



Metropolitan Washington
Council of Governments

NEWS

March 16, 2016

CONTACT:

Megan Goodman: mgoodman@mwkog.org, (202) 962-3209

Tammy Sweeney: tsweeney@asc-pr.com, (607) 427-7828

Registration Now Open for D.C. Region's 16th Annual Bike to Work Day

Support Cycling as a Healthy, Clean, Low-Cost Commute Option on Friday, May 20

Washington, D.C. – Registration for metropolitan Washington's 16th annual Bike to Work Day has opened. Last year's record-breaking event drew more than 17,500 bicycle commuters, and thousands are expected to participate in Bike to Work Day 2016 on Friday, May 20.

Co-organized by Commuter Connections and the Washington Area Bicyclist Association (WABA), the event draws residents from the District of Columbia, Maryland, and Virginia in support of cycling as a healthy commuting option that saves money, reduces traffic congestion, and improves air quality.

Registration is free and easy to complete online at www.biketoworkmetrodc.org. All registrants will be entered into a regional bicycle raffle, and the first 15,000 to register will receive a free t-shirt to be picked up at the pit stop location of their choice. A total of 83 pit stops will celebrate Bike to Work Day across the region, welcoming bicyclists with refreshments, entertainment, and the chance to win great prizes, while supplies last.

"Bike to Work Day has encouraged many of the region's commuters to make the switch to biking to work," said Nicholas Ramfos, Director of Commuter Connections. "Since its launch in 2001, Bike to Work Day has continued to grow each year, with additional riders, pit stops, and generous sponsorships."

Regional sponsors play an important role in supporting Bike to Work Day. This year's major sponsors include: Takoma Bicycle, ICF International, REI, Marriott International, City of Alexandria, Bike Arlington, JGB Companies, and BicycleSPACE.

Commuter Connections and WABA encourage both new and experienced bicyclists to prepare for the event by utilizing these resources:

- **Learn more about bike commuting.** For tips on bicycling to work, check out [A Commuters Guide to Bicycling](#) available through Commuter Connections.

- **Ride with others in a commuter convoy.** Commuter convoys on Bike to Work Day will be led by experienced bicycle commuters. Many routes are available throughout the region and often include popular employment centers, pit stops, and trails. [Find a convoy near you.](#)
- **Brush up on cycling skills.** Participate in a City Cycling Class to learn how to safely share the road with cars, other bikes, and pedestrians. [Find a class near you.](#)

Free registration for Bike to Work Day is available at www.biketoworkmetrodc.org or by calling (800) 745-RIDE.

Follow Commuter Connections on Twitter at [@BikeToWorkDay](#) and use #BTWD2016 or #BTWDC.

#

[Commuter Connections](#) is a program of the National Capital Region Transportation Planning Board at the Metropolitan Washington Council of Governments, 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 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.