Bike to Work Day
Washington DC Metropolitan Region
May 17, 2013

Final Draft
Event Report

January 21, 2014

Prepared By:
Commuter Connections
Metropolitan Washington Council of Governments
National Capital Region Transportation Planning Board
777 North Capitol Street, N.E., Suite 300
Washington, DC 20002
Table of Contents

Acknowledgments – Page 3
Background/Executive Summary – Page 5
Bike to Work Day’s Growth – Page 9
Sponsorship – Page 10
Pit Stop Event Highlights - Page 12
Employer Participation – Page 29
Radio Advertising & Media Coverage - Page 33
Web site and Social Networks – Page 40
Proclamation – Page 42
Marketing Materials – Page 44
Other Marketing Materials – Page 48
Photos – 50
ACKNOWLEDGMENTS
The 2013 Metropolitan Washington Bike To Work Day (BTWD) Pit Stop Managers consisted of the following individuals representing their respective organizations:

Justin Antos, Washington Metropolitan Area Transit Authority
Blaine Atkisson, Tri 360
Liz Badley, Reston Association
Kristen Barden, Adams Morgan Business Improvement District
Annie Blewett, Historic Manassas, Inc.
Patty Brosmer, Capitol Hill Business Improvement District
Jonathan Brown, College Park Maryland
Justin Brown, National Geographic Society
John Campanile, Hyattsville Private Citizen
Jack Carlile, U.S. Food and Drug Administration
Jim Carlson, Montgomery County Commuter Services
Joe Chaale, Spokes etc.
George Clark, Tri-County Council for Southern Maryland
Jordan Culberson, Georgetown BID
Heather Deutsch, District Department of Transportation
John Epps, Maryland Park Bicycles
Judy Galen, Loudoun County
Eugenia Gregorio, The Tower Companies
Alissa Greer, Downtown DC BID
Janet Gregor, Carlyle Council
Dan Hayes, University of Maryland
Alison Hohler, Edens
Rick Holt, Prince William Trails & Streams Coalition, & GMU
Melanie Isis, Takoma/Langley Crossroads Development Atthy
Dwight Jackson, National Naval Medical Center
Caleb James, United States Coast Guard
Megan Kanagy, Downtown DC BID
Tim Kelley, Bike Arlington
Molly King, The Tower Companies
Stuart Klien, Macerich
Phil Koopman, BicycleSPACE
Ashley Lambdin, JBG Companies
Nancy-Jo Manney, Springfield Chamber of Commerce
Jonathan Mazal, National Institutes of Health
Michael McGurk, Transurban
Anna McLaughlin, District Department of Transportation
Traci McPhail, North Bethesda Transportation Center
Michelle Mejia, National Institutes of Health
Nohemy Miranda, Fairfax County
Ollie Mumpower, City of Gaithersburg
Jaren Neiter, Haymarket Bicycles
Cydny Neveille, Town of Dumfries
Ali Newman  NoMa Business Improvement District  
Kelly O’Brien  City of Fairfax  
Gabriel Ortiz  City of Alexandria  
Erikin Ozberk  City of Takoma Park  
Jeff Palmer  Spokes Etc.  
Joe Petty  Crystal City Business Improvement District  
Dan Pittman  Prince William County  
Frank Principi  Prince William County  
Di Quynn-Reno  City of Greenbelt  
Cindy Roeder  Town of Herndon  
Bruce Sawtelle  Takoma Bicycles  
Fred Shaffer  Maryland-National Capital Park & Planning Comm  
Steve Simon  Van Eperen Co  
Mark Sofman  Montgomery County Commuter Services  
Frank Stevens  City of Bowie  
Paul Stoddard  City of Falls Church  
Charlie Strunk  Fairfax County  
David Suls  Golden Triangle Business Improvement District  
JoEllen Suter  Prince William County Public Schools  
Gail Tait-Nouri  Washington Metropolitan Area Transit Authority  
Phil Thomas  REI  
Rebecca Torma  City of Rockville  
Margie Weaver  Frederick County TransIT  
Andy Wexler  Department of Defense (WHS)  
Lacy Wilhoit  Capitol Riverfront Business Improvement District  
Sheila Wilson  Montgomery County Commuter Services  
Zanna Worzella  Bike Arlington  
Jim Young  Marriott International  
Jennifer Zucker  Bethesda Transportation Solutions  

**Metropolitan Washington Council of Governments (COG) staff included:**  
Nicholas Ramfos  Douglas Franklin  
Mark Hersey  Michael Farrell  

**Washington Area Bicyclists Association (WABA) staff included:**  
Shane Farthing  Greg Billing  Nelle Pierson  

**Washington Metropolitan Area Transit Authority (WMATA) staff included:**  
Kristin Halderman  

**Virginia Department of Transportation**  
**Maryland Department of Transportation**  
**District Department of Transportation**  
**U.S. Department of Transportation**  
For their continued funding support of the Commuter Connections work programs  

The public relations activities were provided by the Office of Public Affairs at the Metropolitan Washington Council of Governments with assistance by the Washington Area Bicyclist Association. Both COG and WABA thank all of the individuals and organizations which helped make the Washington DC metropolitan region Bike to Work Day 2013 a success.
BACKGROUND and EXECUTIVE SUMMARY

Bike to Work Day has been held annually in the Washington metropolitan region for over a decade and was originally started by the Washington Area Bicyclist Association with a main rallying point or Pit Stop in downtown DC. In September 2000, the Commuter Connections program as a part of the Metropolitan Washington Council of Governments partnered with WABA to form a regional Bike To Work Day Steering Committee to examine the feasibility of adding additional Bike To Work Day pit stops or rallying points throughout the region in 2001, thus creating a larger awareness of using cycling to work as a viable commuting alternative. Since that first involvement with Bike to Work Day in 2001, registration for the event has grown with more participants signing up every year.

Bike to Work Day planning began in September 2012 for the May 17, 2013 event. The Steering Committee’s goal for the event was set at 14,000.

The event generated 14,650 registrants from 72 pit stops, a 15% increase over the previous year. The approximate breakdown of registrants by pit stop was:

<table>
<thead>
<tr>
<th>Pit Stop Name</th>
<th># Registrants</th>
</tr>
</thead>
<tbody>
<tr>
<td>DC - Adams Morgan Total</td>
<td>436</td>
</tr>
<tr>
<td>DC - Anacostia Total</td>
<td>38</td>
</tr>
<tr>
<td>DC - Buzzard Point-U.S. Coast Guard HQ Total</td>
<td>74</td>
</tr>
<tr>
<td>DC - Capitol Hill at Eastern Market Total</td>
<td>364</td>
</tr>
<tr>
<td>DC - Capitol Riverfront at Canal Park Total</td>
<td>227</td>
</tr>
<tr>
<td>DC - Columbia Heights Total</td>
<td>325</td>
</tr>
<tr>
<td>DC - Edgewood Total</td>
<td>40</td>
</tr>
<tr>
<td>DC - Freedom Plaza Total</td>
<td>916</td>
</tr>
<tr>
<td>DC - Georgetown Total</td>
<td>330</td>
</tr>
<tr>
<td>DC - Golden Triangle, Farragut Square Total</td>
<td>320</td>
</tr>
<tr>
<td>DC - Golden Triangle, L Street Total</td>
<td>228</td>
</tr>
<tr>
<td>DC - Golden Triangle, Murrow Park Total</td>
<td>89</td>
</tr>
<tr>
<td>DC - Mt. Vernon Triangle Total</td>
<td>304</td>
</tr>
<tr>
<td>DC - National Geographic Total</td>
<td>396</td>
</tr>
<tr>
<td>DC - NoMa Total</td>
<td>365</td>
</tr>
<tr>
<td>MD - Bethesda - Downtown Total</td>
<td>708</td>
</tr>
<tr>
<td>MD - Bowie Old Town Total</td>
<td>31</td>
</tr>
<tr>
<td>MD - Bowie Town Center Total</td>
<td>56</td>
</tr>
<tr>
<td>MD - Capitol Heights Total</td>
<td>17</td>
</tr>
<tr>
<td>MD - Cheverly Metro Station Total</td>
<td>15</td>
</tr>
<tr>
<td>MD - College Park - City Hall Total</td>
<td>139</td>
</tr>
<tr>
<td>MD - FDA White Oak Total</td>
<td>51</td>
</tr>
<tr>
<td>Location</td>
<td>Total</td>
</tr>
<tr>
<td>----------------------------------------------</td>
<td>-------</td>
</tr>
<tr>
<td>MD - Frederick Total</td>
<td>297</td>
</tr>
<tr>
<td>MD - Friendship Heights Total</td>
<td>75</td>
</tr>
<tr>
<td>MD - Gaithersburg Total</td>
<td>99</td>
</tr>
<tr>
<td>MD - Greenbelt Total</td>
<td>98</td>
</tr>
<tr>
<td>MD - Hyattsville - Magruder Park Total</td>
<td>107</td>
</tr>
<tr>
<td>MD - Indian Head Total</td>
<td>64</td>
</tr>
<tr>
<td>MD - National Institutes of Health Bldg One Total</td>
<td>476</td>
</tr>
<tr>
<td>MD - Naval Support Activity Bethesda Total</td>
<td>184</td>
</tr>
<tr>
<td>MD - North Bethesda - Nuclear Regulatory Commission Total</td>
<td>197</td>
</tr>
<tr>
<td>MD - Oxon Hill Total</td>
<td>66</td>
</tr>
<tr>
<td>MD - Rock Springs Business Park Total</td>
<td>118</td>
</tr>
<tr>
<td>MD - Rockville - Fallsgrove Total</td>
<td>219</td>
</tr>
<tr>
<td>MD - Rockville - Rockville Town Center Total</td>
<td>191</td>
</tr>
<tr>
<td>MD - Rockville – Tower Oaks/Wootton Total</td>
<td>41</td>
</tr>
<tr>
<td>MD - Rockville - Twinbrook Total</td>
<td>112</td>
</tr>
<tr>
<td>MD - Silver Spring - Discovery Place Total</td>
<td>313</td>
</tr>
<tr>
<td>MD - Silver Spring - East/West Hwy Total</td>
<td>62</td>
</tr>
<tr>
<td>MD - Takoma Park - Downtown/Old Takoma Total</td>
<td>149</td>
</tr>
<tr>
<td>MD - Takoma Park - Silgo Creek Trail Total</td>
<td>61</td>
</tr>
<tr>
<td>MD - Takoma/Langley Crossroads Total</td>
<td>4</td>
</tr>
<tr>
<td>MD - West Hyattsville Metro Station Total</td>
<td>23</td>
</tr>
<tr>
<td>VA - Alexandria - Carlyle Total</td>
<td>220</td>
</tr>
<tr>
<td>VA - Alexandria - Mark Center Total</td>
<td>124</td>
</tr>
<tr>
<td>VA - Alexandria - Old Town Total</td>
<td>622</td>
</tr>
<tr>
<td>VA - Arlington - Ballston Total</td>
<td>569</td>
</tr>
<tr>
<td>VA - Arlington - Crystal City Water Park Total</td>
<td>537</td>
</tr>
<tr>
<td>VA - Arlington - East Falls Church Total</td>
<td>142</td>
</tr>
<tr>
<td>VA - Arlington - Rosslyn Total</td>
<td>964</td>
</tr>
<tr>
<td>VA - Burke VRE Station Total</td>
<td>56</td>
</tr>
<tr>
<td>VA - Dumfries Total</td>
<td>11</td>
</tr>
<tr>
<td>VA - Fairfax City Downtown Total</td>
<td>78</td>
</tr>
<tr>
<td>VA - Fairfax Corner Total</td>
<td>136</td>
</tr>
<tr>
<td>VA - Falls Church Total</td>
<td>262</td>
</tr>
<tr>
<td>VA - Haymarket Total</td>
<td>9</td>
</tr>
<tr>
<td>VA - Herndon Total</td>
<td>303</td>
</tr>
<tr>
<td>VA - Leesburg Total</td>
<td>277</td>
</tr>
<tr>
<td>VA - Manassas - George Mason University Total</td>
<td>44</td>
</tr>
</tbody>
</table>
Bicyclists enjoyed free T-shirts, snacks, participated in prize drawings, heard live bands as well as music spun by DJs, and listened and talked to elected officials. Commuter Connections secured $48,550 in cash sponsorship donations that went towards the overall regional marketing efforts.

