



**National Capital Region
Transportation Planning Board
COMMUTER CONNECTIONS PROGRAM**

**Bike to Work Day
2019 Event Draft Report**

Prepared for:

Metropolitan Washington Council of Governments
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Washington, DC 20002

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November 13, 2019

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The 2019 Metropolitan Washington Bike to Work Day (BTWD) Pit Stop Managers consisted of the following individuals representing their respective organizations:

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Goldbeck	Aaron	University of Maryland
Golden	Michelle	Montgomery County Commuter Services
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Gregor	Janet	Carlyle Council
Hamed	Thomas	City of Alexandria
Handsfield	Will	Georgetown BID
Hansen	Curt	Old City Market and Oven
Hawkins	Herocia	Golden Triangle BID
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Haynes	Camille	American College of Cardiology
Henry	Doreen	Fairfax County

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Mumpower	Ollie	City of Gaithersburg
Myers	Christian	VeloCity Bicycle Cooperative
Nicklas	John	Fort Belvoir
Nieter	Jared	Haymarket Bicycles
Nouri	Gail	WMATA
O'Neill	Brent	National Parks
Orr	Caterina	Van Eperen
Palmer	Jeff	Spokes etc.
Panko	Elise	Gold Triangle BID
Peters	Dan	Fairfax County
Petty	Joe	Crystal City BID
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Pors	Claudia	Arlington Transportation Partners
Principi	Frank	Prince William County Government
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Rixey	Alex	Fehr & Peers DC
Roeder	Cindy	Town of Herndon

Roff	Alyssa	City of Gaithersburg
Rohn	Kacy	City of College Park
Rose	Betty	Fair Lakes League
Sawtelle	Bruce	Takoma Bicycle
Shackelford	Lydia	Mosaic
Sikes	Jeff	City of Falls Church
Simon	Steve	Golden Triangle BID
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Sonenklar	Dan	City of Takoma Park
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Zucker	Jennifer	Bethesda Transportation Solutions
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Washington Area Bicyclists Association (WABA) staff included:

Hannah Anderson-Dana Colin Browne

District, Maryland, Virginia, and U.S. Departments of Transportation

For their continued funding support of the Commuter Connections work programs.

Both COG and WABA thank all individuals and organizations which helped make the Washington, DC metropolitan region Bike to Work Day 2019 a success.

BACKGROUND and EXECUTIVE SUMMARY

Bike to Work Day has been held annually in the Washington metropolitan region for over a decade and was originally started by the Washington Area Bicyclist Association with a main rallying point or pit stop in downtown DC. In September 2000, The National Capital Region Transportation Board (TPB's) Commuter Connections program, housed at the Metropolitan Washington Council of Governments, partnered with WABA to form a regional Bike to Work Day Steering Committee to examine the feasibility of adding additional Bike to Work Day pit stops or rallying points throughout the region in 2001, thus creating a larger awareness of using cycling to work as a viable commuting alternative. Since that first involvement with Bike to Work Day, annual registrations for the event have increased over 700%. The event saw growth in registrations as well this year.

More than 17,900 bicyclists registered for Bike to Work Day 2019, a 3.6 percent increase over 2018. The May 17th event was held at 100 local pit stops, including a total of nine afternoon pit stops. Several bicycles were raffled off and the first 17,000 registrants who attended received a free BTWD T-shirt.

The approximate breakdown of registrants by pit stops was:

Pit Stop	# Registrants
DC - Adams Morgan	512
DC - Anacostia	71
DC - Anacostia River Trail - River Terrace	56
DC - Capitol Hill at Eastern Market	396
DC - Capitol Hill at House Office Buildings	88
DC - Capitol Riverfront at Canal Park	183
DC - Coast Guard Headquarters	87
DC - Columbia Heights	229
DC - Dupont Circle	194
DC - Franklin Square	294
DC - Freedom Plaza	562
DC - Georgetown Waterfront Park	622
DC - Glover Park	91
DC - Golden Triangle - Farragut Square	297
DC - Golden Triangle - L Street	180
DC - Ivy City	10
DC - L'Enfant Plaza	112
DC - Mt. Vernon Triangle	200
DC - National Geographic Society	454
DC - NoMa	601
DC - Old City Market and Oven	67
DC - Shaw	327

