



## NEWS RELEASE

### **Spring Has Sprung: Registration for Bike to Work Day 2019 is Now Open!**

*The annual event will take place on Friday, May 17*

Washington, D.C. (March 13, 2019) – Spring is in the air, and with it, registration for Bike to Work Day (BTWD) 2019, organized by Commuter Connections and the Washington Area Bicyclist Association (WABA), is now open. Thousands are expected to register and participate in this year’s event on Friday, May 17, which will feature 115 pit stops across the region with refreshments, giveaways—and the chance to win one of many new bicycles as part of a free raffle. Additionally, the first 20,000 registrants to attend will receive a free T-shirt. Register for free at: [www.biketoworkmetrodc.org](http://www.biketoworkmetrodc.org) or by calling 800-745-RIDE (7433).

Bike to Work Day celebrates bicycling as a fun, eco-friendly, low-cost commuting option, and the idea is to have more workers bicycling as a way to get to and from work.

New for 2019, Commuter Connections is promoting its Bicycle Route Finder, which makes it easy to plan a cycling commute or recreational ride using a database of more than 2,150 miles of trails, on-street lanes, paths, and facilities. You can also use the web application to find available bikes and bays at Capital Bikeshare locations. Sign up for a free account to use the Bicycle Route Finder on the [Commuter Connections](http://www.commuterconnections.org) website.

"We're very grateful to our sponsors who help make Bike to Work Day bigger and better every year," said Nicholas Ramfos, Commuter Connections Director. "Bicycles are more popular than ever as a commuting option in the

Metro D.C. region and we're pleased to introduce new technology with the Bicycle Route Finder to make it easy and fun for people to bicycle around the area."

From experienced cyclists to those who are new to riding on two wheels, the Bike to Work Day website provides resources such as pit stop locations, tips from biking experts, information about joining commuter convoys, or finding a riding buddy.

This year's event has been made possible in part by regional [sponsors](#) including Gold Sponsors: ICF, Go Alex, and Spokes Etc. Bicycles; and Silver Sponsors: BicycleSPACE, Bike Arlington, Springfield Plaza, Marriott International, goDCgo, City Dental DC, and Comstock. Follow Commuter Connections on Twitter at [@BikeToWorkDay](#) and use #BTWD2019 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 the U.S. Department of Transportation.*