The Steering Committee’s resources to reach its registrant goal for Bike to Work Day 2013, included:

- Web site designed and maintained by Commuter Connections.
- Posters and rack cards developed and printed by Commuter Connections.
- Promoting the event through WABA’s membership.
- Providing links from the local Transportation Management Associations’ (TMA) web sites to WABA’s site.
- A radio and print media campaign by Commuter Connections.
- Outreach to employers through a direct mail marketing and email campaign by Commuter Connections.
- An article geared towards employers in the Commuter Connections newsletter.
- Local marketing efforts by the various pit stop managers.
- A direct e-mail solicitation and reminder to the previous year’s participants to register and have others register as well.
- Banners designed and printed by Commuter Connections.
- A public affairs outreach effort through the Metropolitan Washington Council of Governments Public Affairs Office, Commuter Connections and WABA.
- The design and distribution of free t-shirts by Commuter Connections.
- Donated giveaway prizes obtained through City Bikes and BicycleSPACE.
- Half page display ad in the Express newspaper by Commuter Connections.
In addition, 16 confirmed bicycling convoy routes were identified by WABA along with route leaders who assisted novice and experienced cyclists through the routes. Each route traveled to a Pit Stop where cyclists received free refreshments, snacks, t-shirts and other giveaways. Many Pit Stops had other activities for bicyclists and are described later in this report.

In 2000, the Metropolitan Washington Council of Governments Commuter Connections program chose to increase awareness of bicycling to work as a viable option by joining the Washington Area Bicyclist Association (WABA) in their efforts to promote and coordinate the annual Bike to Work Day event. Commuter Connections created a regional marketing effort that increased the number of cyclists participating in the yearly event nearly 28% from 2001 to 2013. Although it accounts for a small percentage of the overall regional commute mode split, bicycling helps reduce traffic congestion, improves air quality, and provides a healthy commute alternative for those commuters who choose to use it as a viable means of transportation to and from work.

In the Fiscal Year 2006 Commuter Connections Work Program, the Bike to Work Day Event was given a line item for the Commuter Connections budget. Commuter Connections is funded by the District of Columbia Department of Transportation and the Maryland and Virginia Departments of Transportation as well as the U.S. Department of Transportation.
Bike to Work Day’s Growth

Bike to Work Day Growth by Year

# of Registrants

# of Pit Stops
SPONSORSHIPS

Bike to Work Day 2013
Regional Sponsorship Declaration

Please Return by December 31, 2012

<table>
<thead>
<tr>
<th>Sponsor Level</th>
<th>Amount</th>
<th>Cash</th>
<th>In-Kind</th>
</tr>
</thead>
<tbody>
<tr>
<td>GOLD SPONSOR LEVEL</td>
<td>$7,000</td>
<td>□</td>
<td>□</td>
</tr>
<tr>
<td>Mentioned as major sponsor on approximately 75 Radio ads, plus all Silver and Bronze level items</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>SILVER SPONSOR LEVEL</td>
<td>$4,000</td>
<td>□</td>
<td>□</td>
</tr>
<tr>
<td>Logo on 12,000 T-Shirts plus Bronze level items</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>BRONZE SPONSOR LEVEL</td>
<td>$1,000</td>
<td>□</td>
<td>□</td>
</tr>
<tr>
<td>Logo on Website and 70,000 Brochures and/or Posters</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

If In-kind donation, please describe: ________________________________

Silver and Gold level sponsors must provide a minimum of 50% cash. Example: Silver sponsors may donate $4,000 in cash or $2k in cash and $2k in accepted merchandise. Sponsor attendance at Bike to Work Day pit stop locations is separate from this regional sponsorship declaration and is typically available at no extra cost; certain locations however may require a fee.

Name: ___________________________ Title: ___________________________
Organization: ___________________________
Address: ___________________________
City, State, Zip: ___________________________
e-mail: ___________________________ Phone: ___________________________
Fax: ___________________________ Website: ___________________________
Signature ___________________________ Date: ___________________________

Please make check payable to the Metropolitan Washington Council of Governments 777 N. Capitol Street, Suite 300, Washington, DC 20002, ATTN: Douglas Franklin. Send logos to dfranklin@mwcog.org in a high resolution format for quality reproduction by January 31, 2013. Preferred format is eps. Fax signed form to (202) 962-3203, or e-mail it to dfranklin@mwcog.org. Contact Doug at (202) 962-3792 with any questions.
Commuter Connections gained both monetary and in-kind sponsorships from a variety of organizations in the Washington metropolitan region. The following is a list of sponsors who graciously donated to the Bike to Work Day 2013 event:

**Top Level Sponsors:**
- BicycleSPACE
- Bike Arlington
- Capital Bikeshare
- City Bikes
- Commuter Connections
- goDCgo
- ICF International
- Local Motion Alexandria
- Marriott
- Twinbrook by Nature
- WABA
- Whole Foods

**Other regional sponsors:**
- 495 Express Lanes
- AAA Mid-Atlantic
- Abus
- BicyclePass
- Bike and Roll
- Bikes@Vienna
- Coalition Capital Crescent Trail
- COG
- CRYSTALride
- DigitalGlobe
- Green Guru
- Jamis
- Knog
- OnGuard
- Portland Design Works
- Potomac Pedalers
- Timbuk 2
- Topeak
HIGHLIGHTS FROM AREA PIT-STOPS

Adams Morgan: There were 435 registrants for the pit stop. The event was held from 7am to 9:30am at Unity Park. There was free water, fruit, juice, and coffee for participants. Music was provided by DJ Matt. Business cards were placed in a raffle for a free bike helmet and/or a fanny pack.

Alexandria – Carlyle: There were 221 registrants for the pit stop. The event was held from 6:30am to 8:30am.

Alexandria – Mark Center: There were 124 registrants for the pit stop. The event was held from 7am to 9am. Duke Realty provided food and drink for cyclists.

Alexandria - Old Town: 2013 the City of Alexandria had 576 Bike to Work Day registrants, many of which showed up on the day of the event. In addition to bikers, the City had 12 City employees volunteer to help sign in bikers and help out the over 15 exhibitors that came to promote their products, services and organizations.

The weather for the event could have not been any better as bikers enjoyed food and snacks from MOM’s Organic market, coffee from St. Elmo’s Café, and great freebies from other exhibitors. Bikers were also treated to over 22 donated raffle prizes that were raffled off about 15 minutes. Prizes ranged from passes for the Potomac Riverboat, tune-ups from Bike and Roll and Bicycle Pro Shops to a weekend stay at the luxurious Hotel Monaco.

We were lucky to have Mayor Euille attend the event and address the crowd on the benefits of biking.

Below is a listing of all Exhibitors and Donators:

Exhibitors
Bicycle Pro Shop
BPAC*
Eco City
Spokes
Team In Training-Leukemia and Lymphoma Society*
Velocity*
Bike and Roll
Bruegger's
Local Motion
St. Elmo's
Wheel Nuts

Donated Raffle Prize
Potomac Riverboat Company
Wheel Nuts
Spokes
Bicycle Pro Shop
Bike and Roll
Velocity

Anacostia: There were 37 registrants for the pit stop. The event was held from 7am to 8:30am.
Arlington – East Falls Church: There were 142 registrants for the pit stop. The event was held from 4pm to 7pm for commuters heading home from their worksites. The pit stop organizer Tri360 provided free water and snacks for returning bicycle commuters.

Arlington – Rosslyn and Ballston: Bike to Work Day 2013 was another great success. The weather was beautiful and there was a great turn out for the Rosslyn and Ballston pit stops and for the first time ever, the Rosslyn stop had the most registrations of any stop in the region! There were 965 registered riders for Rosslyn and 571 registered riders for the newer stop at Ballston.

The Rosslyn pit stop was again held at Gateway Park at the Ballston pit stop was held at Freshbikes bike shop. Radio station DC101 played a good set of upbeat music to keep the crowd pumped up as t-shirts were handed out at registration. An instant winner raffle/giveaway was implemented again this year with prizes for each cyclist. In addition to small prizes for everyone, more than 125 medium prizes valued at $10-$30 and 50 large prizes valued at $30-$75 were given out between both pit stops. The grand prize at both Rosslyn and Ballston was a brand new bike, which riders were automatically entered for a chance to win by signing up.

Refreshments included bagels and coffee from Java Shack, bananas from Whole Foods, and granola bars. Unicyclists dressed as Elvis and Michael Jackson entertained the crowd throughout the morning. Sign spinners directed cyclists to the pit stops. In attendance at Rosslyn was Arlington County Board member Walter Tejada who spoke on Arlington PAL program and bicycle friendliness. Ballston was graced by the presence of Arlington County Board member Jay Fisette.


Bethesda: The Bethesda Pit Stop had over 458 participants check in on-site and 646 bicyclists pre-register.

MD State Delegate Ariana Kelly once again served as the official Bike to Work Day emcee, and a DJ entertained the crowd between all of the dignitary speeches and presentations. Proclamations from the State Comptroller, Montgomery County and the State of Maryland were read by County and State officials. Dignitaries present were:

- Maryland State Comptroller Peter Franchot
- Maryland State Delegate Susan Lee
- Michael Jackson, Director of Bicycle and Pedestrian Access for the Maryland Department of Transportation
- Ken Hartman, representing Montgomery County Executive Isaiah Leggett
- Montgomery County Council Member Roger Berliner
- Bill Nesper, Vice President, Programs of the League of American Cyclists
Karen McManus, Deputy District Director for Outreach, Office of Representative Chris Van Hollen

Food and refreshments were donated from many different Bethesda businesses. Prize winners were announced every few minutes – dozens of prizes were donated and raffled off through free random drawings of tickets. Prizes included various gift certificates, bike accessories, and a bicycle donated by Griffin Cycle. Giveaways included water bottles and bike lights.

Several businesses were provided tables with representatives at the event, including: the Cystic Fibrosis Foundation, Best Buddies, Clean Currents, YMCA, ING Financial Partners, Rails to Trails, Zipcar, the Montgomery County Police, Equinox Fitness Clubs, Bethesda Green, the Lymphoma Research Ride and WABA, and Griffin Cycle was on site doing free bike maintenance checks and also gave out water bottles.

Honest Tea came out with staff to provide samples as well as full-sized bottles of tea and juices, and Whole Foods was there giving out fruit and other refreshments. Baked goods were donated by Bethesda Bagels and Spring Mill Bread Company, and Calvert provided coffee from Dunkin Donuts. DrinkMore Water donated jugs of water and lent out water dispensers, so participants could fill water bottles instead of picking up bottled water.

Delegate Kelly and BTS Director Kristen Blackmon presented Bethesda’s 9th Annual Bicycle Commuter Spirit Awards. This year’s winners were Robert Aceituno and Wayne Ctvrtnik. Both winners showed tenacious spirit and dedication in their long years of bike riding.

Press coverage included Bethesda Now. Professional event photography was done by Daniel Peck of Peck Studios.

