

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.



Loading a Bike on the Bus

July 29, 12:10-12:50 pm

Community Wellness Center

908 7th Street, Eureka

Learn how to load your bike on the bus. Also, learn the bicycle safety ABC Quick Check and how to adjust your helmet to fit properly.

Bicycling in Traffic!

August 26, 12:10-12:50 pm

Community Wellness Center

908 7th Street, Eureka



Learn how to ride on the road with motorized vehicles, proper lane positioning, and other crucial techniques for safer, more enjoyable cycling in traffic.

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 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.