



## NEWS RELEASE

### **Registration Opens for Bike to Work Day 2017**

*Registrants for May 19 event could share the road with 17,000+ other cyclists*

Washington, D.C. (March 20, 2017) – Registration for Bike to Work Day (BTWD) 2017 is officially open. Celebrating its 16th anniversary this year, BTWD is again expected to break participation records as commuters embrace bicycling as a clean, sustainable, and healthy transportation method. The event will be held on May 19.

Coordinated by the National Capital Region Transportation Planning Board's Commuter Connections program at the Metropolitan Washington Council of Governments, and the Washington Area Bicyclist Association, BTWD has grown by 60 percent since 2011. More than 17,500 cyclists pedaled to work in metropolitan Washington during last year's event.

"Bike to Work Day is a great opportunity for commuters to discover the benefits of bicycling to work," said Nicholas Ramfos, Commuter Connections Director. "This event started with the goal of promoting bicycling as a viable commute alternative, and has grown into one of the largest bike to work events in the country."

BTWD registration is free and open to anyone who commutes in the region, from first time to daily cyclists. All registrants will be entered in a regional bicycle raffle, and the first 16,000 to register and attend will receive a free t-shirt at one of more than 85 pit-stops throughout the District, suburban Maryland, and Northern Virginia. Participants can register online at [www.biketoworkmetrodc.org](http://www.biketoworkmetrodc.org).

Commuter Connections' 2013 survey of BTWD participants showed that almost a quarter of the registrants had participated in the event for the first time. The event encourages people to explore and support cycling as a healthy commuting option that saves money, reduces traffic congestion, and improves air quality.

A variety of services and support are available for those who cycle to work—and for those trying commuting by bicycle for the first time during BTWD. Visit [www.commuterconnections.org/commuters/bicycling/](http://www.commuterconnections.org/commuters/bicycling/) for:

- Rules of the road and bicycling in traffic
- Outfitting yourself and your bicycle
- Bicycles, transit, and bikeshare

Follow this year's event on Twitter via Commuter Connections at [@BikeToWorkDay](https://twitter.com/BikeToWorkDay), and by using #BTWD2017 or #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. Commuter Connections promotes bicycling to work, ridesharing and other alternatives to drive alone commuting, provides ridematching for carpools and vanpools, and offers the free Guaranteed Ride Home program. Commuter Connections 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.*

*The Council of Governments 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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