The complete list of Bike to Work Day event partners and sponsors for the Bethesda pit stop included:

- All Fired Up
- Balance Bethesda
- Bethesda Green
- Bethesda Court Hotel
- Bethesda Sport and Health
- Calvert
- Clean Currents
- Cystic Fibrosis Foundation Cycle for Life
- DrinkMore Water
- Fitness Together
- Hard Times Café
- Honest Tea
- Kabob Bazaar
- Mamma Lucia
- Original Pancake House
- Regal Cinemas
- Spring Mill Bread Co
- Unity Woods Yoga
- Assaggi Mozzarella Bar
- Bethesda Bagels
- Bethesda-Chevy Chase Chamber of Commerce
- Best Buddies Challenge
- Blackfinn
- City Bikes
- Core Power Yoga
- Dansez Dansez
- Equinox Fitness Clubs
- Griffin Cycle
- Hilton Garden Inn
- ING
- Lymphoma Research Ride
- Montgomery County Police
- Rails to Trails
- Relay Foods
- Tae Kuk Martial Arts
- Whole Foods
**Bowie Town Center:** In its 10th year of participating, the Bowie Town Center pit stop had 50 pre-registrants, with 30 of those attending (60%). Participants at the Bowie Town Center pit stop included several riders from previous years, a young family, and a couple who rode their tandem bicycle. City Councilman Todd Turner, a member of the TPB, was also in attendance to greet the riders.

**Bowie Old Town:** Twenty-nine cyclists preregistered for the Old Town Bowie pit stop, in its 8th year; 16 of those rode to that location (55%). Five "walk-ups" also attended for a total of 21 participants.

Special thanks this year are again extended to The Simon Property Group for offering their site as a pit stop and for donating snacks and beverages for the riders, and to the firefighters at the Huntington Fire Station for allowing us to use their location for the event and assisting the pit stop manager.

**Burke:** Another successful year for Burke VRE Bike to Work Day, the riders count was 45. The bikelane mechanic provided bicycle maintenance. Food and drinks from Wegmans, and Fairfax Advocates for Better Bicycling (FABB), that gave support on that morning with so many questions from the riders.

**Buzzards Point:** There were 74 registrants for the pit stop. The event was held from 6am to 9am at the U.S. Coast Guard Headquarters.

**Capitol Hill BID:** The Eastern Market pit stop had 365 registrants. The event was held from 6:30am to 8am at the Eastern Market Metro Plaza.

**Capitol Heights:** Located at Maryland Park Bicycles, the Capitol Heights Pit Stop welcomed 18 cyclists. The pit stop was organized by John Epps, owner of Maryland Park Bicycles.

A total of 14 cyclists registered for the pit stop. Of those registered, 9 riders stopped by to pick up T-shirts, water bottles, granola bars and other giveaways. An additional 9 cyclists who did not register or registered with another pit stop dropped by to celebrate and to share their enthusiasm about having a more convenient pit stop along there route. The Capitol Heights Pit-Stop turned out to be a convenient location for several riders with workplaces in Prince George’s County, including 4 participants who rode in to the Suitland Federal Center, and two others to Upper Marlboro, and New Carlton.

In addition to the pit stop a convoy was also organized to lead riders from Capitol Heights to Freedom Plaza. A total of 5 riders participated in the convoy. The convoy was led by veteran bicycle commuters and local ride organizers, Kevin Ware, Ted Russell, and Doreen Osborne.

**Capitol Riverfront:** The pit stop had 229 registrants. The event was held from 7am to 9am. U.S. Department of Transportation Secretary Ray Lahood attended the event.
Cheverly Metro Station: The pit stop had 15 registrants. The event was held from 6:30am to 9:30am.

College Park: This year’s event took place under blue skies; great weather for biking to work. Set up went smoothly with contributing food donations and volunteer area businesses arriving bright and early around 6:00am. Mom’s Organic Grocery generously donated a slew of bananas and other refueling health treats for hungry bikers. The Bagel Place provided a platter of assorted bagels as well as hot coffee and tea. Huge thanks are owed to College Park Bike Shop and Proteus Bikes for sending their team members down to provide free bike tune-ups for participants. Big thanks to the City of College park employees who manned the registration table and distributed shirts. This year, College Park livened things up with music and door prizes. Organizer, Jonathan Brown, welcomed arriving participants and oversaw the raffle of over 12 generously donated bike safety and commuter gear equipment (total value worth over $200.00). Raffle items were popular and many participants stayed longer than planned hoping to win some of the best prizes raffled off every 10 to 15 minutes throughout the event. Participants, numbering over 100, were easily distinguishable in their bright blue shirts, a much lauded color choice this year. All remaining shirts had been claimed by the end of the event and we had great turn out.

Columbia Heights: The third afternoon event drew 100 local and commuting cyclists (from a total of over-250 registered, and an additional 50 signed-up on-site) who interacted with numerous neighborhood participants on a beautiful Spring early-evening in the Plaza at Columbia Heights. A handful of volunteer's verified attendance, distributed T-shirts and give-aways, and coordinated the prize drawings on the quarter-hour. Wayne, from the BikeRack, once again shared his skills and knowledge through quick repairs and tune-ups. Representation of Police from the Third District and WABA staff added to the joyful atmosphere and provided a cheerful conclusion to a long, successful day, supporting bicycling throughout the District.

Mad Momo’s, a recently-opened restaurant on 14th Street, donated the grand prize: a dinner-coupon for their Himalayan-style cuisine, and the Park Triangle provided the location for the Bike to Work Day banner.

Crystal City: There were 537 registrants for the pit stop. The event was held from 7am to 9am. The 50 most frequent riders for the week (Crystal City held a bike to work week culminating on bike to work day) would receive a custom Crystal City wind jacket.

Dumfries: There were 11 registrants for the pit stop. The event was held at the Town Hall from 7:30am to 9am. Councilman Charles Brewer and Dumfries Business Association President Daniel Cosner welcomed the riders to the pit stop.

Edgewood Met Branch (DC): This was the first official Bike to Work Day pit stop for the Edgewood neighborhood and the Met Branch Trail, though in past years neighbors gathered to hand out cookies to morning riders. We were also the only new pit stop in DC and although the number of registrants, at 40, might appear low, we were impressed because as a residential neighborhood, we function as a starting or pass-through rather than an end point. An estimated 500 riders actually visited our stop (we lost count after the first couple hundred) and with a table sponsored by the neighborhood, the Rails-to-
Trails Conservancy, BicycleSpace and WABA we had lots of great treats to thank current commuters and encourage future riders – water bottles, bike maps, free tune-ups, pant guards as well as water, cookies and granola bars.

**Fairfax County Government Center-Fairfax Corner:** There were 136 registrants for the pit stop. The event was held from 6:30am to 9am. REI sponsored some of the donated items.

**Fairfax:** The downtown pit stop had 78 registrants. The event was held from 6am to 9am. Raffle prizes were provided by local businesses like Twins Ace Hardware and Elevation Burger. The first 20 riders received a free water bottle from TapIt. Hudson Trail Outfitters provided tune-ups and coupons for riders.

**Falls Church:** There were 260 registrants for the pit stop, but far more bicyclists than that showed up for the event. Bikenetic, a local bike shop, was on hand once again to provide bike repairs and tune-ups. While the bikes were being tuned, Nourish Market helped the cyclists themselves with delicious smoothies. Local vendors Little River Yoga and Advantage Fitness provided promotional materials and fitness advice.

**Farragut Square:** There were 321 registrants for the pit stop. The event was held from 7am to 9am.

**Freedom Plaza (DC):** The Downtown DC Business Improvement District (BID) hosted over 900 registrants at Freedom Plaza for this year’s Downtown pit stop. Several partners helped to make the event a success, including BicycleSPACE, who provided free water bottles and tune ups, Whole Foods – P Street, who provided bananas and oranges, KIND, who provided snack bars, and DC Water, who provided free TapIt water bottles and drinking water. Attendees were treated to several prize drawings, which included a bicycle and accessories donated by BicycleSPACE, tune ups donated by Bike and Roll, Circulator Monthly Passes, Capital Bikeshare Annual memberships, and a ZipCar annual membership.

Several VIPs biked into the event and shared a few words of encouragement with the crowd, including FHWA Administrator Victor Mendez, GSA Administrator Dan Tangherlini, Mayor Vincent Gray, Councilmember Mary Cheh, Councilmember Muriel Bowser, Councilmember Tommy Wells, Councilmember Grosso, and DC Office of Planning Director Harriet Tregoning. In between speakers, prize drawings, and musical entertainment from the Tune Ups, attendees visited the event exhibitors while munching on KIND bars, fruit, and coffee. BicycleSPACE, the Washington Area Bicyclist Association, the League of American Bicyclists, Bike and Roll, goDCgo, AAA, and the DC Public Library were this year’s exhibitors.

**Frederick:** Frederick had a very successful Bike to Work Day event in 2013, with 316 registered riders, 169 of whom rode in the ceremonial ride and/or stopped by the Pit Stop in the morning of May 17th. This was a 37% increase in participation over 2012, and a 24.5% increase in registration. The Pit Stop included food and drinks donated by Dublin Roaster’s Coffee, The Fractured Prune, Giant Eagle, My Organic Market (MOM), The Common Market, and Dairy Maid Dairy. The Old Receiver Band played as the cyclists arrived, and the crowd was welcomed by Frederick Mayor Randy McClement after he
dismounted his bike. The Parks & Rec department provided tables and chairs for food suppliers & vendors, which included The Bicycle Escape (who also donated a bike for our raffle), State Farm Insurance, and Frederick’s Bicycle & Pedestrian Workgroup.

In order to boost participation and allow riders to get their shirts ahead of time, this year a pre-event Registration Celebration was held at Clemson Corner Shopping Center. The Bicycle Escape allowed us to set up a registration center at their store, and got Elevation Burger to provide drinks, cookies, and discount coupons to all who came in. The Frederick Wine House had wine and cheese tastings at their storefront just down from The Bicycle Escape, and many people went there after getting their shirts. Despite a huge storm hitting right in the middle of the event, we had more than 65 people attend, many of whom were first time Bike to Work Day participants.

There were teams of riders from several Frederick businesses, including Fort Detrick Campus (53 riders); Life Technologies (30); Frederick Memorial Hospital (25); City of Frederick (23); Wells Fargo (16); Frederick County (13), Frederick County Public Schools (7); State Farm (5); Hood College (4); Frederick Community College (2); Bechtel (2) and the AOPS (1).

**Friendship Heights:** Bike To Work Day 2013 was the kickoff of the new Friendship Heights (MD) pit stop, located on busy Wisconsin Avenue in Chevy Chase on Wisconsin Place plaza, at the Western Avenue District line. Seventy-five riders registered, and there was a robust walk up crowd as well.

Visiting VIPs included Montgomery County Councilmember Roger Berliner; Village of Friendship Heights Mayor Melanie Rose White; Town of Somerset Mayor Jeffrey Slavin; and Town of Somerset Councilmember Barbara Condos. Mayor Jeffrey Slavin provided MC support during the activities, giving a rousing pep talk to the crowd and calling attention to the vendors, exibitors and donors.

Pit stop exhibitors and donors included:
- Le Pain Quotidien - coffee and assorted pastries
- Giant Food – bananas
- Whole Foods – energy bars and other snacks
- Drink More Water
- Chevy Chase Athletic Club – membership gift cards
- Montgomery County Dept. of Environmental Protection (MC DEP) – “Green Team”
- MC DEP – Solid Waste Services
- GEICO
- Wisconsin Place – water bottles
- All-In-One Entertainment – DJ
- Bike gear – The Bicycle Place, Silver Spring

Almost a dozen GEICO employees volunteered to help with registration, food tables, and giving items to riders. In addition to staffing a vendor table, GEICO sent an official photographer and the GEICO Gecko to greet riders and wave to commuters.

The event also drew volunteers from the Friendship Heights TMD Advisory Committee and host Wisconsin Place.
Prize drawings were about every 15 minutes and included bike helmets, locks, backpacks, safety items, and other bike gear. Vendors supplied gift cards and other items. Councilmember Berliner selected the Grand Prize Winner in the drawing. The Grand Prize was a 24-speed Kona Dew hybrid bike from Just Riding Along Bicycle Shop in Laytonsville, Maryland.