DC - Southwest Business Improvement District (BID)	93
DC - The Wharf - Southwest Waterfront	189
DC - Trinidad	46
DC - Union Market	76
DC - USDA Farmers Market	93
DC - West End American College of Cardiology	41
MD - Bethesda - Downtown	589
MD - Bladensburg Waterfront Park	49
MD - Bowie - City of Bowie Gymnasium	36
MD - Bowie Old Town	24
MD - Capitol Heights at Maryland Park Bicycles	9
MD - College Park - City Hall - UMD	154
MD - FDA - White Oak	123
MD - Frederick	469
MD - Friendship Heights	248
MD - Gaithersburg Kentlands	127
MD - Gaithersburg Olde Towne	36
MD - Germantown	53
MD - Greenbelt	103
MD - Hyattsville	130
MD - Indian Head	40
MD - Largo	53
MD - National Institutes of Health Bldg One	410
MD - Naval Support Activity Bethesda	112
MD - North Bethesda at Pike and Rose	302
MD - Oxon Hill - National Harbor	57
MD - Port Towns - Edmonston	37
MD - Riverdale Park Station	13
MD - Rock Springs Business Park	80
MD - Rockville - Fallsgrove	229
MD - Rockville - Town Center	215
MD - Rockville - Twinbrook	95
MD - Silver Spring - Veterans Plaza	450
MD - Suitland	29
MD - Takoma Park - Downtown - Old Takoma	157
MD - Takoma Park - Sligo Creek Trail Count	53
MD - University of Maryland	43
VA - Alexandria - Carlyle	434
VA - Alexandria - Del Ray	225
VA - Alexandria - Fairlington Centre	40

VA - Alexandria - Mark Center	80
VA - Alexandria - Old Town	435
VA - Annandale - Wakefield Park	27
VA - Arlington - Army National Guard Readiness	60
VA - Arlington - Ballston	500
VA - Arlington - Columbia Pike - Penrose Square	153
VA - Arlington - Crystal City Water Park	520
VA - Arlington - East Falls Church Metro Station	166
VA - Arlington - Gravelly Point	56
VA - Arlington - Rosslyn Afternoon Party, Heavy Seas Alehouse	56
VA - Arlington - Rosslyn	930
VA - Arlington - Shirlington Afternoon Party, New District Brewing Co	59
VA - Arlington - Shirlington	248
VA - Burke VRE Station	51
VA - Centreville	10
VA - Chantilly - Cub Run	25
VA - Chantilly - Regional Library	30
VA - Culmore - Bailey's Crossroads	13
VA - Dumfries	18
VA - Fair Lakes	42
VA - Fairfax City Downtown	111
VA - Fairfax County Government Center	78
VA - Falls Church - Fairview Park	16
VA - Falls Church City - W&OD Trail	324
VA - Fort Belvoir	47
VA - Franconia - Lee District Park	4
VA - Haymarket Bicycles	9
VA - Herndon	452
VA - Leesburg	254
VA - Lorton	16
VA - Manassas - George Mason University	42
VA - Manassas - Kelly Leadership Center	43
VA - Manassas - VRE Station	54
VA - Manassas Park at Palisades Apartments	6
VA - McLean - Dolley Madison Library	15
VA - McLean - MITRE	85
VA - McLean - Spring Hill	10
VA - Mosaic	157
VA - Mt. Vernon - Belle View	16
VA - Mt. Vernon - Collingwood Park	31

VA - Mt. Vernon - GW RECenter	3
VA - Oakton	16
VA - Reston - Reston Station	505
VA - Rippon Landing - VRE Station	7
VA - Springfield - Metro Park at Walker Lane	64
VA - Springfield - South Run	20
VA - Springfield - Springfield Plaza	13
VA - Sterling	300
VA - Tysons Corner Center	114
VA - Vienna	295
VA - Woodbridge - Chinn Center	30
VA - Woodbridge - Tacketts Mill	14
VA - Woodbridge - VRE Station	10

Bicyclists enjoyed free T-shirts, snacks, participated in prize drawings, and heard live bands as well as music spun by DJs, and listened and talked to elected officials. Commuter Connections secured \$50,000 in cash sponsorship donations and \$21,450 with in-kind donations that went towards the overall regional marketing efforts.

