

NEWS RELEASE

## Ready to Roll: Bike to Work Day 2023 Registration Now Open

Apr 13, 2023



Bike to Work Day participants.

Bike to Work Day (BTWD) is rolling full speed ahead, as warm weather, a sense of community, and a chance to win a free bicycle will attract thousands of commuters to participate in metropolitan Washington's regional event on Friday, May 19. [Registration](#) for the free, fun, and eco-friendly event is now open.

Commuter Connections and the Washington Area Bicyclist Association (WABA) co-organize the celebration of bicycling as a green, low-cost commuting option. This year's event features 108 pit stops in Washington DC, Suburban Maryland, and Northern Virginia offering raffles, food, and giveaways—and a free Bike to Work Day T-shirt for the first 15,000 registrants to attend.

It's fast, free, and easy to register at [www.biketoworkmetrodc.org](http://www.biketoworkmetrodc.org). To find your local participating pit stops and plan your route, check out our [Find Your Pit Stop](#) map.

"Bicycling makes the daily commute more sustainable, whether you go to an office one day a week or five," said Nicholas Ramfos, Director of Commuter Connections, a regional network of transportation organizations coordinated by the Metropolitan Washington Council of

Governments. “Bike to Work Day is a fun, healthy commuting option that helps reduce traffic congestion on roadways that are getting crowded once again.”

New and veteran bicycle commuters alike are encouraged to register today. For those who wish to travel together, experienced volunteer bicycle commuters will lead bicycle convoys on the day of the event, with convoy starting point information available on the [event website](#).

The generosity of regional sponsors makes this year’s event possible, with Gold Sponsors ICF, All About Burger, GoAlex, and PEDEGO Electric Bikes; and Silver Sponsors BikeArlington, BicycleSPACE, Verra, and City Dental DC.

While Bike to Work Day happens one day a year in May, Commuter Connections offers services and resources year-round for all commuters, including the [Guaranteed Ride Home \(GRH\) Program](#) that provides peace of mind with a free ride home when one of life’s unexpected emergencies arises.

**MORE:** Free registration for Bike to Work Day is available at [www.biketoworkmetrodc.org](http://www.biketoworkmetrodc.org) or by calling (800) 745-RIDE. Follow Commuter Connections on Twitter at [@BikeToWorkDay](#) and Facebook at [@BikeToWorkDayMetroDC](#) and use #BTWD2023 or #BTWDC.

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