



Now that the weather is getting nicer, many Eugeneans are pulling out their bikes and starting to commute the green way. But if your buns are sore or knees are creaking with every stroke of the pedal, you may want to go to the **Getting Fit to Be Fit bicycle fitting clinic** with Jay Loew. Loew is a licensed body geometry fit expert who has performed hundreds of fittings. He hopes his free clinic will help dispel some of the misinformation surrounding bike fittings. "I'm a bicycle tailor," he says, and "the fitting is kind of like the tailoring." An unfit bike can cause joint problems and make bicycling painful. "Rather than the person adapting to the bicycle we make sure that the bicycle is adapted to the person." Though attendees won't get their bikes fit at the clinic, they'll get to see a demonstration and learn what a fitting can or can't do for them. There will be snacks and juice, and attendees get a discount if they sign up for a fitting. "They'll be getting accurate information and they can ask as many questions as they want," Loew says. A fitting typically costs \$250 plus parts and takes up to three hours. Loew hopes to help more people join the sport of bicycling. "Your bike doesn't have to hurt when you ride."

Getting Fit to Be Fit with Jay Loew will take place from 2-4 pm on Sunday, March 26, at Collins Bike Shop, 60 E. 11th Ave. FREE. — *Kelly Kenoyer*

HEALTH Cognitive Emotional Wellness Acupuncture, 10am-12:15pm, Trauma Healing Project, 2222 Coburg Rd., 687-9447. \$10.
Acupuncture Healing Circle, 1:30-2:45pm, Trauma Healing Project, 2222 Coburg Rd., call for appt., 678-9447. \$15.
KIDS/FAMILIES Lapsit Storytime, ages 3 & under w/adult, 10am, Spfd. Library, 225 5th St., Spfd. FREE.
Preschool Storytime, 10:15am & 11am, downtown library, 682-8316. FREE.
Art of Maps w/Marianne Walker, 11am & 1pm, Spfd. public library, Spfd.

Babies -Toddlers Storytime, 11am, up to age 12, Thursdays 4pm, Goose Resale 1075 Chambers, 343-1300. FREE.
Sensory Storytime, 1pm, downtown library. FREE.
Legos, 4pm, Eugene Public Library. FREE.
Children's Intro to Ki-aikido continues. See Monday.
Family Swims at warm saltwater Tamarack Pool continues. See Monday.
Rush Hour Resistance continues. See Thursday, March 23.
LECTURES/CLASSES Android Phones for Advanced Beginners, 9:30-11:30am, Willamalane Adult Activity Center, 215 W. C St., Spfd. \$12-\$14.

Fruitarian Foods w/Alexandra Bwye, 10-11:30am, Natural Grocers, 201 Coburg Rd., 345-3300. FREE.
Genealogy: Next Steps, 1:30pm, downtown public library. FREE.
Store & Share photos online, 2pm, Sheldon branch library. FREE.
Intro to Ki continues. See Monday.
Talks at the MNCH continues. See Thursday, March 23.
ON THE AIR "The Point" continues. See Thursday, March 23.
"Truth Television," live call-in local news/politics, 6pm, Comcast 29.
"That Atheist Show," weekly call-in, 7pm, Comcast 29, 790-6617.

OUTDOORS/RECREATION Mom & Baby Stroller Run, 9:30am, Run Hub Northwest, 515 High St., 344-1239. FREE.
Community Group Run, 3-6 miles, 6pm, Run Hub Northwest, 515 High St., 344-1239. FREE.
WDYK Trivia w/Ras D & Kat, 6pm, Friendly St. Deli. FREE.
WDYK Trivia w/Zach, 7pm, Bugsy's Bar & Grill. FREE.
Pinball Knights, 3-strikes pinball tournament w/IFPA points for players, 21 & over, 8pm, Blairally, 245 Blair Blvd., 683-1721. \$10 buy in.
Duplicate Bridge continues. See Thursday, March 23.

Pool Hall continues. See Thursday, March 23.
SOCIAL DANCE Ballroom Dancing, ages 18+, 7pm, Willamalane Adult Activity Center, 215 W. C St., Spfd. \$3-\$3.50.
Scottish Country Dancing, 7-9pm, Santa Clara Grange, 295 Azalea Dr. First time FREE, monthly \$15.
Lindy Hop, East Coast, Charleston, 8-10pm, Veterans Memorial Building, 1626 Willamette St. \$5.
SPIRITUAL Systemic Community Family Constellation circle, 7:15-9:15pm, Friends Meeting House, 2274 Onyx. leiahart.com. FREE.

TEENS Grrrl Jamz, practice an instrument w/Grrrlz Rock, for girls 10-18, 3:30-6pm, Ophelia's Place, 1577 Pearl St., #100. FREE.
Women's Advisory Council for girls 12-18, 4-5pm, Ophelia's Place, 1577 Pearl St., #100. FREE.
THURSDAY MARCH 30
SUNRISE 6:56AM; SUNSET 7:37PM
AVG. HIGH 58; AVG. LOW 37
GATHERINGS Eugene Garden Club's Nerd Night, plant sale 6pm, presentations 7pm, 1645 High St. FREE.

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COLLEGE OF LIBERAL ARTS
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JOE FEDDERSEN Native American Longhouse Eena Haws
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HUNG LIU Asian and Pacific Cultural Center

Opening Reception Wed., April 5, 4:30 - 5:30 PM
Bexell Hall, 2251 SW Campus Way, Corvallis
Exhibition tour following
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