The success of the marketing promotion campaign relied upon targeting of employer and commuter audiences, identification of cost-effective mediums, crafting key messages, and procuring giveaway items such as t-shirts and water bottles designed to attract commuters to try bicycling to work.

The Steering Committee's resources for Bike to Work Day 2019, included:

- Web site designed and maintained by Commuter Connections.
- Posters and rack cards developed and printed by Commuter Connections.
- Promoting the event through WABA's membership.
- A radio campaign produced and placed by Commuter Connections.
- Outreach to employers through a direct mail and email marketing campaign by Commuter Connections.
- An article in the Commuter Connections employer newsletter.
- Local marketing efforts by the various pit stop managers.
- An e-mail to previous year's participants by Commuter Connections.
- Banners designed and printed by Commuter Connections.
- A public affairs outreach effort through the Metropolitan Washington Council of Governments Office of Communications and WABA.
- The design and distribution of free t-shirts by Commuter Connections.
- Donated giveaway prizes through BicycleSPACE.

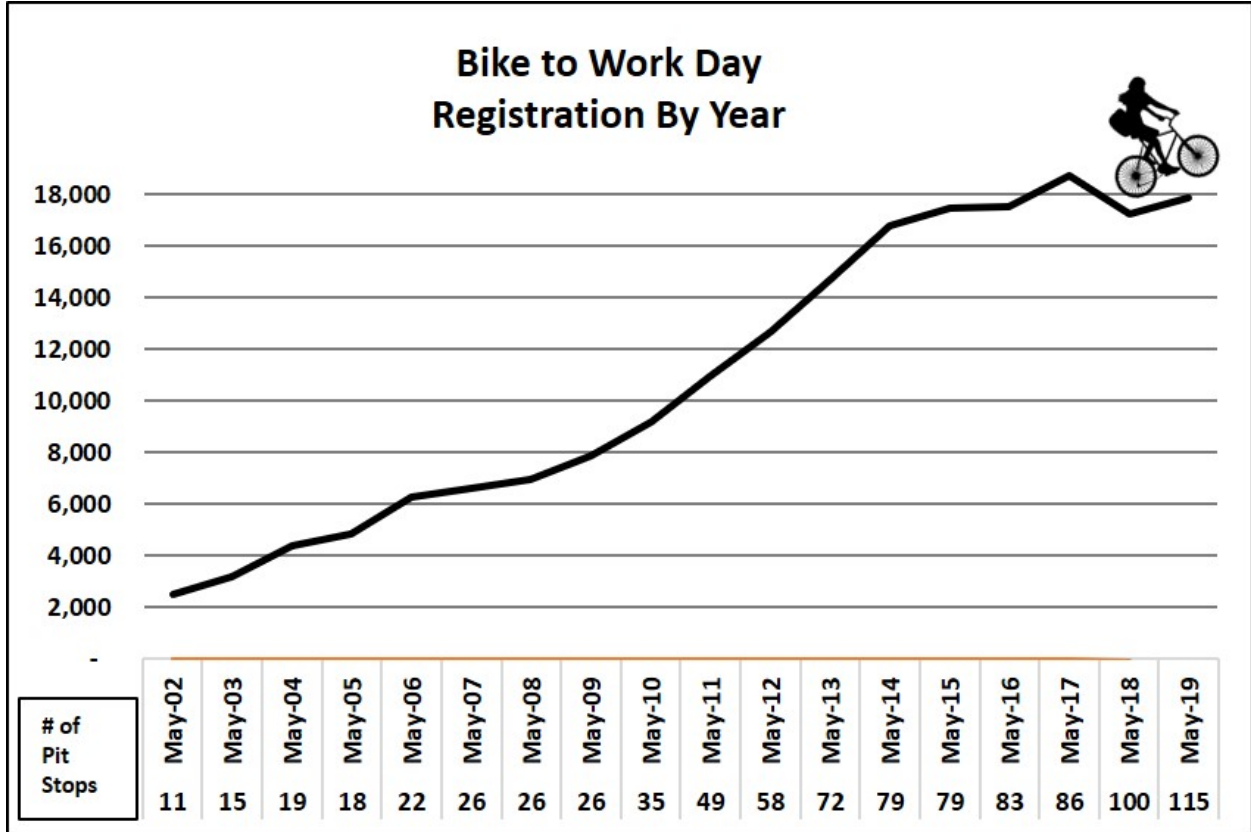
- Donated bicycles for the regional raffle from Spokes Etc. Bicycles, BicycleSPACE, and Bikes@Vienna.

