



Metropolitan Washington  
Council of Governments

# NEWS

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## **Bike to Work Day Participants Gather at More Than 80 Pit Stops in the Region, Take to the Streets for Cleaner, Greener Commutes**

Washington, D.C. – Commuters in the metropolitan Washington region traded in four wheels for two today as more than 17,500 cycled to work for the region’s annual Bike to Work Day (BTWD) event.

“The growing enthusiasm for Bike to Work Day shows that bicycling to work is becoming more of a standard for commuters in the region,” said Chuck Bean, Executive Director of the Metropolitan Washington Council of Governments (COG). “This year, we focused on increasing the diversity of participants by partnering with regional organizations that serve women and minorities. For many, this event is the start of incorporating bicycling as a regular alternative to driving.”

Co-organized by Commuter Connections and the Washington Area Bicyclist Association (WABA), this year’s event also expanded the number of pit stops throughout the District of Columbia, Maryland, and Virginia from 79 to 83. Cyclists enjoyed free refreshments, bike tune-ups, games, entertainment, and giveaways. Bicycles and other top prizes were raffled off, and the first 15,000 registrants received an official BTWD 2016 t-shirt.

“This free event continues to impress year-after-year, and we are grateful for the ongoing support from Bike to Work Day participants and volunteers,” said Director of Commuter Connections Nicholas Ramfos. “With the support of our sponsors, including ICF International, REI, and Takoma Bicycle - the top regional sponsors - we had the resources to help make Bike to Work Day 2016 a terrific event for participants.”

BTWD only comes once a year. However, [Commuter Connections](#) provides information on alternative commuting options, including bicycling, year-round. And, as the Metrorail system begins to undergo intensive work under the "SafeTrack" repair plan, Commuter Connections is standing by, ready to assist the region’s commuters in planning for disruptions to their commutes.

Follow Commuter Connections on Twitter at [@BikeToWorkDay](#) and use #BTWD2016. Bike to Work Day celebrates National Bike Month in cities throughout the United States. BTWD

participants and all area residents are also encouraged to try the many available alternative commuting options and use their favorite on [Car Free Day](#), September 22, 2016.

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[Commuter Connections](#) is a program of the National Capital Region Transportation Planning Board at the Metropolitan Washington Council of Governments, [www.mwcog.org](http://www.mwcog.org). Commuter Connections promotes bicycling to work, ridesharing, and other alternatives to drive alone commuting, provides ridematching for carpools and vanpools, and offers the free Guaranteed Ride Home program. Commuter Connections, [www.commuterconnections.org](http://www.commuterconnections.org) is funded by the District of Columbia, Maryland, Virginia, and U.S. Departments of Transportation.

The [Washington Area Bicyclist Association](#) creates a healthy, more livable region by promoting bicycling for fun, fitness, and affordable transportation; advocating for better bicycling conditions and transportation choices for a healthier environment, and educating children, adults, and motorists about safe bicycling.