**Gaithersburg:** There were 99 registrants for the pit stop. The event was held from 7am to 9am along Orchard Ridge Drive at Great Seneca Highway.

**Georgetown (DC):** The first ever Georgetown Bike to Work Day Pit Stop was a major success. Hosted by the [Georgetown Business Improvement District](https://www.georgetownbid.org/) along the scenic Georgetown Waterfront Park at Wisconsin Avenue & K Street, the Georgetown Pit Stop had 287 registered riders, though a total of 400 riders stopped in to enjoy the gorgeous weather and scenic backdrop, bike-related giveaways and snacks. Enthusiastic volunteers gave away 300+ Bike to Work Day t-shirts, Georgetown BID water bottles and bike bags. The Washington Area Bicyclists Association had a table with volunteers giving out prizes and brochures. Georgetown bike merchants Bicycle Pro Shop, Cycle Life, and Revolution Cycles were onsite offering free tune ups, and tech help. Georgetown’s restaurants and cafes, including Baked and Wired, Dean and DeLuca, Farmers, Fishers, Bakers, PopChips, Sprinkles Cupcakes, and Starbucks Coffee, came out in support, giving away complimentary fuel for riders. Generous sponsors included the Bank of Georgetown and the American College of Cardiology, who were onsite giving away waters, and more. Local vendors Patagonia, Dumbarton House, Cycle Life, Baked and Wired, Bicycle Pro Shop, and Sprinkles Cupcakes, offered prizes during a raffle, including tire sets, tune ups, swag from Georgetown shops, cupcakes, and more! Check out the Georgetown Bike to Work Day Pit Stop video [here](#).

**Golden Triangle – L Street (DC):** There were 228 registrants for the pit stop. The event was held from 7:30am to 9am.

**Golden Triangle – Murrow Park (DC):** There were 89 registrants for the pit stop. The event was held from 7am to 9am.

**Greenbelt:** Bike To Work Day 2013 was the second year for the official Greenbelt Pit Stop. A committee of five City of Greenbelt employees organized the event in front of the Greenbelt Aquatic and Fitness Center. There were 90 bikers registered for the event which was an increase of 60% from 2012.

The committee was pleased with attendance of 70 bikers who passed through the stop. Approximately 15 cyclists joined the "convoy" to downtown Washington DC. The convoy was guided by Laurie and Jeff Lemieux of Proteus Bike Shop in College Park. Part way through the route the convoy split into two groups: an “express” route and “local” route.

The Pit Stop was visited by Mayor “J” Davis, Mayor Pro Tem Emmett Jordan and Council Member Leta Mach.

In addition to food and drinks, each rider received a t-shirt and mini-backpack filled with swag. Thanks to our sponsors for food, swag and raffle prizes: Anacostia Trail Heritage
Area, Greenbelt COOP Grocery, Arrow Bicycle of Hyattsville, Proteus Bike Shop of College Park and Prince George’s County Department of Public Works and Transportation. New this year was mechanical assistance provided by Arrow Bike Shop.

**Haymarket:** There were 9 registrants for the pit stop. The event was held from 6am to 9:30am.

**Herndon:** Up about 9% from 2012, 303 riders registered with at least 216 checking in. The Herndon pit stop is hosted and staffed by A1 Cycling and Herndon Parks and Recreation Department, and included representatives from the Tour de Cure, Herndon Environmental Network, Mom’s Organic Market, Fairfax Advocates for Better Biking, Green Lizard Cycling and the Herndon Pedestrian and Bicycling Advisory committee, among others. It was exciting when Adam Caskey of Channel 7’s “Good Morning Washington” came and broadcast weather forecasts from the Herndon stop. We were on air in several segments from 5:15 to 6:55am.

**Hyattsville:** There were 106 registrants for the pit stop. The event was held from 6:30am to 8:30am.

**Indian Head:** There were 64 registrants for the pit stop. The event was held from 6am to 11am. Tri county sponsored BTWD providing COG with an IPOD give away, the pit stop had the largest turn out this year, the county commissioner gave us a 2013 Proclamation, it was also attended by the mayor and vice mayor of Indian Head. There was a raffle for a boy and girl bike along with other bike gear to the Indian Head 5th grade class. The council also presented the Town of Indian Head a plaque for their continuing support for the last five years hosting BTWD. Thanks to our partners:
- Bicyclists from the Southern Maryland Region
- Bike Doctor, Waldorf, Maryland
- Charles County Department of Health
- Charles County Government
- Charles County Public Facilities, Parks Division
- Charles County Senior Show Troupe
- Charles County Sheriff’s Office
- Chick-Fil-A Restaurant, La Plata, Maryland
- Commuter Connections
- Indian Head Elementary School – 5th Grade
- La Plata Fitness
- Maryland Department of Transportation
- Pinnacle Performance
- Southern Maryland Agricultural Development Commission (SMADC)
- The Henry E. Lackey AFJROTC
- Town of Indian Head
- Volunteers/Citizens of Indian Head and Charles County Maryland
- World Gym of La Plata
- Up The Creek Kayak Rentals

**Leesburg:** Loudoun County staff greeted 206 participants in Leesburg with free T-shirts, water bottles and clip-on reflective safety lights. Everyone who stopped by was offered a variety of refreshments--coffee, fruit, juices, pastries and grab and go items. Clif bars and
bananas were especially popular with cyclists. A large water cooler was kept well-stocked for participants and Bike to Work Day and Tap-It water bottles were available.

The team from Bicycle Outfitters, a decade-long supporter of Loudoun pit stops, was on hand to make adjustments for cyclists, answer questions and show-off a new bike which was raffled later in the day. Prior to the event, this bicycle was displayed at the Loudoun County government center to generate interest and further publicize Bike to Work Day.

A BikeLoudoun volunteer shared information and offered guidance to new cyclists. A transportation-themed corn hole (bean bag toss) game was enjoyed by riders who had time to relax at the stop before continuing on to their workplaces. Throughout the morning, prizes, including restaurant gift cards and bike gear, were given to randomly selected participants. It was a great morning in Leesburg.

**Manassas GMU:** There were 44 registrants for the pit stop. The event was held from 6:30am to 9:30am.

**Manassas Kelly Leadership Center:** There were 21 registrants for the pit stop. The event was held from 6am to 9:30am.

**Manassas VRE:** There were 45 registrants for the pit stop. The event was held from 6am to 9am.

**Merrifield - Mosiac:** There were 40 registrants for the pit stop. The event was held from 6:30am to 9am. Freshbikes performed tune-ups and safety checks for riders.

**Merrifield – W & OD:** The 495 Express Lanes Team, in partnership with the Washington Area Bicyclist Association and the Metropolitan Washington Council of Government’s Commuter Connections, hosted the Bike to Work Day Pit Stop in Merrifield, Va.

More people than 200 bicyclists participated in this year’s Merrifield Bike to Work Day Pit Stop, up from 144 bicyclists last year. These bicyclists dropped by on their way to work and visited with our local vendors and attractions. More than 12,000 registered participants attended various Bike to Work Day Pit Stops throughout Virginia, Maryland and Washington D.C.

The Pit Stop featured tables staffed by local business partners who offered free services, refreshments and educational materials to attendees. Sponsors included: Inova Health System, ACE Physical Therapy & Sports Medicine Institute, Center for Orthopaedics and Sports Medicine, Gold’s Gym, Performance Bicycle, Bruegger’s, Metro Run & Walk, Fairfax Advocates for Better Bicycling, Crave Yogurt and Mad Fox Brewery

**Mt. Vernon Triangle (DC):** There were 304 registrants for the pit stop. The event was held from 7am to 9am at Busboys and Poets. BicycleSpace provided tune-ups and safety checks.

**Mt. Vernon – Collingwood (VA):** There were 32 registrants for the pit stop. The event was held from 6:30am to 8:30am.

**National Geographic Society:** The beautiful weather definitely didn't hurt as the National Geographic Courtyard turned into a biker’s paradise for the annual Bike to Work Day celebration. This was NG’s second year serving as one of the official pit stops in
Washington, D.C. Hundreds of bikers, including many NG staffers, took advantage of a variety of sponsor giveaways, ranging from free food and coffee, to complimentary bike tune-ups, body massages and more. Representatives from two fundraising rides, Best Buddies and Bike MS, were there spreading the word about their upcoming events. There were also several raffle drawings throughout the nearly 3-hour event, which included items such as NG Channel DVDs, tickets to the 9:30 Club, Dolcezza Gelato gift certificates, a Lululemon gift bag, a Nat Geo Live! gift certificate and much more.

**NIH:** NIH director, Dr. Francis Collins, bicycled to work again this year and attended the Building One pit stop with his wife, Diane, from North Bethesda. He spoke about the benefits of active commuting. “We are the National Institutes of Health, and it’s great to see us exhibiting health in our own personal behavior.”

Montgomery County Council Member Mr. Hans Roemer bicycled to the NIH and also spoke at the gathering. “I want to thank you all for changing the way that this county lives and the choices they’re making,” he said. “It’s a great place to work and a great place to live, but not always a great place to bike...As we move to the future we’ve got to have more people biking to work. Each of you is an ambassador of that future.” The second annual Carl Henn Bicycle Advocacy Memorial Award was awarded to Steve Friedman by Randy Schools of the R&W. Carl Henn of Rockville was president of the NIH Bicycle Commuter Club for several years and was tragically killed by lightning in the summer of 2010. Vernon Anderson, NIH Bicycle President spoke about Steve’s advocacy and accomplishments. NIH was honored to have Carl Henn’s widow Carol in attendance.

The Bicycle Place provided free safety checks for cyclists. Proteus Bikes graced the main campus pit stop again this year with their bicycle-powered blender that made delicious fresh fruit smoothies for all to enjoy! (Bicycle Place and Proteus honor NIHBCC Bike Bucks). The NIH/DEP Greenhouse Gas Program Manager provided a fun Bike Generator that generates electricity to power an iPod and small speaker system. We also had information booths about safety and bike routes in the county.

The 2013 Bike To Work Day was a wonderful success involving 477 cyclists participating and 4429 round-trip miles commuted this year!

Thanks again to our sponsors:

- NIH Federal Credit Union
- NIH Fitness Center
- Surest Catering
- NIH Recreation and Welfare Association
- NIH Police Department
- NIH Division of Amenities and Transportation Services
- NIH (DEP)
- Proteus Bikes
- Clean Currents Inc.
- The Bicycle Place
- Hudson Trail Outfitters
- Takoma Park Co-op
- Giant Foods
- Upper Crust Bakery
Naval Medical Center: There were 184 registrants for the pit stop. The event was held from 6am to 9am.

NOMA: There were 364 registrants for the pit stop. The event was held from 7:30am to 9:30am. The NOMA BID hosted the event and provided food and drink along with NOMA t-shirts. BicycleSpace provided tune-ups and safety checks for riders. Chuck Bean, the Executive Director the Metropolitan Washington Council of Governments attended and spoke at the pit stop. Commuter Connections also had an exhibit and staff on hand to answer commuting questions.

North Bethesda: In order to prepare cyclists for Bike to Work Day, the North Bethesda TMD, in partnership with WABA and LCOR, hosted a Bicycle Commuter Skills Class. The class was instructed by Shane Farthing, WABA Executive Director, and was a great success. The 19 participants learned about bicycle choice, safety, route selection, lighting and much more. The hour long class, held at lunchtime, was enjoyed by all.

On Bike to Work Day, the North Bethesda Pit Stop and the North Bethesda TMD staff welcomed 197 eager cyclists beginning at 6:30 am at the US Nuclear Regulatory Commission Plaza (NRC). Each registered cyclist received a Bike to Work Day t-shirt, water bottle, bike maps and other goodies. They were treated to a variety of breakfast foods donated by our great sponsors – Enterprise Rideshare, LCOR, Retrofitness of Kensington & Rockville and Trader Joe’s. Prizes and gift certificates were generously donated by Bob’s Bikes, White Flint Partnership, Strathmore, The Dermatology Center and Silver Diner. A very special thank you to our host, NRC, for another great year!

