



For Immediate Release

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Bike to Work Day 2014 Registration Opens Marking the Start of Spring

Register for Free and Enjoy Celebrations at a Choice of 79 Pit Stop Locations Region-wide

Washington, D.C. – Registration for the metropolitan region’s Bike to Work Day 2014 has opened, punctuating the end of a long cold, winter. The first 14,000 participants who register for this free event at www.biketoworkmetrodc.org become eligible for a bicycle raffle and will receive a free t-shirt commemorating this year’s celebration, held on Friday, May 16, 2014.

“Bike to Work Day is a great way to enjoy bicycling as a healthy alternative to driving alone to work. New and experienced cyclists are welcome to participate—the event also offers organized convoys led by more experienced cyclists,” said Nicholas Ramfos, Director of Commuter Connections. “More cyclists join Bike to Work Day each year—and this year, as we celebrate Commuter Connections’ 40th anniversary, we hope to set a new record.”

Bike to Work Day is organized by Commuter Connections and the Washington Area Bicyclist Association (WABA). Participating cyclists visit pit-stops during the event for free T-shirts, refreshments, entertainment, and other giveaways—and this year will add more than a half-dozen new pit stops, swelling the number to 79 in the region. Last year over 14,000 area commuters participated.

Sponsors play an important role in supporting Bike to Work Day, and this year’s major sponsors include: Marriott International, REI, ICF International, BicycleSPACE, Bike Arlington, Capital Bikeshare, City of Alexandria, Twinbrook Urban by Nature, and Whole Foods Market.

Commuter Connections and WABA encourage 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 the "*Bicycling to Work in the Washington Area*" 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: www.biketoworkmetrodc.org/join-a-convoy
- **Brush up on cycling skills:** Participate in a *Commuting Seminar* or *Confident City Cycling Classes* to learn how to safely share the road with cars, other bikes, and pedestrians: <http://www.waba.org/education/adult.php>.

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

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

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Commuter Connections is a program of the National Capital Region Transportation Planning Board at the Metropolitan Washington Council of Governments, www.mwcog.org. Commuter Connections promotes bicycling to work, ridesharing and other alternatives to drive alone commuting, and has been providing trusted ridematching services for carpools and vanpools since 1974, 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.waba.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.