



METROPOLITAN WASHINGTON

Council of Governments

NEWS

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Bike to Work Day Rolls out 2015 Registration Opening

Registration Projected to Rise for May 15th Event

Washington, D.C. – Registration for the metropolitan Washington region’s Bike to Work Day 2015 has opened, and if this past year’s success is any indication of what is to come, participation in the annual event to be held Friday, May 15, 2015, is expected to increase once again. Co-organized by Commuter Connections and the Washington Area Bicyclist Association (WABA), the annual event draws residents from the District of Columbia, Maryland, and Virginia in support of cycling as a healthy, green commuting option that reduces car emissions, and has a positive impact on the environment.

Registration for the 2015 event is free and easy to complete online at www.biketoworkmetrodc.org. The first 14,000 registrants who attend an official pit stop will receive a free event t-shirt. All registrants will be entered into a raffle to win one of many donated bicycles. Bike to Work Day launched in the Washington area in 2001 with just a few hundred registrants and has grown every year since, to nearly 17,000.

“It’s exciting to see how Bike to Work Day has grown and been supported by the residents, businesses, and organizations in the region. We’re hopeful that the event will continue to grow in popularity and expose new riders to the benefits of cycling,” said Nicholas Ramfos, Director of Commuter Connections. “Ten percent of Bike to Work Day participants reported that they started cycling to work after participating in their first event, and more than 20 percent say cycling is now a regular part of their commutes.”

A total of 79 pit stops will be set up across the region to share support amongst event participants. Refreshments and giveaways will also be available at the pit stops while supplies last.

Regional sponsors play an important role in supporting Bike to Work Day, and this year’s major sponsors include: Marriott International, ICF International, BicycleSPACE, Bike Arlington, the City of Alexandria, The JBG Companies, KIND Healthy Snacks, Earth

Justice, 495|95 Express Lanes, and REI.

Commuter Connections and WABA encourage both new and experienced bicyclists to prepare for the event by utilizing the resources found on the following websites:

- **Learn more about bike commuting:** For tips on bicycling to work, check out *A Commuters Guide to Bicycling* available through Commuter Connections at www.commuterconnections.org/commuters/bicycling/
- **Ride with others in a commuter convoy:** Commuter convoys on Bike to Work Day will be led by experienced bicycle commuters, and many routes are available. Find a convoy near you at <http://www.biketoworkmetrodc.org/first-time-rider-info/4606-2/>
- **Brush up on cycling skills:** Participate in a *City Cycling Class* to learn how to safely share the road with cars, other bikes, and pedestrians: <http://www.waba.org/adult-education/>

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

Follow Commuter Connections on Twitter at [@BikeToWorkDay](https://twitter.com/BikeToWorkDay) and use #BTWDC

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

The [Washington Area Bicyclist Association](http://www.washingtonarea.bicyclist.org) 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.

COG is an independent, nonprofit association where area leaders address regional issues affecting the District of Columbia, suburban Maryland and Northern Virginia.

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