



# BIKE TO SCHOOL DAY



The first-ever National Bike to School Day took place on May 9, 2012, in coordination with the League of American Bicyclists' National Bike Month. Almost 1,000 local events in 49 states and the District of Columbia joined together to encourage children to safely bicycle or walk to school.

The event builds on the popularity of Walk to School Day, which is celebrated across the country- and the world -each October. Many communities and schools have been holding spring walk and bicycle to school events for years. National Bike to School Day provides an opportunity for schools across the country to join together to celebrate and to build off of the energy of National Bike Month.

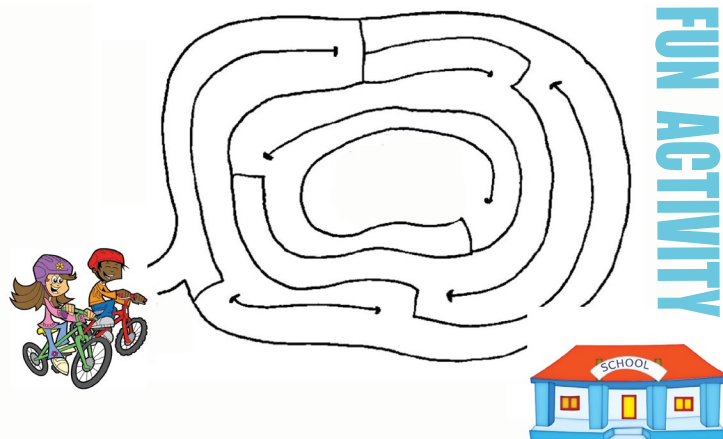
## Mark your calendars!

**Bike to School Day 2015** will be held on May 6, 2015. If you or your school would like to participate in an event please visit [www.walkbiketoschool.org](http://www.walkbiketoschool.org) to register and contact your local Active Routes to School Coordinator, Jaime Pearce, at 919-989-5200 or [jaime.pearce@johnstonnc.com](mailto:jaime.pearce@johnstonnc.com)



**Bike to School Day 2014**  
East Clayton Elementary School  
Clayton, NC

MAY 6TH IS BIKE TO SCHOOL DAY. HELP BILLY AND BECKY SAFELY BIKE TO SCHOOL



## Skillet Salmon & Parmesan Potatoes

Get a healthy dose of omega-3 fatty acids and protein from this tasty salmon dish.

**Makes:** 2 Servings (3 oz. salmon, 2 potato halves, 1 1/2 cups salad)  
**Cook Time:** 12 minutes

### INGREDIENTS

- 1 (6 oz) salmon fillet (1 in. thick)
- Cooking spray
- 2 medium potatoes
- 4 tbsp. grated Parmesan cheese
- 2 cups mixed salad greens
- 1 cup chopped tomatoes
- 2 tbsp. low-fat balsamic vinaigrette
- 1 lemon
- salt and pepper to taste



### PREPARATION

1. Heat a nonstick skillet or grill pan over medium-high heat. Coat fish with cooking spray. Add fish to pan, and cook 6 minutes on each side or until fish flakes easily then tested with a fork.
2. While fish cooks, pierce potatoes with a fork; arrange in a circle on paper towels in a microwave oven. Microwave on HIGH 8 to 10 minutes, rearranging potatoes after 5 minutes. Let stand 5 minutes.
3. Cut cooked potatoes in half, and sprinkle with salt, pepper, and cheese.
4. Combine greens, tomatoes, and vinaigrette in a bowl; toss gently.
5. Cut lemon in half, and squeeze lemon juice over fish. Serve with potatoes and salad.

Courtesy: Health.com

