



Humboldt Shifting Gears 2010



May 2010 Shifting Gears Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	3	4 Shifting Gears Kick-off Potluck	5 Bike Maintenance Workshop	6	7	8
9	10	11	12	13 Group Commute for Bike to Work Day- Eureka	14	15
16	17	18	19 "Old Town Oddities" Walking Tour	20	21	22
23	24	25	26 Fueling Your Active life	27	28	29
30	31 Memorial Day					

Shifting Gears Kick-off Potluck

Monday, May 4th 12:00pm -1:30pm
Community Wellness Center, 908 7th St.
Bring a healthy dish and meet other co-workers who also want to get to work differently.

Bike Maintenance Workshop

Wednesday, May 5th 12:00-1:00
Community Wellness Center, 908 7th St.
Learn the bicycle safety ABC Quick Check, which tools to carry on your bike, and how to fix a flat by doing it.
Call to confirm: Dorina Espinoza 441-5549

Bike to Work Day Group Commute

Thursday, May 13th Depart 7:00 am
Arcata Marsh Interpretive Center parking lot, 569 South G Street
Ride to work with friends and coworkers at a 10 mph pace. Arrive 8 a.m. at the Eureka Co-op Energizer Station, 1036 5th Street

"Old Town Oddities" Walking Tour

Wednesday, May 19th 12:00-1:00pm
Meet at front steps of Courthouse, 5th St.
Ruth Moon of *Eureka Discovery Walks* leads this tour of odd, interesting and strange things you may have never noticed in Eureka's Old Town.

Healthy Eating Workshop -- Fueling Your Active Life

Wednesday, May 26th 12pm-1pm
Community Wellness Center-
Upstairs Library
Colleen Ogle, RD, Public Health Nutritionist will offer a workshop discussing the foods we need to fuel our active lifestyles.
To reserve a spot: 441-5560 or email cogle@co.humboldt.ca.us



Humboldt Shifting Gears 2010



June 2010 Shifting Gears Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3 Eureka Marsh Walking Tour	4	5
6	7	8	9 Workshop ABCs of Public Transportation	10	11	12
13	14	15 Negotiating Traffic on a Bicycle	16	17 How to Walk Safely in Eureka	18	19
20	21	22	23	24	25 10,000 Steps: Using a pedometer	26
27	28	29 Workshop "Getting Started Biking"	30	31		

Eureka Marsh Walking Tour

Thursday, June 3rd 12:00pm -1:00pm
 Meet at Wharfinger Bldg,
 1 Marina Way, Eureka
 Ruth Moon of *Eureka Discovery Walks*
 will lead a tour of the Eureka Marsh.
 Enjoy views of waterfront and wildlife.
 We encourage carpooling to the
 Wharfinger!

Workshop: ABCs of Public Transportation

Wednesday, June 9th 12:00pm-1:00pm
 Rainbow Room at Mental Health Branch,
 720 Wood St, Eureka
 Learn about bus riding logistics:
 schedules, routes, transfers, fares,
 passes, and bike and ride.

Negotiating Traffic on a Bicycle

Tuesday, June 15th 12:00-1:00pm
 Rainbow Room at 720 Wood Street
 (Clark Complex), Eureka
 Learn how to navigate your bike in
 traffic, proper lane positioning, and
 other important techniques for safer,
 more enjoyable cycling.

How to Walk Safely in Eureka

Thursday, June 17th 12:00-1:00pm
 Social Services Branch, 929 Koster St,
 Eureka - Building D
Concurrent class at Community
 Wellness Center, 908 7th St. Eureka
 Learn tips on how to safely cross one-
 way streets, walk on streets without
 sidewalks, walk across major
 boulevards.

10,000 Steps- Using a pedometer

Friday June 25th 12:00pm -1:00pm
 929 Koster Street Building D, Eureka
 Learn how select and use a pedometer
 and how to begin or continue your
 walking exercise program.

Workshop: Getting Started Biking

Tuesday, June 29th 12:00pm 1:00pm
 929 Koster Street Building D, Eureka
 Learn how to be safe and comfortable
 by choosing the right equipment. Learn
 proper bike and helmet fit as well as
 how to transport work clothes,
 groceries, and more.



Humboldt Shifting Gears



2010

July 2010 Shifting Gears Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7 Eureka Waterfront Walking Tour	8 Shifting Gears Potluck End of Pilot Project	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Eureka Waterfront Walking Tour

Wednesday, July 7th 12:00pm - 1:00pm

Meet at front steps of Courthouse, on 5th St. Ruth Moon of *Eureka Discovery Walks* will lead this walk along the Eureka Waterfront. A delightful walk with great views, seal sightings and lots of birds.

Shifting Gears Ending Potluck

Thursday, July 8th 12:00pm-1:00pm

Ross Memorial Playground between 11th and 12 Streets and M and N Streets
Meet and eat with other co-workers who also want to get to work differently.