

# Wheelin' Wednesdays!

A series of **FREE BICYCLING WORKSHOPS** for county employees and the public. Hands-on skills and safety training for bicycling to work, school, the grocery store, friends, lunch, or other locations.



## What about my stuff?

**June 17, 12:10-12:50 pm**

**Humboldt Bay Municipal Water District  
828 7th Street, Eureka**

Wondering how to transport your work-clothes, groceries, or basketball? Learn how to pack so you arrive at your destination on time and looking great!

## How do I Load my Bike on the Bus?

**July 29, 12:10-12:50 pm**

**Community Wellness Center  
908 7th Street, Eureka**



Bring your bike, or use one of ours, and learn how to load your bike on the HTA bus. Also, learn about the bicycle safety ABC Quick Check and adjusting your helmet to fit properly.

### Led by League of American Bicyclist certified instructors:

Chris Rall of Green Wheels, LCI# 2339

Melanie Williams of Humboldt Partnership for Active Living, LCI# 2338

RSVP encouraged but not required

Contact Dorina Espinoza at [despinoza@co.humboldt.ca.us](mailto:despinoza@co.humboldt.ca.us) or 441-5549

*Bicycle Workshops Sponsored by the Safe and Sustainable Transportation Team:  
Humboldt County DHHS Public Health Branch, HumPAL, Green Wheels*

*ADA Statement: The County does not discriminate on the basis of disability in services, programs, activities, or employment. Persons with disabilities requiring special assistance or accommodations should call 707-268-2132.*