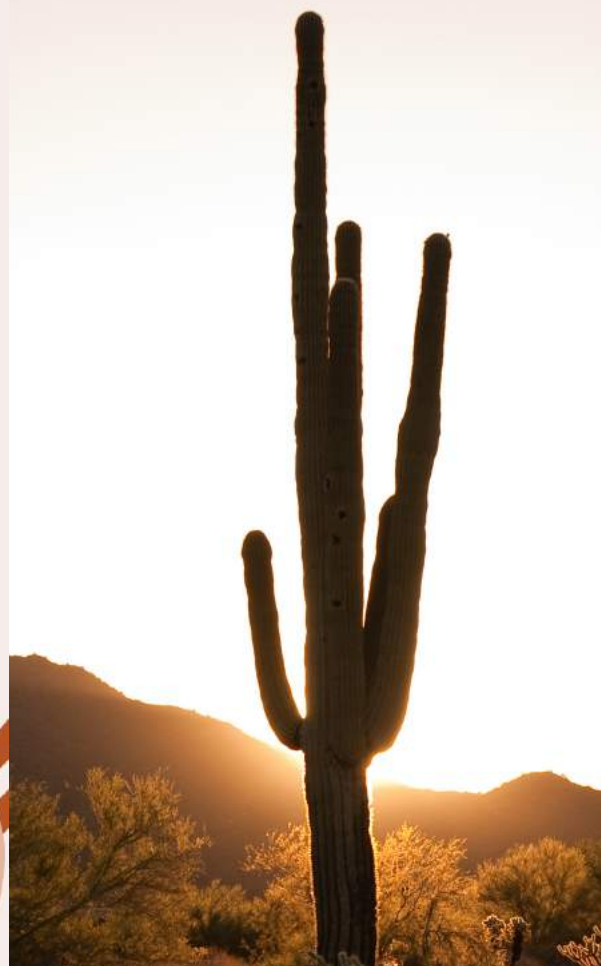
## BICYCLE AND PEDESTRIAN PROGRAM

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



## Summer Cycling Tips

- Drink water: Keep hydrated, before, during, and after your ride
- Always wear a properly fitted helmet
- Keep an eye on the road surface
- Always keep right, except to pass
- Wear sunscreen & sunglasses
- Ride in the morning or evening
- Dress for the weather



# RESULTS ARE IN

The City of Mesa's Bicycle and Pedestrian Program provides many services and educational opportunities for residents. The goal of the program is to increase the ridership and activity throughout the City so that residents may benefit from this affordable and healthy form of transportation. Annually, the Bicycle and Pedestrian Program releases a survey to gauge the activity and overall satisfaction of the Program and facilities offered, so that it may improve and support a beneficial, as well as a desirable environment. The survey was conducted over the months of December 2020 through March 2021 with 331 respondents. Due to the pandemic, 31% of those surveyed have rediscovered cycling and 95% say they will continue to bicycle regularly.

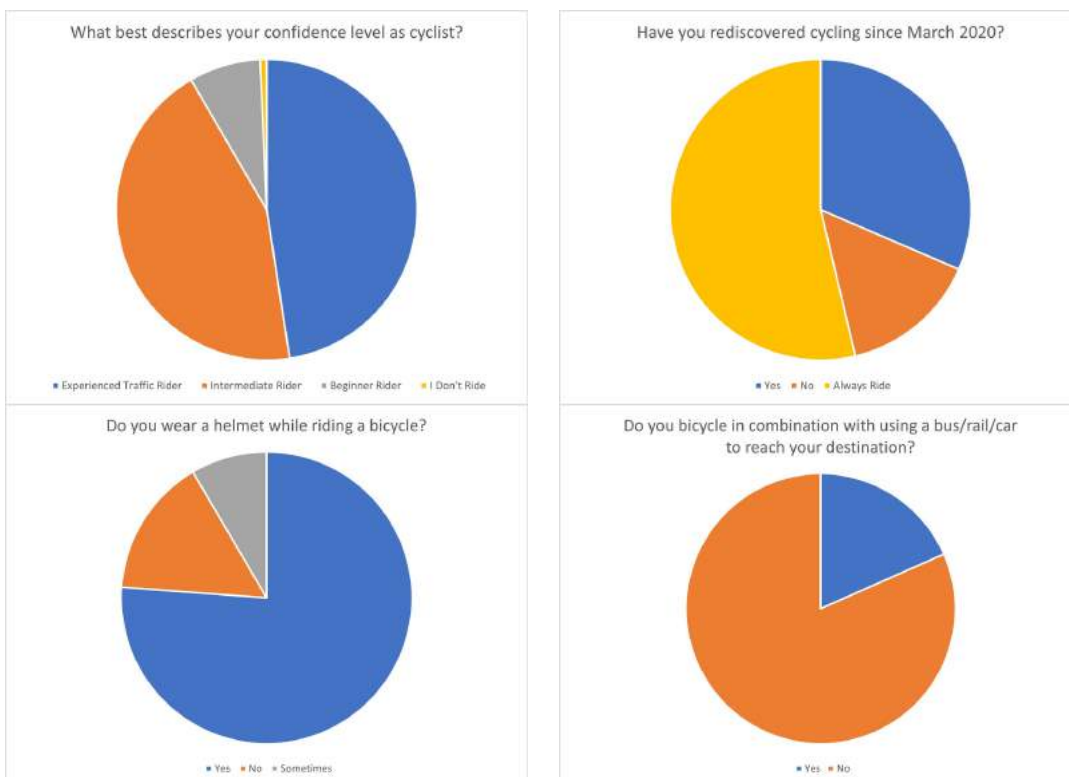
## Key Findings:

- Most cyclists wear a helmet and ride for recreation and fitness benefits.
- The main reason for choosing to walk is overwhelmingly for leisure and health.
- Cyclists report that lack of bike lanes and vehicles not sharing the roadway are the top issues encountered while riding.
- 83% of respondents would like to see more off-street pathways.
- 68% of cyclists prefer to ride on off-street pathways but over ¼ feel comfortable in bike lanes.

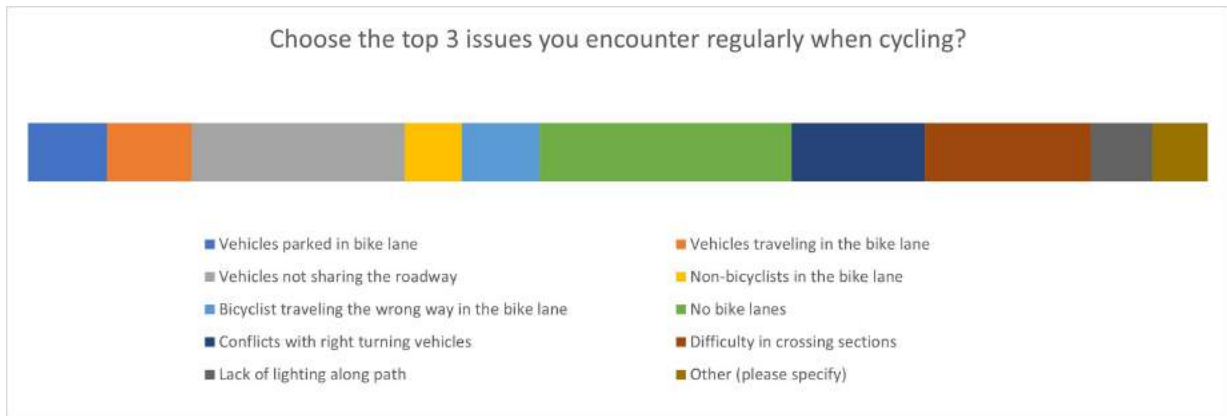
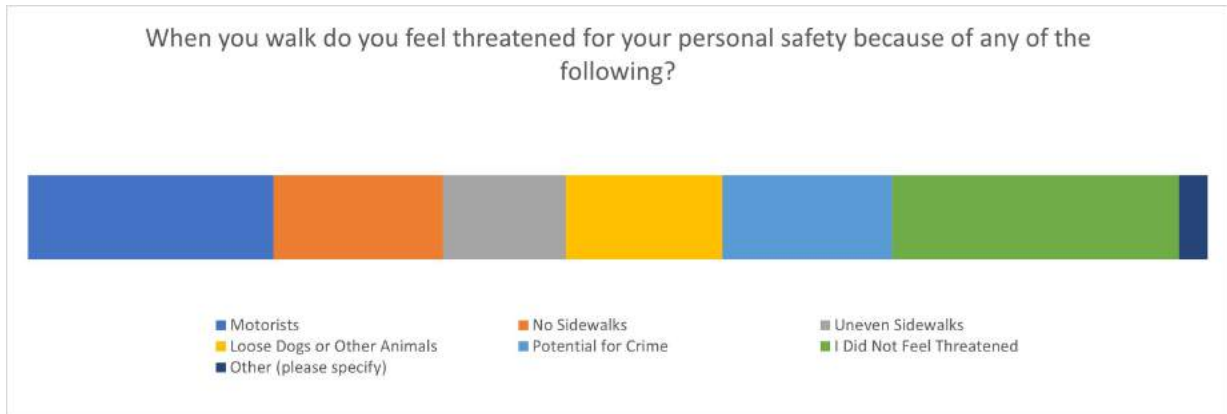
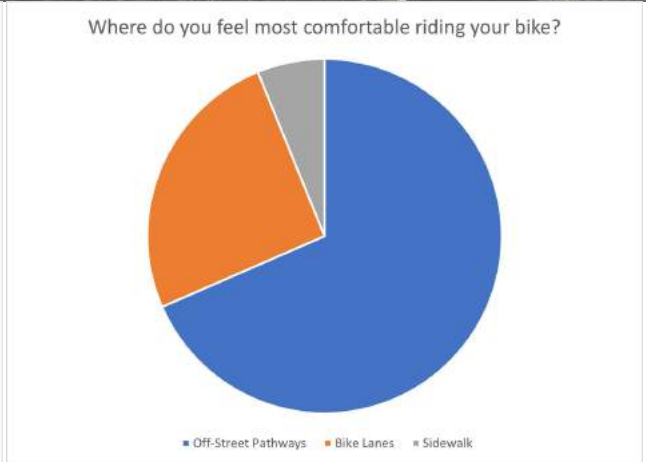
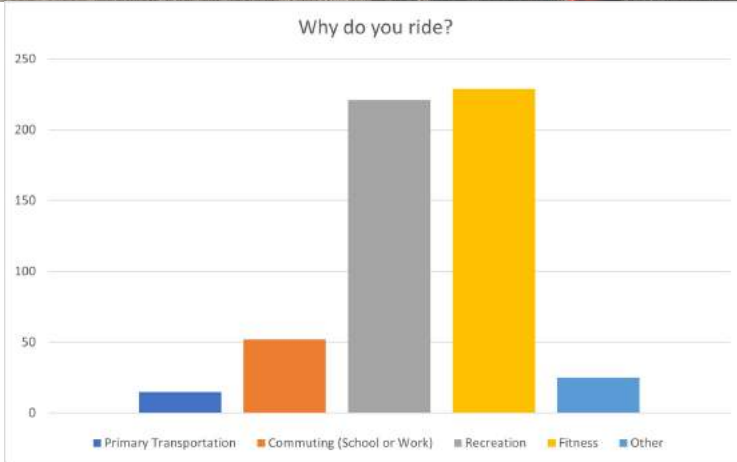
**Boosting Confidence:** One of the program's main goals is to boost the overall confidence of cycling throughout the City. 48% of those surveyed considered themselves to be experienced traffic riders followed by 44% intermediate cyclists. Less than 8% considered themselves to be beginner riders. Overall, 92% are quite confident regarding bicycling.

**Reasons to Ride:** There are numerous reasons people choose to ride their bicycles. Fitness was amongst 88% of those surveyed and 85% put recreation as top reasons while 20% report also using their bike for commuting. Less than 20% use other modes of transportation in combination with cycling. Many residents are discovering the benefits from riding by utilizing bicycling as a mechanism to exercise, saving on costs for transportation, and preserving the environment. Occasionally those surveyed would rather walk than use other modes but nearly half answered rarely or never.

**Where They Ride:** Most survey respondents feel most comfortable riding on Mesa's off-street pathways. 25% prefer to ride in bike lanes and 6% choose to ride on the sidewalk only.



# RESULTS ARE IN



# EASTERN CANAL SHARED USE PATHWAY

The City has completed another segment of its shared use pathways network. The first segment of the Eastern Canal Shared Use Pathway was completed in December 2020, allowing Mesa to continue the effort to accomplish the goals set in its Transportation and Bicycle and Pedestrian plans. The network is being completed by constructing segments as identified through the Transportation Department's public outreach surveys.