Prizes, raffle drawings and announcements were made every 15 minutes by our DJ, George, who also provided great music throughout the event.

Bill Carey, Director of Donor and Community Relations at Strathmore and Dee Metz, White Flint Coordinator for the Montgomery County Executive’s Office participated as did David Meyer, Director of the Division of Administrative Services for NRC. They helped in presenting awards, the County’s Bike to Work Day proclamation, and announced the winner of the new bike. Pat Shepherd, Capital Project Manager for the Montgomery County Division of Transportation Engineering Bikeway Program, gave an update on bicycle improvements on Woodglen and Edson Lanes. The grand prize, a new bike, was presented to Lauren May Rose by Bob Mallasch, owner of Bob’s Bikes. An ecstatic Lauren won a Raleigh Cadent FT0 bike.

Oxon Hill: There were 66 registrants for the pit stop. The event was held from 6:30am to 8:30am.

Reston: 478 bicyclists registered to ride to the Reston Town Center to celebrate Bike to Work Day. They were treated to free breakfast from Great Harvest Bread Co., and Whole Foods Market and coffee from Community Canteen/MonAmi Gabi. Groups attending include, The Bike Lane, The Reston Bike Club, Friends of the W&OD Trail, Reston Association, the Y-Fairfax County Reston, Tour de Cure, LINK, and Fairfax Advocates for Better Bicycling had information tables and free items for cyclists. Larry Butler of Reston Association introduced Hunter Mill Supervisor Cathy Hudgins, Delegate Ken Plum and RA Board President Ken Knueven who addressed the crowd at 8 a.m. They all noted the
importance of bicycling as a transportation option. Knueven rode from his home in the Lake Anne area. Reston Association’s Walker Nature Center brought out their energy cycle which, when pedaled, demonstrates how much energy is required to power a light bulb and how much more energy is required to power incandescent bulbs compared to fluorescent bulbs. There were over 100 door prizes given out throughout the morning.

Rock Springs: There were 118 registrants for the pit stop. The event was held at the Marriott International Headquarters from 6:30am to 9am.

Rockville Fallsgrove: Bicyclists flooded through the Fallsgrove Village Center on Bike to Work Day 2013 to visit the Fallsgrove pit stop and pick up biking information, a t-shirt, refreshments, and free supplies from vendors. The pit stop had been held in the Fallsgrove area in the past, but the 2013 event marked the first time it was located in the shopping center parking lot, along Shady Grove Road. A total of 199 people registered online in anticipation of the event and 152 attended and participated, including 20 walk-up registrants the morning of the event. Montgomery County Commuter Services and the City of Rockville’s Department of Public Works co-sponsored the event, under the coordination of the County’s outreach contractor for the Greater Shady Grove Transportation Management District.

Avid biker and City of Rockville Council Member Mark Pierzchala attended the event and delivered remarks to the attendees about biking and the efforts of the County and City in encouraging more people to choose alternative means to get to work.

Employees of nearly 90 unique area employers were represented at the event, including the National Cancer Institute (NCI) and the Financial Industry Regulatory Authority (FINRA.)

The table was staffed by a number of volunteers and members of the Greater Shady Grove TMD outreach team. They offered visitors water and snacks, talked to them about resources for biking to work and handed out the official 2013 Bike to Work Day t-shirt to all who pre-registered for the event. Deejay music was provided by All-in-One Entertainment.

In-kind donations, gifts (i.e. gift certificates, prizes) and refreshments were provided by Drink More Water, Inter-county Connector, Just Riding Along Bicycles, Krispy Kreme, Lerner, Melt, Panera, Safeway, Smoothie King and Starbucks. Just Riding Along Bicycle Shop, located in Laytonsville, Md., offered a Grand Prize of a top-of-the-line bicycle which was won by Dr. Jan Woynarowski.

Exhibitors/vendors who staffed tables at the event included:
City of Rockville
Montgomery County Department of Environmental Protection, Division of Solid Waste
Drink More Water
Intercounty Connector
Just Riding Along Bicycles
Krispy Kreme
Lerner
Melt
Panera
Safeway
Smoothie King
Starbucks

**Rockville Tower Oaks/Wootton:** There were 41 registrants for the pit stop. The event was held by the Millennium Trail from 7:30am to 9:30am.

**Rockville Town Center:** The pit stop was in front of the Regal Theater located at 199 E. Montgomery Avenue. This year a total of 191 people registered online, 128 participated including 21 walk-up registrants the morning of the event. Montgomery County Commuter Services and City of Rockville Department of Public Works co-sponsored the event.

Ms. Carolyn Biggins, Division Chief, Montgomery County Transit Services, graciously accepted our invitation again to greet the bikers and help with prize drawings and promotional item giveaways throughout the event. Also attending and saying a few words to the bikers was the City of Rockville Council Member Mark Pierzchala who is an avid biker himself.

In-kind donations, gifts (i.e. gift certificates, prizes) and refreshments were provided by Costco, Dawson’s Market, Drink More Water, MOM’s Organic Market, Starbucks, and Whole Foods. Additional refreshments were purchased from Costco. Additional prizes and giveaways were purchased at a discount from The Bicycle Place in Silver Spring. The Grand Prize bicycle was from one of Montgomery County newest bicycle shop called Just Riding Along Bicycle Shop in Laytonsville, MD and the winner of the bicycle was Ms. Erin Wilson.

Exhibitors/vendors who staffed tables at the event included:
City of Rockville
City of Rockville Police
Costco Wholesale
Dawson’s Market
Montgomery County Commuter Services
Montgomery County Department of Environmental Protection, Outreach & Education (Green Team)
Montgomery County Silver Spring Urban District Red Shirt Team (setup and cleanup)
Montgomery County Department of Environmental Protection, Division of Solid Waste Services
Whole Foods

**Rockville Twinbrook:** There were 112 registrants for the pit stop. The event was hosted by Twinbrook Urban from 7am to 9am.

**Silver Spring Discovery:** Bike to Work Day 2013 was again staged on the plaza of Discovery Communications in downtown Silver Spring.

This year there were 266 online registrations, slightly greater than in 2011. 183 participants, including 60 walk-up registrants, attended the morning’s event. Co-sponsors of the pit stop were once again Montgomery County Commuter Services and Discovery Communications.
Arthur Holmes, Jr., Director of the Montgomery County Department of Transportation, who has attended this event several times, graciously accepted our invitation to help greet the bikers. Serving a master of ceremonies was Sandra L. Brecher, Section Chief of Montgomery County Commuter Services. Making appearances as well as remarks about Bike To Work Day and the expansion of Capital Bikeshare to Montgomery County were County Council Members Valerie Ervin and George Leventhal.

County Council Member Valerie Ervin helped out with the Grand Prize bicycle drawing, sponsored by Discovery Communications. The winner of the Grand Prize bicycle is Janine Harris of National Oceanic and Atmospheric Administration (NOAA).

Continuing a competitive tradition dating back some years, the winner of this year’s Bike To Work Day NOAA-Discovery Commuter Challenge was Discovery Communications. NOAA is looking forward to a rematch in 2014.

A special thank you goes out to the many employees from Discovery Communications, particularly Devin McDonough and Michael Price, and to Victor Salazar, Feddy Robinson and the Red Shirt Team from the Silver Spring Urban District and our volunteers Valerie Spencer and Arnetta Haines. Last but not least, thank you to Commuter Services and TRiPS Commuter Store staff for stepping up on a very busy day.

In-kind donations, gifts (i.e. gift certificates, prizes) and refreshments were provided by Drink More Water, Caribou Coffee, Whole Foods and Costco. Additional refreshments were purchased from Costco and Caribou. The Grand Prize bicycle was generously donated by Discovery Communications.

Exhibitors/vendors who staffed tables at the event included:

- All-In-One Entertainment (DJ)
- Clean Currents Inc.
- Intercounty Connector Business Outreach Team
- Bicycle Place
- Costco
- Montgomery County 3rd District Police

**Silver Spring East West Hwy:** There were 62 registrants for the pit stop. The event was held from 7:30am to 9:30am.

**Springfield:** There were 99 registrants for the pit stop. The event was held from 6:30am to 8:30am. Give-away items were donated from sponsors such as Hilton, Performance Bicycle, Calibre, and Clarion Partners.

**Sterling:** It was a busy morning in Sterling with 313 cyclists checking in at the who checked in at pit stop. This marked the 10th consecutive year for Orbital Sciences Corporation to host the event. A wide array of refreshments including coffee, juices, fresh fruit, pastries and grab and go snacks were offered to participants. Orbital staff served as the "pit stop prize patrol" distributing gift cards and biking-related surprises to unsuspecting cyclists throughout the event.

Loudoun County staff gave away the T-shirts and clip-on reflective safety lights. A transportation-themed “corn hole” game (bean bag toss) was enjoyed by several cyclists. BikeLoudoun was on hand to offer support and helpful information to participants.
A team from Spokes Etc. of Ashburn provided bike adjustments and safety checks for riders. Spokes also provided a new bike which was raffled at the close of the event. Prior to Bike to Work Day, the bike was displayed at two different employment sites to encourage participation.

Staff from Loudoun Water distributed Tap-it and Bike to Work Day water bottles and kept water coolers well-stocked for cyclists.

This pit stop has experienced steady growth during the past decade. In 2014, it will remain in the same vicinity, but most of the activity will shift away from the W&OD Trail to the Sterling Ruritan Club.

**Takoma Park – Old Takoma:** In its second year, the Old Takoma pit stop attracted 149 registrants, with over 1/3 self-identified as first-time participants. Local champion of the Baltimore Kinetic Sculpture Race, "Eek", and artist Howard Connelly's giant tricycle were on display. The Takoma Park Safe Routes to School Coordinator and a representative from the League of American Bicyclists were on hand distributing safety and educational material. Four Takoma Park Police officers on bicycles visited Old Takoma on a circuit of all three pit stops in the City. Newly printed 'Bike Takoma Park' maps distributed at the pit stop were a big hit. The pit stop was managed by Bruce Sawtelle of Takoma Bicycle.

**Takoma Park – Sligo Creek:** The Sligo Creek Pit Stop attracted over 25% more registrants in its second year, with 57 registered bike commuters. Four Takoma Park Police officers on bicycles visited Sligo Creek on a circuit of all three pit stops in the City. Newly printed 'Bike Takoma Park' maps distributed at the pit stop were a big hit. Staff from The Green Commuter bike shop provided bike tips and tune-ups. IHOP Takoma Park provided free juice, coffee, and snacks. The pit stop was managed by Erkin Ozberk of the City of Takoma Park, Housing & Community Development Department.

**Takoma Park – Langley Crossroads:** In spite of greater visibility, Spanish-language brochures, and targeted outreach by WABA, challenges remain for growing participation at the Takoma/Langley Crossroads pit stop. A mix of long-distance and local registrants stopped at Takoma/Langley Crossroads. Four Takoma Park Police officers on bicycles visited the Crossroads on a circuit of all three pit stops in the City. Newly printed 'Bike Takoma Park' maps distributed at the pit stop were a big hit. The pit stop was managed by Melanie Isis of the Takoma/Langley Crossroads Development Authority (CDA).

**Tysons Corner:** There were 83 registrants for the pit stop. The event was held at Tysons Corner Center from 6:30am to 10am. LL Bean provided tune-ups and safety checks. A bike jersey raffle was sponsored by Athleta. LL Bean also provided a bike raffle as well as a bike lock raffle. Food and drink was provided by La Sandia. Anne Brink won the bike raffle. Access Tysons had a goal of 100 visitors to their pit stop and since that goal was met and a new bicycle rack was donated and installed at Freedom Hill Elementary School.

