

For Immediate Release

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### **May 16 Officially Proclaimed Bike to Work Day in Region 79 Pit Stops to Host Thousands of Cyclists This Year**

Washington, D.C. – A [proclamation](#) signed by the National Capital Region Transportation Planning Board, officially declared Friday, May 16, 2014 as Bike to Work Day (BTWD) throughout the Washington metropolitan region, and final preparation for BTWD “pit stop” celebrations are under way.

Seventy-nine pit stops, seven more than last year, offer cyclists food, beverages, and a chance to win great prizes, including bicycles. Pit stops are located in business districts throughout the region, along popular commuter routes, scenic trails, and at several Metro stations across DC, Maryland, and Virginia. While most pit stops are open in the morning hours for the commute to work, four pit stops will be open in the afternoon as commuters head home after work: [Columbia Heights Plaza](#) in Washington, DC, [East Falls Church](#) in Arlington, VA, and the [Metro](#) station in College Park, MD, will be open from 4 pm to 7 pm. [The Blairs](#) pit stop, on the East/West Highway in Silver Spring, MD, will be open from 4:30 to 6:30 pm.

Last year, more than 14,500 cyclists participated in BTWD, highlighting the region’s focus on reducing traffic congestion, air quality improvements, and improving health. Registration and information about BTWD 2014 is available at [www.biketoworkmetrodc.org](http://www.biketoworkmetrodc.org). Free BTWD T-shirts are reserved for the first 14,000 cyclists who register to attend their pit stop location of choice.

“This event has helped grow the trend of bicycling in the region, and participants find cycling a reliable and viable commuting option. Biking to work not only reduces traffic congestion, it is a healthy, fun, and environmentally-friendly option for commuters,” said Nicholas Ramfos, Director of Commuter Connections. “Cycling is among the many options that enhance the daily commute and improve air quality. Others include ridesharing, transit, and teleworking.”

#### **The new pit stops for 2014 are:**

##### **In DC:**

[Georgetown Meigs Park](#)  
[Fort Totten](#)

##### **In Maryland:**

[Suitland](#)

**In Virginia:**

[Alexandria – Del Ray](#)

[Arlington – Columbia Pike/Penrose Square](#)

[Fair Lakes](#)

[McLean](#)

A complete list of pit stops is available at [www.biketoworkmetrodc.org](http://www.biketoworkmetrodc.org), along with registration and event details. Commuter Connections and the Washington Area Bicyclist Association (WABA) encourage commuters in the Washington metropolitan region to register early and try bicycling as a healthy, environmentally-friendly, low-cost alternative to driving alone to work.

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*Commuter Connections, [www.commuterconnections.org](http://www.commuterconnections.org) is a program of the National Capital Region Transportation Planning Board at the Metropolitan Washington Council of Governments, [www.mwcoq.org](http://www.mwcoq.org). Commuter Connections has provided ridematching services since 1974, promotes bicycling to work, transit and other alternatives to drive alone commuting, and offers the free Guaranteed Ride Home program. Commuter Connections, 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.*