In addition, 19 confirmed bicycling convoy routes were identified by WABA along with route leaders who assisted novice and experienced cyclists through the routes. Each route traveled to a pit stop where cyclists received free refreshments, t-shirts and other giveaways. Many pit stops had additional activities for bicyclists and are described later in this report.

Since 2000, the COG/TPB's Commuter Connections program has worked to increase awareness of bicycling to work as a viable commute option by joining with the WABA in their efforts to promote and coordinate the region's annual Bike to Work Day event. Commuter Connections created and maintains a regional marketing effort that helped to increase the number of cyclists participating in the yearly event from 1,100 in 2001 to 17,900 in 2019. Although it accounts for a small percentage of the overall regional commute mode split, bicycling helps reduce traffic congestion, improves air quality, and provides a healthy commute alternative for those commuters who choose to use it as a sustainable means of transportation to and from work.

Since 2006, the Bike to Work Day Event has a budget line item for the Commuter Connections Work Program. Commuter Connections is funded by the District of Columbia, Maryland, Virginia, and U.S. Departments of Transportation.

Registration by Year



SPONSORSHIPS

Sponsor Declaration Form



**Bike to Work Day - May 17, 2019
Regional Sponsorship Declaration**

Please Return by January 31, 2019

Please check one of the following Sponsor Levels:		Cash	In-Kind
GOLD SPONSOR LEVEL	\$7,500	<input type="checkbox"/>	<input type="checkbox"/>
<i>Mentioned as sponsor on over 400 Radio ads (traditional radio and/or equivalent online media impressions), Social Media, plus all Silver and Bronze level items</i>			
SILVER SPONSOR LEVEL	\$4,500	<input type="checkbox"/>	<input type="checkbox"/>
<i>Logo on 20,000 T-shirts, Press Release, plus Bronze level items</i>			
BRONZE SPONSOR LEVEL	\$1,200	<input type="checkbox"/>	<input type="checkbox"/>
<i>Logo on Website and 90,000 Posters and Rack Cards</i>			
If In-kind donation, please describe: _____			

Silver and Gold level sponsors must provide a minimum of 50% cash. Example: Silver sponsors may donate \$4,500 in cash, or \$2,250 in cash and \$2,250 in acceptable merchandise. Sponsor attendance at Bike to Work Day pit stop locations is separate from this regional sponsorship declaration, and is typically available at no extra cost; although uncommon, certain locations may require a separate fee.

Name: _____ Title: _____

Organization: _____

Address: _____

City, State, Zip: _____

e-mail: _____ Phone: _____

Website address for your sponsor logo: _____

Signature _____ Date: _____

Please make check payable to **Metropolitan Washington Council of Governments (COG)**
777 N. Capitol Street, Suite 300, Washington, DC 20002 ATTN: Douglas Franklin. Send this form and logo to dfranklin@mwcog.org in high resolution format for quality reproduction, no later than January 31, 2019. Preferred format is eps. Contact Douglas at (202) 962-3792 with any questions. COG and WABA are 501c(3) nonprofits.