**Vienna:** There were 361 registrants for the pit stop. The event was held at the Town Green from 6:30am to 8:30am. Bicycle tune-ups and safety checks were provided by Spokes.

**West Hyattsville Metro:** There were 23 registrants for the pit stop. The event was held from 6:30am to 9:30am.
**White Oak/FDA:** There were 51 registrants for the pit stop. The event was held at the FDA Historic Building from 7am to 9am.

**Woodbridge Chin Center:** There were 40 registrants for the pit stop. The event was held at the Chin Aquatics & Fitness Center from 6am to 9am.

**Woodbridge Rippon VRE Station:** There were 17 registrants for the pit stop. The event was held from 6am to 9am.
EMPLOYER PARTICIPATION

The following Employers had 5 or more employees registered for the event:

The winner of the Employer Challenge for a free luncheon was the US Department of Justice with 116 registrants.

**Federal Employers**

<table>
<thead>
<tr>
<th>Employer</th>
<th>Employer</th>
</tr>
</thead>
<tbody>
<tr>
<td>Architect of the Capitol</td>
<td>Bureau of Labor Statistics</td>
</tr>
<tr>
<td>Equal Employment Opportunity Commission</td>
<td></td>
</tr>
<tr>
<td>Federal Aviation Administration</td>
<td>Federal Communications Commission</td>
</tr>
<tr>
<td>Federal Election Commission</td>
<td>Federal Highway Administration</td>
</tr>
<tr>
<td>Federal Trade Commission</td>
<td>Food and Drug Administration</td>
</tr>
<tr>
<td>Foreign Service Institute</td>
<td>General Services Administration</td>
</tr>
<tr>
<td>Internal Revenue Service</td>
<td></td>
</tr>
<tr>
<td>Library of Congress</td>
<td>NASA</td>
</tr>
<tr>
<td>National Archives</td>
<td>National Capitol Planning Commission</td>
</tr>
<tr>
<td>National Institutes of Health</td>
<td>National Labor Relations Board</td>
</tr>
<tr>
<td>National Park Service</td>
<td>National Zoological Park</td>
</tr>
<tr>
<td>Naval Research Lab</td>
<td>NOAA</td>
</tr>
<tr>
<td>Office of Management and Budget</td>
<td>Securities and Exchange Commission</td>
</tr>
<tr>
<td>Smithsonian Institution</td>
<td>US Air Force</td>
</tr>
<tr>
<td>US Army</td>
<td>US Coast Guard</td>
</tr>
<tr>
<td>US Department of Agriculture</td>
<td>US Department of Commerce</td>
</tr>
<tr>
<td>US Department of Customs</td>
<td>US Department of Energy</td>
</tr>
<tr>
<td>US Geologic Survey</td>
<td>US Department of Health and Human Services</td>
</tr>
<tr>
<td>US Department of Homeland Security</td>
<td>US Department of Justice</td>
</tr>
<tr>
<td>US Department of Labor</td>
<td>US Department of the Interior</td>
</tr>
<tr>
<td>US Department of Transportation</td>
<td>US Environmental Protection Agency</td>
</tr>
<tr>
<td>US Housing and Urban Development</td>
<td>US Navy</td>
</tr>
<tr>
<td>US Nuclear Regulatory Commission</td>
<td>US Patent and Trademark Office</td>
</tr>
<tr>
<td>US Peace Corps</td>
<td>US Postal Service</td>
</tr>
<tr>
<td>US Senate</td>
<td>USAID</td>
</tr>
</tbody>
</table>

**State and Local Governments**

<table>
<thead>
<tr>
<th>County</th>
<th>County</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arlington County</td>
<td>Charles County</td>
</tr>
<tr>
<td>City of Alexandria</td>
<td>City of Bowie</td>
</tr>
<tr>
<td>City of College Park</td>
<td>City of Falls Church</td>
</tr>
<tr>
<td>City of Frederick</td>
<td>City of Gaithersburg</td>
</tr>
<tr>
<td>City of Greenbelt</td>
<td>City of Hyattsville</td>
</tr>
<tr>
<td>City of Rockville</td>
<td>City of Vienna</td>
</tr>
<tr>
<td>DC Council</td>
<td>Fairfax County</td>
</tr>
<tr>
<td>Frederick County</td>
<td>Loudoun County</td>
</tr>
<tr>
<td>Montgomery County</td>
<td>Prince George’s County</td>
</tr>
<tr>
<td>State of Maryland (including MDOT, MTA and others)</td>
<td></td>
</tr>
<tr>
<td>Commonwealth of Virginia (including VDOT and VDRPT)</td>
<td></td>
</tr>
</tbody>
</table>
Town of Leesburg

**Private/Non-Profit Sector Employers**

AARP                      Accenture
Advisory Board             AECOM
Airbus Americas            AKQA
Alion Science & Technology Alliance to Save Energy
American Association for Science
American Association of University Women American Chemical Society
American College of Cardiology
American Councils for International Education American Geophysical Union
American Institutes for Research American Psychological Association
American Red Cross         American Society of Civil Engineers
Amtrak                     AOL
Arnold & Porter            ASHA
Association of American Medical Colleges Association of State and Territorial Health
AT&T                       BAE
Bechtel                    Bloomberg BNA
Boeing                     Booz Allen
Bowie Gridley Architects   British Embassy
CA Technologies            Cable News Network
CACI                       Capital One
CEB                        Center for Clean Air Policy
CFPB                       CGI Federal
CH2M HILL                  Chemonics International
Children’s National Medical Center Comcast
comSCore                   Conservation International
CSC                        CustomInk
DAI                        Defenders of Wildlife
Dell                       Deloitte
Deloitte Consulting LLP    Deltek
Dickstein Shapiro          DigitalGlobe
Discovery Communications    DMI
Downtown DC BID            Eastbanc Technologies
Edelman                    Embassy of Japan
Esri                       Evolent Health
ExxonMobil                  Fannie Mae
Finnegan                   Freddie Mac
Geico                      General Dynamics
Gensler                    Hilton Worldwide
HOK                        Host Hotels & Resorts
Howard Hughes Medical Institute HP
Hughes Network Systems     IADB
IBM                        ICF International
IDA                        International Monetary Fund
Institute for Defense Analysis Institute for International Education
Institute of Museum and Library Sciences Inter-American Development Bank
International Finance Corporation International Food Policy Institute
International Foundation for Electoral Systems International Relief and Development
International Republican Institute  
Jacobs  
Kaiser Permanente  
Landon IP  
League of American Bicyclists  
LivingSocial  
Lockheed Martin  
Mantech  
Mathematica Policy Research  
McKissack & McKissack  
Metropolitan Washington COG  
Migration Policy Institute  
Monument Bank  
National Alliance for Hispanic Health  
National Center for Health Statistics  
National Endowment for the Arts  
National Geographic  
National Parks Conservation Association  
National Wildlife Federation  
Navy Federal Credit Union  
Noblis  
NRECA  
Opower  
OTJ Architects  
Parsons Brinckerhoff  
Population Services International  
Public Broadcasting Service  
RAND Corporation  
Reston Association  
Retrofitness  
Robert Silman Associates  
RTC  
Sabin Vaccine Institute  
Scitor Corporation  
Serco  
Smart Growth America  
Software AG  
Sprint  
SRI International  
Tetra Tech  
The JBG Companies  
The National Academies  
The Urban Institute  
Thomson Reuters  
Toole Design Group  
Union of Concerned Scientists  
URS  
Verisign  
Virginia Hospital Center
Voice of America
Wells Fargo
Westat
WMATA
World Learning
World Wildlife Fund

Universities and Colleges
American University
Galludet University
George Washington University
Marymount University
National Defense University
Strayer University
University of Maryland
Virginia Tech University

WABA
Wegman’s
Whole Foods Market
World Bank
World Resources Institute
WRNMMC

Catholic University
George Mason University
Georgetown University
Montgomery College
NOVA Community College
Uniformed Services University
University of Virginia
MEDIA COVERAGE AND RADIO

Commuter Connections, through its contractor developed and implemented the radio advertising and media outreach for the event.

Radio advertising targeted adults ages 25-49, slightly skewed toward men, with a household income above $30,000.

