

Greeley Tribune

Greeley hosts bike ride to promote healthy living

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A health improvement initiative had 13 bicyclists ready to ride in Greeley on Tuesday.

With a collective snap of helmet buckles, riders for the “Make Today Count” event pedaled from the Greeley Train Depot into the hot afternoon sunshine.

It was an opportunity for riders to view the parks of Greeley and also get a glimpse of any needed improvements as they road from the depot to the Rodarte Community Center garden.

Weld Public Health spokesman Eric Aakko, who helped organize the event with other Greeley community health organization partners, said the purpose of the ride was leisurely fun that will encourage others to go out into the Greeley community and enjoy what it has to offer.

The ride was held to encourage healthy living and community involvement, Aakko said, and several more events are planned for the summer.

“Greeley has some great assets and great trails. What sets Greeley apart is we do have a number of organizations coming together and collaborating,” Aakko said. Some riders participated because, like Aakko, they said they were advocating for safety and fun in the Greeley community.

Katie Castillo works for the Healthy Kids Club in Fort Collins. She rides a salmon colored Panda bike.

“I was excited to get my bike out on the road. Riding in Greeley is new for me.” Castillo said.

In a red helmet painted with monster trucks was the group’s youngest participant, 19-month-old Desmond Soule-Hill. He cruised in a toddler trailer behind mom Jennifer.

“It’s good for the body and good for the community,” Jennifer Soule-Hill said of bicycling.

Sarah Boyd, a Greeley park planner, described herself as an avid bike rider. She commutes via bike to work, the library and the grocery store.

“It’s an opportunity to be aware of what’s going on,” Boyd said of the bike ride Tuesday.

Safety awareness was another reason riders participated.

Kelly Campbell, a health communications supervisor, hoped to raise awareness about bike fatalities and to establish the necessity for more bike lanes.

Whether riders were looking for a good time or advocating for a cause, the “Make Today Count” was a ride of opportunity.