



NEWS RELEASE

DMV Region Rides into Bike to Work Day 2025 on Thursday *Area Leaders Join Thousands of Commuters in Annual Regionwide Celebration*

Washington, D.C. (May 15, 2025) – More than 10,000 commuters across the D.C. region are expected to trade four wheels for two during Bike to Work Day 2025, happening this Thursday, May 15. Organized by the Metropolitan Washington Council of Governments' (COG) Commuter Connections program and the Washington Area Bicyclist Association (WABA), this annual event promotes active commuting, cuts down on traffic congestion, and helps improve air quality.

With over 100 pit stops across D.C., Maryland, and Virginia, cyclists will enjoy free refreshments, giveaways, and community spirit. The first 18,000 registrants will receive a free commemorative T-shirt, and all who register and check in at a pit stop will be entered to win a new bike. Many locations will also offer complimentary bike tune-ups and other family-friendly activities. Registration is free and open now at <https://www.biketoworkmetrodc.org/>

“Bike to Work Day isn’t just about the commute, it’s about choosing a healthier, more sustainable future,” said Daniel Sheehan, Director of Commuter Connections at COG. “We encourage everyone to try biking, not just for the physical and environmental benefits, but for the sense of community it brings. Whether you're a daily cyclist or trying it for the first time, Thursday is the perfect day to ride.”

Elected officials and other public leaders are expected to make appearances at select pit stops, providing riders a unique opportunity to connect with local decision-makers while celebrating the cycling community.

DISTRICT OF COLUMBIA

[Adams Morgan at Unity Park](#)

Brianne Nadeau - District of Columbia Councilmember Ward 1

[Capitol Hill at Eastern Market](#)

Charles Allen - District of Columbia Councilmember Ward 6 and COG Board Vice Chair

[Columbia Heights Plaza](#)

Brianne Nadeau - District of Columbia Councilmember Ward 1

[Franklin Park](#)

Sharon Kershbaum - District Department of Transportation Director

[NoMa at Wunder Garten](#)

Charles Allen - District of Columbia Councilmember Ward 6 and COG Board Vice Chair

MARYLAND

Bethesda Downtown

Andrew Friedson - Montgomery County Councilmember
Evan Glass - Montgomery County Councilmember
Marc Korman - Maryland House of Delegates
Sarah Wolek - Maryland House of Delegates

Frederick Downtown at Transit Center

Kris Fair - Maryland House of Delegates
Jessica Fitzwater - Frederick County Executive
Michael O'Connor - City of Frederick Mayor
Kelly Russell - City of Frederick Council Member

Indian Head at Village Green Pavilion

Brandon Paulin - Mayor

VIRGINIA

Herndon Town Hall Green

Keven LeBlanc – Town of Herndon Mayor
Steven T. Pihonak - Town of Herndon Chief of Police
Bill Cuttler - Virginia Department of Transportation (Northern Virginia District), Principal Engineer

Commuter Connections thanks the major sponsors of Bike to Work Day 2024: ICF, AI's Bike Shop, GO Alex, BikeArlington, BicycleSPACE, National Landing, and Terrapin Bicycles.

Whether someone is a seasoned cyclist or a curious newcomer, Commuter Connections and WABA invites everyone to participate in Bike to Work Day. Those working from home can bike to a local pit stop and back home to work. Free registration for Bike to Work Day is available at www.biketoworkmetrodc.org or by calling (800) 745-RIDE. Follow Commuter Connections on X at [@BikeToWorkDay](https://twitter.com/BikeToWorkDay) and Facebook at [@BikeToWorkDayMetroDC](https://www.facebook.com/BikeToWorkDayMetroDC) and use #BTWD2025 or #BTWDC.

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About:

Commuter Connections, www.commuterconnections.org is a program of the National Capital Region Transportation Planning Board at the Metropolitan Washington Council of Governments, www.mwkog.org. Commuter Connections has provided ridematching services since 1974, promotes bicycling to work, transit, and other alternatives to drive alone commuting, and offers the free Guaranteed Ride Home program and other incentives. Commuter Connections, is funded by the District of Columbia, Maryland, Virginia, and U.S. Departments of Transportation.

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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.