Press Releases

Bike to Work Day Breaks Regional Record with more than 14,500 cyclists  
More than 13,000 cyclists region-wide registered for Bike to Work Day tomorrow May 17th  
Bike to Work Day 2013 attracts more than 12,000 cyclists  
More than 70 pit stops will host Bike to Work Day participants – Friday May 17  
Registration opens for Bike to Work Day 2013
<table>
<thead>
<tr>
<th>Date</th>
<th>Outlet</th>
<th>Title linked to URL</th>
</tr>
</thead>
<tbody>
<tr>
<td>3/8/2013</td>
<td>FallsChurch Patch</td>
<td>BTWD Registration Open</td>
</tr>
<tr>
<td>3/8/2013</td>
<td>Notes on my Cycling Adventures</td>
<td>BTWD 2013</td>
</tr>
<tr>
<td>3/19/2013</td>
<td>Capitol Riverfront Blog</td>
<td>2013 BTWD Registration Now Open</td>
</tr>
<tr>
<td>3/27/2013</td>
<td>Connected Communities/Montgomery</td>
<td>Registration for BTWD 2013 Opens</td>
</tr>
<tr>
<td>3/28/2013</td>
<td>ARL Notes</td>
<td>Registration Open for BTWD</td>
</tr>
<tr>
<td>3/28/2013</td>
<td>About.com Washington, DC</td>
<td>Bike to Work Day in Washington, DC</td>
</tr>
<tr>
<td>4/2/2013</td>
<td>Southern Maryland News Net</td>
<td>Registration for BTWD 2013</td>
</tr>
<tr>
<td>4/2/2013</td>
<td>SMNNEWNET.com</td>
<td>Registration for Bike to Work Day 2013 Opens</td>
</tr>
<tr>
<td>4/3/2013</td>
<td>goDCgo</td>
<td>BTWD - Event Calendar</td>
</tr>
<tr>
<td>4/3/2013</td>
<td>NoMa</td>
<td>BTWD - Event Calendar</td>
</tr>
<tr>
<td>4/3/2013</td>
<td>The Bridging Nations Foundation</td>
<td>BTWD 2013 - Event Calendar</td>
</tr>
<tr>
<td>4/3/2013</td>
<td>Town of Herndon Virginia</td>
<td>Registration for BTWD 2013</td>
</tr>
<tr>
<td>4/3/2013</td>
<td>WABA</td>
<td>BTWD - Event Calendar</td>
</tr>
<tr>
<td>4/24/2013</td>
<td>Region Forward</td>
<td>BTWD on May 17 to Promote Bicycle Commuting</td>
</tr>
<tr>
<td>4/25/2013</td>
<td>Georgetown Patch</td>
<td>Bikeshare Adds Two Georgetown Stations</td>
</tr>
<tr>
<td>4/26/2013</td>
<td>GeorgetownDC</td>
<td>BTWD - Neighborhood Event</td>
</tr>
<tr>
<td>5/1/2013</td>
<td>Clean Currents</td>
<td>BTWD Demystified, Courtesy of WABA</td>
</tr>
<tr>
<td>5/1/2013</td>
<td>WABA</td>
<td>BTWD Problems? We've Got Solutions.</td>
</tr>
<tr>
<td>5/1/2013</td>
<td>PRTC Transit</td>
<td>Bike to Work Day is May 17</td>
</tr>
<tr>
<td>5/1/2013</td>
<td>The Frederick News-Post</td>
<td>Why You Shouldn't Ignore All That PR About BTWD</td>
</tr>
<tr>
<td>5/2/2013</td>
<td>Greenbelt News Review</td>
<td>Bike to Work – What’s Not to</td>
</tr>
<tr>
<td>Date</td>
<td>Organization/Title</td>
<td>Story/Article</td>
</tr>
<tr>
<td>-----------</td>
<td>-------------------------------------------------------------------------------------</td>
<td>------------------------------------------------------------------------------</td>
</tr>
<tr>
<td>5/2/2013</td>
<td>Sierra Club - Washington DC Chapter</td>
<td>BTWD - Event Calendar</td>
</tr>
<tr>
<td>5/6/2013</td>
<td>Bike Arlington</td>
<td>BTWD - Event Calendar</td>
</tr>
<tr>
<td>5/6/2013</td>
<td>Office of Research Services</td>
<td>NIH Bicycle Program - 2013 BTWD Event</td>
</tr>
<tr>
<td>5/6/2013</td>
<td>Potomac Pedalers</td>
<td>BTWD - Event Calendar</td>
</tr>
<tr>
<td>5/6/2013</td>
<td>Arlington Patch</td>
<td>Arlington Celebrates Bike Month in a Big Way</td>
</tr>
<tr>
<td>5/7/2013</td>
<td>Leesburg Patch</td>
<td>Early Bike to Work Registrants Receive T-shirts</td>
</tr>
<tr>
<td>5/7/2013</td>
<td>Clarendon-Courthouse-Rosslyn Patch</td>
<td>Arlington Celebrates Bike Month in a Big Way</td>
</tr>
<tr>
<td>5/7/2013</td>
<td>Yahoo News</td>
<td>Celebrating Nat'l Bike Month Around Washington DC</td>
</tr>
<tr>
<td>5/7/2013</td>
<td>Greater Greater Washington</td>
<td>Bike to work and school, and much more</td>
</tr>
<tr>
<td>5/8/2013</td>
<td>Georgetown Patch</td>
<td>Georgetown Hosting BTWD 'Pit Stop'</td>
</tr>
<tr>
<td>5/8/2013</td>
<td>WABA</td>
<td>Plan your BTWD Via Metro</td>
</tr>
<tr>
<td>5/8/2013</td>
<td>Georgetown Patch</td>
<td>Georgetown Hosting BTWD &quot;Pit Stop&quot;</td>
</tr>
<tr>
<td>5/8/2013</td>
<td>Connection Newspaper</td>
<td>Register for Bike to Work Day</td>
</tr>
<tr>
<td>5/9/2013</td>
<td>Connected Communities</td>
<td>More Than 70 Pit Stops Will Host BTWD Participants</td>
</tr>
<tr>
<td>5/9/2013</td>
<td>MWCOG.org</td>
<td>More Than 70 Pit Stops Will Host BTWD Participants</td>
</tr>
<tr>
<td>5/9/2013</td>
<td>MyMCMedia</td>
<td>Bike to Work inGaithersburg</td>
</tr>
<tr>
<td>5/13/2013</td>
<td>DelRay Patch</td>
<td>BTWD is Friday</td>
</tr>
<tr>
<td>5/13/2013</td>
<td>FairfaxCity Patch</td>
<td>City to Host 'BTWD' Pit stop</td>
</tr>
<tr>
<td>5/13/2013</td>
<td>The Washington Post - Dr. Gridlock</td>
<td>The week ahead</td>
</tr>
<tr>
<td>5/13/2013</td>
<td>Department of General Services - DC</td>
<td>Bike to Work Day 2013</td>
</tr>
<tr>
<td>5/14/2013</td>
<td>Potomac Patch</td>
<td>BTWD Pit Stops Near You on Friday</td>
</tr>
<tr>
<td>Date</td>
<td>Source</td>
<td>Headline</td>
</tr>
<tr>
<td>-----------</td>
<td>---------------------------------------------</td>
<td>---------------------------------------------------------------------------</td>
</tr>
<tr>
<td>5/14/2013</td>
<td>The Washington Post - Dr. Gridlock</td>
<td>Tips for Friday’s BTWD</td>
</tr>
<tr>
<td>5/14/2013</td>
<td>Active Life DC</td>
<td>Featured Event: BTWD</td>
</tr>
<tr>
<td>5/14/2013</td>
<td>The Washington Post</td>
<td>Bike Commuting Way Up in DC</td>
</tr>
<tr>
<td>5/14/2013</td>
<td>CBS DC</td>
<td>10K Riders Expected for Bike to Work Day in D.C.</td>
</tr>
<tr>
<td>5/14/2013</td>
<td>Falls Church News-Press</td>
<td>F.C. Businesses Sponsoring Pit Stop for BTWD Friday</td>
</tr>
<tr>
<td>5/15/2013</td>
<td>Virginia Bicycling Federation</td>
<td>BTWD 2013</td>
</tr>
<tr>
<td>5/15/2013</td>
<td>The Washington Post</td>
<td>Wilson Bridge trail encourages bike commuting</td>
</tr>
<tr>
<td>5/15/2013</td>
<td>Vienna Patch</td>
<td>Friday is Bike To Work Day 2013</td>
</tr>
<tr>
<td>5/15/2013</td>
<td>The Hill is Home - Community News</td>
<td>Bike to Work Day — This Friday!</td>
</tr>
<tr>
<td>5/15/2013</td>
<td>The Wash Cycle.com</td>
<td>More than 12,000 Cyclists Region-wide Sign up for BTWD</td>
</tr>
<tr>
<td>5/15/2013</td>
<td>Air Force Association</td>
<td>Register for AFA's ... Gateway Park as Part of BTWD</td>
</tr>
<tr>
<td>5/15/2013</td>
<td>The Washington Post - Local</td>
<td>DC named sixth 'most bikeable' US city</td>
</tr>
<tr>
<td>5/15/2013</td>
<td>South Maryland Newspapers Online</td>
<td>Biking to work gets a boost with annual So MD event</td>
</tr>
<tr>
<td>5/15/2013</td>
<td>PR Newswire</td>
<td>Register for AFA's Cycling Classic as Part of BTWD</td>
</tr>
<tr>
<td>5/16/2013</td>
<td>ABC News Blog</td>
<td>Pro Tips for BTWD</td>
</tr>
<tr>
<td>5/16/2013</td>
<td>The Washington Post - Dr. Gridlock</td>
<td>Friday is BTWD</td>
</tr>
<tr>
<td>5/16/2013</td>
<td>SilverSpring Patch</td>
<td>BTWD Pit Stops Near You on Friday</td>
</tr>
<tr>
<td>5/16/2013</td>
<td>Arlington Patch</td>
<td>BTWD is Friday</td>
</tr>
<tr>
<td>5/16/2013</td>
<td>Inside No VA</td>
<td>Friday is ‘BTWD’</td>
</tr>
<tr>
<td>5/16/2013</td>
<td>WABA</td>
<td>One Last BTWD Reminder…</td>
</tr>
<tr>
<td>Date</td>
<td>Source</td>
<td>Article</td>
</tr>
<tr>
<td>------------</td>
<td>---------------------------------</td>
<td>----------------------------------------------------------------------</td>
</tr>
<tr>
<td>5/16/2013</td>
<td>Best of Washington</td>
<td>12,000 Commuters Will Bike to Work Friday</td>
</tr>
<tr>
<td>5/16/2013</td>
<td>WABA</td>
<td>What Is Your Elected Official Doing for BTWD?</td>
</tr>
<tr>
<td>5/16/2013</td>
<td>About.com - Washington, DC</td>
<td>Bike to Work Day in Washington, DC</td>
</tr>
<tr>
<td>5/16/2013</td>
<td>Bike and Roll, Washington, DC</td>
<td>Rent a Bike for BTWD! Rent a Bike for Bike DC!</td>
</tr>
<tr>
<td>5/16/2013</td>
<td>US Environmental Protection Agency</td>
<td>Bike to Work</td>
</tr>
<tr>
<td>5/16/2013</td>
<td>Maryland Dept of Transportation</td>
<td>Participate in National BTWD on May 17, 2013!</td>
</tr>
<tr>
<td>5/16/2013</td>
<td>Washington Post – Ashley Halsey III</td>
<td>Bike commuting increases in D.C</td>
</tr>
<tr>
<td>5/16/2013</td>
<td>ABC News.com</td>
<td>PM Note: Pro Tips for Bike to Work Day</td>
</tr>
<tr>
<td>5/16/2013</td>
<td>Huff Post Green</td>
<td>Bike To Work Day 2013: Tips For A Green Commute</td>
</tr>
<tr>
<td>5/16/2013</td>
<td>Leesburg Today</td>
<td>Bike To Work Day Scheduled Tomorrow</td>
</tr>
<tr>
<td>5/16/2013</td>
<td>Virginia Connection Newspapers</td>
<td>Brief: Bike to Work Day Is May 17</td>
</tr>
<tr>
<td>5/16/2013</td>
<td>Maryland Dept of Transportation</td>
<td>Participate in National BTWD on May 17, 2013!</td>
</tr>
<tr>
<td>5/17/2013</td>
<td>The Washington Post - Dr. Gridlock</td>
<td>BTWD in Pictures</td>
</tr>
<tr>
<td>5/17/2013</td>
<td>Georgetown Patch</td>
<td>In Georgetown, a 'Bike Hub', Every Day is BTWD</td>
</tr>
<tr>
<td>5/17/2013</td>
<td>DC List</td>
<td>You Can Now Bike From D.C. to Pittsburgh</td>
</tr>
<tr>
<td>5/17/2013</td>
<td>Riverdale Park-University Park Patch</td>
<td>Many cyclists joined a convoy from Greenbelt to DC</td>
</tr>
<tr>
<td>Date</td>
<td>Source</td>
<td>Article Title</td>
</tr>
<tr>
<td>------------</td>
<td>---------------------------------------------</td>
<td>-------------------------------------------------------------------------------</td>
</tr>
<tr>
<td>5/17/2013</td>
<td>Baynet.com</td>
<td>Share the Road</td>
</tr>
<tr>
<td>5/17/2013</td>
<td>Clarendon Courthouse Rosslyn Patch</td>
<td>DC Ranked Among Most Bikeable Large Cities</td>
</tr>
<tr>
<td>5/17/2013</td>
<td>Georgetown Patch</td>
<td>In Georgetown, a &quot;Bike Hub&quot;, Every Day is BTWD</td>
</tr>
<tr>
<td>5/17/2013</td>
<td>The Washington Post -Local</td>
<td>Thousands participate in Bike to Work Day</td>
</tr>
<tr>
<td>5/17/2013</td>
<td>The Washington Post -Local</td>
<td>BTWD - A Day in Pictures</td>
</tr>
<tr>
<td>5/17/2013</td>
<td>Gazette.net</td>
<td>Bike to Work Day 2013 draws record crowds in D.C. area</td>
</tr>
<tr>
<td>5/17/2013</td>
<td>Potomac Local News</td>
<td>2013 Bike to Work Day</td>
</tr>
<tr>
<td>5/17/2013</td>
<td>Fairfax County Virginia.gov</td>
<td>Fairfax County Rides on Bike to Work Day 2013</td>
</tr>
<tr>
<td>5/17/2013</td>
<td>Transportation nation</td>
<td>DC Makes Progress on Bike Lanes...</td>
</tr>
<tr>
<td>5/18/2013</td>
<td>The Frederick News-Post</td>
<td>Hundreds gather for Bike to Work Day</td>
</tr>
<tr>
<td>5/18/2013</td>
<td>Washington Post – Ashley Halsey III</td>
<td>Safety Reminders for BTWD</td>
</tr>
<tr>
<td>5/19/2013</td>
<td>Standards Speaker.com</td>
<td>BTWD touts cycling's benefits</td>
</tr>
<tr>
<td>5/19/2013</td>
<td>Downtown DC.org BID</td>
<td>Bicyclists Turn Out in Force for Bike to Work Day</td>
</tr>
<tr>
<td>5/20/2013</td>
<td>League of American Bicyclists</td>
<td>Bicyclists Take to the Streets in Celebration of BTWD</td>
</tr>
<tr>
<td>5/20/2013</td>
<td>Georgetown Patch</td>
<td>DC Ranked 6th Most Bikeable Large City</td>
</tr>
<tr>
<td>5/20/2013</td>
<td>US DOT - Fast Lane</td>
<td>BTWD, Big and getting bigger</td>
</tr>
<tr>
<td>5/20/2013</td>
<td>Washingtonian</td>
<td>BTWD Breaks Ridership Record (Slideshow)</td>
</tr>
<tr>
<td>5/20/2013</td>
<td>Georgetown Patch</td>
<td>DC Ranked 6th Most Bikeable Large City</td>
</tr>
<tr>
<td>5/21/2013</td>
<td>Mother Earth News</td>
<td>Bike Commuting Grows by Leaps and Bounds</td>
</tr>
<tr>
<td>Date</td>
<td>Outlet</td>
<td>Title linked to URL</td>
</tr>
<tr>
<td>------------</td>
<td>----------------------------------</td>
<td>---------------------------------------------------------</td>
</tr>
<tr>
<td>5/22/2013</td>
<td>Connected Communities - Springfield</td>
<td><a href="#">Springfield Joins BTWD</a></td>
</tr>
<tr>
<td>5/23/2013</td>
<td>Belvoir Eagle</td>
<td>Bike to Work Day celebrates commuting alternative</td>
</tr>
<tr>
<td>5/23/2013</td>
<td>Greenbelt News Review</td>
<td>Greenbelt Cyclists Join Bike to Work Convoys</td>
</tr>
<tr>
<td>5/24/2013</td>
<td>South Maryland Newspapers Online</td>
<td>2 wheels good, 4 wheels bad: Bicyclists go to work</td>
</tr>
<tr>
<td>5/24/2013</td>
<td>South Maryland News Net</td>
<td>Letter from Tri-County Council on Bike to Work</td>
</tr>
</tbody>
</table>

