



ACTIVE ROUTES TO SCHOOL

MARCH 2015



SAFE RIDING TIPS

Before using your bicycle, make sure it is ready to ride. You should always inspect your bike to make sure all parts are secure and working properly. Remember to:



WEAR A PROPERLY FITTED BICYCLE HELMET

Protect your brain, save your life. For more information see the National Highway Traffic Safety Administration publication "Easy Steps to Properly Fit a Bicycle Helmet."

ADJUST YOUR BICYCLE TO FIT

Stand over your bicycle. There should be 1 to 2 inches between you and the top tube (bar) if using a road bike and 3 to 4 inches if a mountain bicycle. The seat should be level front to back. The seat height should be adjusted to allow a slight bend at the knee when the leg is fully extended. The handlebar height should be at the same level with the seat.

CHECK YOUR EQUIPMENT

Before riding, inflate tires properly and check that your brakes work.

SEE AND BE SEEN

Whether daytime, dawn, dusk, foul weather, or at night, you need to be seen by others. Wearing white has not been shown to make you more visible. Rather, always wear neon, fluorescent, or other bright colors when riding day or night. Also wear something that reflects light, such as reflective tape or markings, or flashing lights. Remember, just because you can see a driver doesn't mean the driver can see you.

CONTROL YOUR BICYCLE

Always ride with at least one hand on the handlebars. Carry books and other items in a bicycle carrier or backpack.

WATCH FOR AND AVOID ROAD HAZARDS

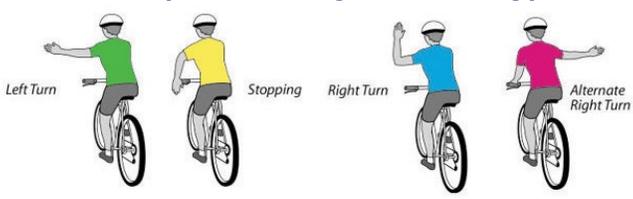
Be on the lookout for hazards such as potholes, broken glass, gravel, puddles, leaves, and dogs. All these hazards can cause a crash. If you are riding with friends and you are in the lead, yell out and point to the hazard to alert the riders behind you.

AVOID RIDING AT NIGHT

It is far more dangerous to ride at night than during the day because you are harder for others to see. If you have to ride at night, wear something that makes you more easily seen by others. Make sure you have reflectors on the front and rear of your bicycle (white lights on the front and red rear reflectors are required by law in many States), in addition to reflectors on your tires, so others can see you.

Source: <http://www.nhtsa.gov/people/injury/pedbimot/bike/kidsandbikesafetyweb/>
 For more information on Active Routes to School contact:
 Jaime Pearce at 919-989-5200 or jaime.pearce@johnstonnc.com

Use these important hand signals when riding your bike



Bicycle Safety



When you are riding your bike safety comes first and fun will follow

B	T	L	X	Q	Y	C	N	H	S	S	R	M	W
A	E	D	O	L	G	G	D	T	N	R	P	E	H
L	M	J	P	C	I	R	R	X	V	A	D	L	E
A	L	O	G	S	K	A	K	S	T	B	S	T	E
N	E	F	P	R	F	I	Q	K	P	E	D	A	L
C	H	O	I	F	A	M	N	F	E	L	R	S	S
E	T	Z	I	Y	R	V	E	G	T	D	K	B	K
S	O	C	A	R	I	E	E	S	U	N	E	Z	A
V	E	H	I	C	L	E	H	L	O	A	E	N	Q
C	N	I	A	H	C	E	L	T	R	H	G	G	E
G	E	A	R	S	R	X	K	D	A	I	B	P	D
E	L	C	Y	C	I	B	O	A	S	E	A	U	B
D	Z	B	J	Q	D	D	V	S	R	I	W	R	L
N	B	E	F	X	E	N	G	X	R	B	U	A	G
L	Y	L	Z	W	P	B	X	G	D	C	G	M	U

BALANCE	HELMET	VEHICLE
BICYCLE	PEDAL	WEATHER
CURB	ROUTE	WHEELS
GEARS	STOPSIGN	YIELD

Caramelized Spice Pears

Serve these caramelized pear slices over ice cream, stir into plain yogurt or enjoy as a topping for pancakes or waffles.

Makes: 6 servings (1/2 cup each)
Active Time: 25 minutes **Total Time:** 25 minutes

INGREDIENTS

- 3 ripe but firm pears (about 1 1/2 pounds), cut into 1/4-inch slices
- 1 tablespoon lemon juice
- 2 tablespoons unsalted butter
- 3 tablespoons granulated or light brown sugar
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- 1/4 teaspoon ground cloves
- Pinch of salt



PREPARATION

Toss pears with lemon juice in a medium bowl. Melt butter in a large deep skillet or Dutch oven over medium heat; stir in the pears. Reduce heat to medium-low, cover and cook, stirring once halfway through, for 10 minutes. Meanwhile combine sugar, cinnamon, ginger, cloves and salt in a small bowl. After 10 minutes, stir the sugar mixture into the pears. Increase the heat to medium and cook, stirring often, until the pears are tender and glazed, 4 to 6 minutes, depending on the type and firmness of the pears. Serve warm.

Courtesy: Eatingwell.com

