



FORT WORTH YMCA PARTNERS WITH THE BIKE GANGS OF FORT WORTH PROVIDING FREE BICYCLE REPAIRS FOR FAMILIES

Fort Worth, Texas – Thursday, Dec 3rd, 2020 — The YMCA of Metropolitan Fort Worth is partnering with the Bike Gangs of Fort Worth to provide free bicycle repairs (called rehabs) to children and families on **Saturday, Dec 5th at 9am** in the parking lot of the **Northpark YMCA** located at 9100 N Beach St, Fort Worth, TX 76244.

The 100-bike rehab event, in collaboration with Bike Gangs of Fort Worth, is seeking volunteers to set up in separate stations, socially distanced, to rehab 100 bikes to get back into the community to encourage children and families to ride bikes and get out and move naturally. **To volunteer for Saturday's event**, contact **Erika Jobe** at **(817) 993-1333** or ejobe@ymcafw.org.

Established in November 2016 as The Park Glen Bike Gang, The Bike Gangs of Fort Worth is a nonprofit organization that was founded by Daniel Guido, a father in the Park Glen community. Its stated mission is to foster more neighborhood friendships and community, promoting "neighboring" in general ("build the neighborhood you want to live in"). The organization provides free organized bike rides, free bike repairs, free bike trade-ups, free bikes and free bike helmets. A total of eight neighborhood bike gangs now exist all around the city of Fort Worth.

"We get kids and their parents out of their houses and away from their screens for free and family-friendly bike rides, typically twice per month. Typically an hour or so long, rides start with a safety briefing, and then a slow-roll through neighborhoods, stopping to play at a park, then pedaling back to "home base" for a snack and water and sometimes cookouts or popsicles." Daniel explains. "We're honored to be the recipients of a Mayoral award in the Health and Wellness category of the 2019 City of Fort Worth Neighborhood Awards, and for partnering with the City's code compliance and recycling stations to establish the Community Bike Builder program to intercept and rehab an additional 800-900 bikes per year for Fort Worth residents."

The Northpark YMCA reopened this summer with new health and safety protocols and guidelines to keep members and guests safe. Guests can visit the Y for membership, group exercise, day camps, swim lessons, personal training while maintaining social distancing guidelines. Parents can bring kids to the Y Playhouse while they work to get or stay physically active.

"The opportunity to partner with The Bike Gangs of Fort Worth is a natural because our missions are closely aligned. Getting people to move naturally, strengthening families, encouraging the love of outdoors are priorities we are both working to encourage and support." Says Erika Jobe, Executive Director of the Northpark YMCA. "Situated in close proximity to the neighborhood bike gangs, the Y has resources to offer, mostly an organized outdoor space and people (volunteers), so it's a win/win for our community. To be able to do something so meaningful to encourage healthy living for our community during this time of social distancing is such a blessing!"

The Bike Gangs of Fort Worth has been rehabilitating and gifting bikes since 2017. Future plans include establishing the Neighborhood Bike Shop-in-a-Box model, which is based on a 20-foot shipping container format, and puts a full-fledged shop right in the neighborhoods that need them most.

"Considering that low-end bikes cost \$75-\$150 and repairs can easily run \$40, it could be financially difficult for a family as kids continually grow through the five basic sizes of bicycles. Further, the modern family has a shortage of time that causes a drop-off and pick-up at a bike shop to become a stressful luxury." Guido explains. "Our model not only catalyzes neighbor interactions and promotes healthy use of our amazing outdoor amenities, but it also solves these economic and time-zapping challenges. We aim to remove all barriers to entry and sustained participation and replace them with miles of smiles."

They tout having over 1,200 bikes given back to the community, countless neighborhood bike rides, and over 10,000 estimated smiles and counting.

To find out more information about the Bike Gangs of Fort Worth, contact **Gang Boss Daniel Guido** at **(682) 429-2298** or gangbossguido@thebikegangsoffortworth.org.

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About YMCA of Metropolitan Fort Worth

With 130 years of service to the Fort Worth area, the YMCA of Metropolitan Fort Worth serves more than 150,000 unique individuals on an annual basis. Its work impacts our community daily through programs that emphasize youth development, encourage healthy living, and empower social responsibility. The non-profit organization offers diverse family programs including youth sports, youth and government, camping, childcare, swimming and drowning prevention, wellness, diabetes management, and senior-specific adult programs in addition to fitness memberships. The Y has branches in Tarrant, Johnson, and Hood counties. Additionally, it owns and operates YMCA Camp Carter, a year-round facility offering both day-camp programs and residential opportunities for youth. It also owns and operates the YMCA Sports Complex in southwest Fort Worth, providing soccer, baseball, and other youth sports opportunities. To learn more about the Y, visit: www.ymcafw.org.

To learn more about the Northpark YMCA, visit: ymcafw.org/locations/northpark.

About the Bike Gangs of Fort Worth

Established in November 2016, originally as The Park Glen Bike Gangs, The Bike Gangs of Fort Worth, now a 501(c)3 non-profit association, provides our community with free organized bike rides, free bike repairs, free bike trade-ups, free bikes, and free bike helmets. It is proud to have eight neighborhood bike gangs all around the city, four affiliated "garage bike shops," fifteen partnering/sponsoring organizations, approximately 15 regular core volunteers, zero staff, and a zero dollar operating budget. To learn more visit: www.thebikegangsoffortworth.org.