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**Council of Governments**

**NEWS**

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### **Bike to Work Day May Be Habit Forming**

*Organizers Encourage First-Time Riders to Join May 15 Event*

Washington, DC – If history repeats itself, a quarter of the cyclists in this year’s Bike to Work Day (BTWD) will participate for the first time—and 10 percent of those new riders will continue to cycle to work after the May 15 event concludes.

According to Nicholas Ramfos, Director of Commuter Connections, participating in BTWD may be the first step toward a healthy habit that also saves money, reduces traffic congestion, and improves air quality. A post-BTWD survey in 2013 found that 91 percent of survey respondents continued to use their bicycle for commuting during the summer and 84 percent were still cycling to work in November.

“This is the best year yet to jump in and participate in BTWD,” said Ramfos. “We have 79 pit stops throughout the District of Columbia, Maryland, and Virginia, commuter convoys lead by experienced cycling commuters, protected bicycle lanes, paths, on-street bike parking, bicycle-friendly transit, convenient bike-sharing opportunities and safety classes with the Washington Area Bicyclists Association, making it easier than ever to participate.”

The first 14,000 registrants for this year’s event who attend a pit stop will receive an official BTWD T-shirt, and all registrants will be entered into a raffle for six bicycles donated by REI, BicycleSPACE and other local bike shops. Registration is free at [www.biketoworkmetrodc.org](http://www.biketoworkmetrodc.org) or by calling 800-745-RIDE.

Commuter Connections and the Washington Area Bicyclist Association (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.

- **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.
- **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.

The Washington, DC, region continues to support bicycling as a viable alternative to drive-alone commuting. So far, more than 53 projects identified in the 2010 Bicycle and Pedestrian Plan have been completed, including 52 added miles of multi-use paths and 45 added miles of bike lanes. The region has launched and expanded a bike-sharing system with more than 2,500 bicycles available at 300 stations in the District of Columbia, Arlington, Alexandria, and Montgomery County.

“We appreciate the continued support of loyal and new Bike to Work Day sponsors who provide the resources to keep the event expanding throughout the region,” said Ramfos.

This year’s major sponsors include Marriott International, ICF International, Bike Arlington, JBG Companies, 495/95 Express Lanes, KIND Healthy Snacks, City of Alexandria - Local Motion, and Earth Justice.

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

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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 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](#) 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.*

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