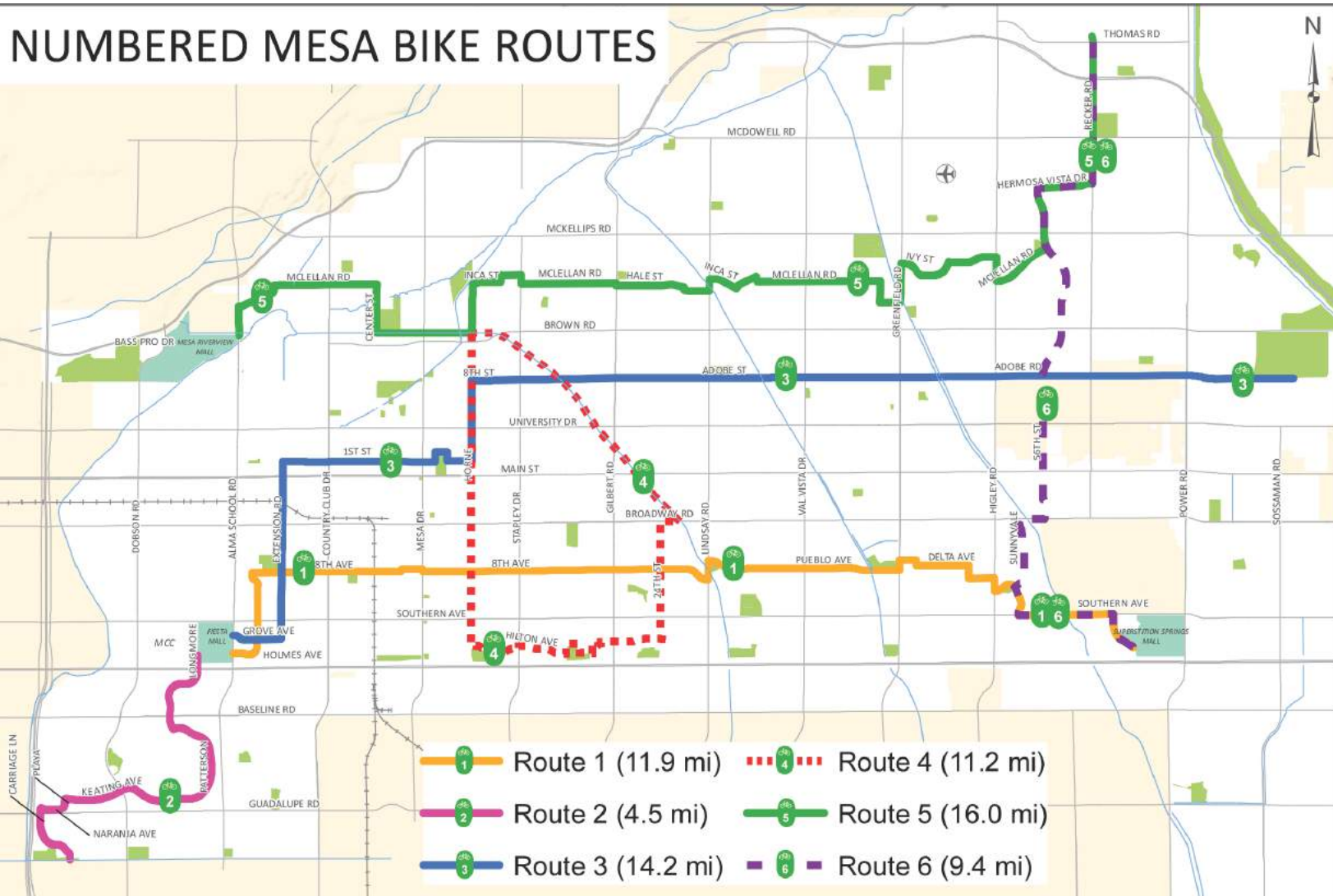
The Eastern Canal Shared Use Pathway includes 12-foot asphaltic concrete path with a 1-foot shoulder, solar powered lights and two pedestrian traffic signals. One signal is at the path's crossing with McKellips Road, and the other is at the crossing with Lindsay Road.

Transportation's Bike and Ped program has recorded through user counts, an uptick in usage of all the shared use pathways throughout the City during the past year, noting both, recreational and commuting purposes. The Eastern Canal segment is expected to allow better connections in our City pathway network for both types of users.



# RIDE OUR FEATURED ROUTES

## NUMBERED MESA BIKE ROUTES



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](https://mesaaz.gov/bikeped) or follow us on Facebook: [MesaBikePedProgram](https://www.facebook.com/MesaBikePedProgram)