### Television

<table>
<thead>
<tr>
<th>Date</th>
<th>Outlet</th>
<th>Title linked to URL</th>
</tr>
</thead>
<tbody>
<tr>
<td>5/15/2013</td>
<td>WUSA CH9 W/Monica Samtani</td>
<td><a href="#">Bike To Work Day Is Friday</a></td>
</tr>
<tr>
<td>5/17/2013</td>
<td>ABC7 Good Morning Washington 5:45 AM</td>
<td><a href="#">Bike to Work Day Today</a></td>
</tr>
<tr>
<td>5/17/2013</td>
<td>ABC7 Good Morning Washington 6:15 AM</td>
<td>Bike to Work Day Today</td>
</tr>
<tr>
<td>5/17/2013</td>
<td>ABC7 Herndon Local News</td>
<td>Bike to Work Day Today, Maryland and Virginia</td>
</tr>
<tr>
<td>5/17/2013</td>
<td>WUSA CH9</td>
<td><a href="#">DC Bike To Work Day Hits Record Attendance</a></td>
</tr>
</tbody>
</table>

### Radio

<table>
<thead>
<tr>
<th>Date</th>
<th>Outlet</th>
<th>Title linked to URL</th>
</tr>
</thead>
<tbody>
<tr>
<td>5/16/2013</td>
<td>WAMU</td>
<td><a href="#">Friday Marks BTWD in DC</a></td>
</tr>
<tr>
<td>5/17/2013</td>
<td>Total Traffic (Network)</td>
<td>Sound bites and text may be found on page 5 of this report</td>
</tr>
<tr>
<td>5/17/2013</td>
<td>WAMU</td>
<td><a href="#">DC Makes Progress on Bike Lanes</a></td>
</tr>
</tbody>
</table>
Bike to Work Day

On Friday, May 17, 2013, Commuter Connections and the Washington Area Bicyclist Association invites you to join over 10,000 area commuters for a celebration of bicycling as a clean, fun, and healthy way to get to work. Attend one of 70 pit stops throughout D.C., Maryland, and Virginia to receive refreshments, and be entered into a raffle for a free bicycle! Sorry, we have reached 12,000 registrations and can no longer guarantee T-shirts going forward. Check with your pit stop event on Bike to Work Day for possible extra shirts.

PIT STOPS
Seventy pit stops will host Bike to Work Day events throughout D.C., Maryland, and Virginia. Take a break at a pit stop on your way to work for lots of food, fun, and prizes. Register now, it’s free!
Read more

COMMUTER CONVOYS
Bicycle commuter convoys are forming now for Bike to Work Day on May 17th. All bicyclists are welcome to join the free convoys and there's no need to sign up. Convoys are led by experienced bicycle commuters. Read more

FIND A RIDE BUDDY
Use the Washington Area Bike Forum to find a ride buddy for Bike to Work Day or join an online discussion about bicycling in the Washington, D.C. area.
Read more

EVENT POSTER
Download a PDF of the Bike to Work Day 2013 event poster. Email it to your family, friends and co-workers.

SPONSORS
Bike to Work Day organizers wish to thank our generous sponsors who make this regional event possible. Please visit our sponsor page and find out more about these great organizations.
Read more

INCREASE YOUR BICYCLING SKILLS
WABA's adult bicyclist education opportunities are available for a wide range of skill sets from beginner to advance throughout the Washington region. There are also seminars for commuting to work.
Read more
SOCIAL NETWORKING
A Facebook group and Twitter account along with the Bike to Work Day website were maintained for Bike to Work Day. The Facebook page garnered 1,040 likes. Twitter had a more active involvement in the week immediately preceding the event resulting in a following of just over 1,000 riders. Most of the tweets on the day of the event were enthusiastic and supportive and seemed to reflect a very successful event.
The Proclamation was signed by TPB Member, Patrick Wojahn City of College Park Councilmember. In attendance was Nicholas Ramflos, Director, Commuter Connections, and Greg Billing, Advocacy Coordinator Washington Area Bicyclist Association.

The National Capitol Region Transportation Planning Board at COG issued a regional proclamation on April 17th, 2013 designating May 17th as the Regional Bike To Work Day. The proclamation discussed the benefits of bicycling for the region, individual communities and commuters. It also acknowledged that the month of May is Clean Air Month and National Bike Month. Additional proclamations were made by the Commonwealth of Virginia, District of Columbia, the State of Maryland as well as some of the individual jurisdictions that hosted pit stops.
WHEREAS, bicycle commuting is an effective means to improve air quality, reduce traffic congestion, and conserve energy; and

WHEREAS, bicycle commuting benefits both employees and employers through better employee health and fitness; reduced commuting and parking costs; and

WHEREAS, increasing numbers of employers have installed bicycle parking and shower facilities to help encourage employees to commute by bicycle; and

WHEREAS, the federal bicycle commuter benefit can be used by employers to assist employees with bicycle purchases, improvements, repair and storage; and

WHEREAS, Capital Bikeshare’s regional bike sharing system has reached the milestone of 200 stations within the District of Columbia, Alexandria and Arlington, and is poised for continued expansion into more jurisdictions.

WHEREAS, the TPB through its Commuter Connections program promotes bicycling and organizes Bike to Work Day along with the Washington Area Bicyclist Association; and

WHEREAS, the week of May 13th is National Bike to Work Week, which promotes bicycling as a viable means of transportation to and from work;

NOW, THEREFORE, BE IT RESOLVED THAT THE NATIONAL CAPITAL REGION TRANSPORTATION PLANNING BOARD:

1. Proclaims Friday May 17, 2013 as Bike to Work Day throughout the Washington metropolitan region; and

2. Encourages TPB member jurisdictions to adopt similar proclamations in support of the event; and

3. Reminds all members of the importance of bicycle safety as advocated by the Street Smart campaign.

TPB Chair Signature
MARKETING MATERIALS

The Bike To Work Day 2013 marketing materials used included the following items:
Rack cards 3¾ x 8½” (40,000)
Posters 8½” x 11” (35,000, plus 500 were in Spanish)
T-Shirts (12,000)
Banners 8’ x 4’ for 69 out of 72 pit stops
Water bottles with the BTWD logo were coordinated by BicycleSPACE and made available for each pit stop for purchase.

The marketing materials used for the 2013 BTWD campaign were targeted to employers and cyclists in chosen markets through the region. The rack cards and poster materials were distributed to employers and building sites through concierge services to a majority of the region’s bicycle shops through WABA, and through a direct e-mail campaign that led to a customized web site. The direct e-mail was sent to the 2012 registrants as a reminder. The radio campaign highlighted personal and tangible benefits a commuter would realize by bicycling to work.

Vinyl Banners
BIKE TO WORK DAY 2013 FRIDAY
MAY 17

REGISTER AT BIKEWORKMETRODC.ORG OR CALL 800-745-7433

Pre-Register by May 10 for Free T-Shirt* and Bike Raffle!

FREE FOOD, BEVERAGES AND GIVEAWAYS AT ALL LOCATIONS

Visit biketoworkmetrodc.org for specific pit stop locations and times.
*T-Shirts available at pit stops to first 12,000 who register.

70 Bike to Work Day pit stops located in D.C., Maryland, and Virginia

Bike to Work Day is also funded by the District of Columbia, Maryland, Virginia and U.S. Departments of Transportation.
REGISTER AT
BIKETOWORKMETRODC.ORG
OR CALL 800-745-7433

Pre-Register by May 10 for
Free T-Shirt* and Bike Raffle!

FREE FOOD, BEVERAGES AND
GIVEAWAYS AT ALL LOCATIONS
Visit biketoworkmetrodc.org for
specific pit stop locations and times.
*T-Shirts available at pit stops to first
12,000 who register.

70 Bike to Work Day pit stops located
in D.C., Maryland, and Virginia

BIKE TO WORK
MAY 17
2013 DAY
T-Shirt
Other Marketing Items

Washington Post Express Advertisement

Washington Examiner
Held on May 17th, this year’s Bike to Work Day (BTWD) event saw more than 14,500 registered bicyclists leaving their cars at home and riding to work; an increase of 15% over 2012!

One of the employers helping to lead the way was the United States Department of Justice (DOJ) with 116 riders, 29 percent of them being first time Bike to Work Day participants.

Additionally, DOJ employees and contractors attended 28 of the 72 pit stops throughout the Washington, DC area. The top three most attended pit stops for DOJ employees were:

- Freedom Plaza in the District, with 32 DOJ cyclists
- Old Town Alexandria, with 10
- Silver Spring at Discovery Communications, with 7

By having such terrific passion and enthusiasm for bicycling, DOJ and a few other federal agencies have become a model for other agencies,” said Nicholas Ramfos, Director of Commuter Connections. “And, for that matter, a leader among all employers in the Washington metropolitan region.”

DOJ joins three other federal employers in the top five for this year, including the National Institutes of Health, the Environmental Protection Agency, and the U.S. Department of State. Also in the top five was Orbital Sciences, a private-sector company. In honor of their efforts, DOJ bicyclists won the Commuter Connections 2013 Bike to Work Day Employer Challenge and were treated to lunch on June 21st.

The continued success and growth of BTWD can be attributed to the influx of new riders each year. Ramfos continued, “Bicycling to work has a lot of potential to grow as the average bike commute in the Washington metropolitan region is 3.4 miles each way and 17% of all Washington area commuters live less than 5 miles from work.”

Bicycling to work is not something one has to do every day. In fact, the average number of days per week for bicycle commuting in the Washington, D.C. region is 3.

So, plan on encouraging your employees to participate next year and see if you can be one of the top regional employers for BTWD 2014!

Watch for more information on BTWD 2014 at www.biketoworkmetrodc.org.
2013 Grand Prize Winners!

Joe Eisch won a Giant Escape Bicycle from City Bikes.

Vanessa Patterson won a Globe Daily 2 bicycle from City Bikes.
Christina Gebhard and husband, Brian Schmidt, with new Jamis Coda Sport, courtesy of BicycleSPACE

Greg Pursifull won a Tern Link folding bicycle from bikes at vienna
PHOTOS FROM A SAMPLING OF PIT STOPS

DC – Columbia Heights

DC – Freedom Plaza
MD - Bowie

MD – Capitol Heights