Sponsor Drive

Commuter Connections gained both monetary and in-kind sponsorships from a variety of organizations in the Washington metropolitan region. A total of \$50,000 in cash was donated for the region. The following is a list of sponsors who graciously donated to the Bike to Work Day 2019 event:

2019 New Sponsors:

Comstock
Springfield Plaza

Returning sponsors:

AAA
AASHTO
ABUS
American College of Cardiology
BicycleSPACE
Bike Arlington
Bikes@Vienna
Brompton
City Dental DC
Crystal City BID
DC Bike Ride
Fair Lakes League
Giant Foods
Go Alex
GoDCgo
Green Guru
ICF
Marriott International
Maryland Department of Transportation
MSW
ORTLIEB
PDW
Potomac Pedalers
Spokes, Etc.
Virginia Department of Transportation

HIGHLIGHTS FROM AREA PIT-STOPPS

Adams Morgan: We had another great year at the Adams Morgan pit stop with over 500 riders registered! This year we had several returning community partners: City Bikes provided bike tune-ups and quick repairs, Tryst provided coffee, and The Line Hotel DC provided water and breakfast bars. Our newest neighborhood partner this year was Unwind Wellness -- they set up a chair and gave free 5-minute massages. Ward 1 Councilmember Brianne Nadeau was on hand again this year to help us draw winners for our raffle. We gave away eight prize packages including some great gear donated by City Bikes and gift certificates from Unwind Wellness. Big thanks again this year to the volunteers from the neighborhood and from WABA who pitched to help keep the event running smoothly. We donated our leftover t-shirts to the afternoon pit stop at Columbia Heights.

Alexandria – Carlyle: Bike to Work Day was a huge success for our 8th year as the Carlyle Pit Stop! We had record breaking registration with 438 and 220 turnout on the day of! A local deli made us hot breakfast sandwiches and we served Starbucks coffee. Carlyle’s local businesses were present with fun giveaways. We had representative from bicycling shops and groups offered advice, maps, and on-the-spot bike maintenance. Carlyle’s nonstop raffle gave away many gifts including 4 tickets to a Nat’s game from Paradigm. We had Alexandria Councilman; John Chapman stop by and spend some time with us helping with the raffle drawing as well! Carlyle Council, the Pit Stop host, did a mini check in week on Monday, Wednesday, Friday and had a great turn out for that for our first year! Of those that completed the check in requirements, 8 winners were selected (to celebrate our 8th year as a pit stop) to receive a new reflective biking backpack! Thank you to our wonderful sponsors that donated gift cards and gifts for the raffle throughout the morning!

Alexandria Renew	Simpson Properties
Burke & Herbert Bank	The Westin Alexandria
Carlyle Council	Orange Theory Fitness
Jones Lang LaSalle	Virginia American Water
Lincoln at Old Town	Sweetfire Donna’s
One Life Fitness	Wheel Nuts
Tequila & Taco	800 Carlyle
Paradigm	Industrious
Pure Barre	Eisenhower Partnership
Frizzles	Whiskey & Oyster
AREP	BPAC
Spokeswomen	GoAlex
WABA	Velocity Coop
Commuter Connections	Conte’s Bike Shop
Post Properties	USPTO

Alexandria – Del Ray: The event was held at Colasanto Park from 6am to 9am. There were 225 registrants for the pit stop.

Alexandria – Mark Center: The event was held at the North Parking garage in the Mark Center from 7am to 9am. There were 80 registrants for the pit stop.

Alexandria – Fairlington Centre: The event was held at Fairlington Centre from 6:30am to 9am. There were 40 registrants.

Alexandria - Old Town: The event was held at Market Square by City Hall from 6:30am to 8:30am. There were 435 registrants for the pit stop.

Anacostia: We were very grateful for the beautiful weather on 2019's Bike to Work Day! The Anacostia pit stop event was held from 7-9 am, hosted by goDCgo (Matthew Jones, Erin Ghalayini, Katie Filardo). Carm Saimbre from the Washington Area Bicyclist Association volunteered to give out great information about biking in the DC area. Keith Jackson from the Anacostia Bike Company volunteered to provide free bike maintenance and repairs to cyclists who stopped by on their way to work.

We had 64 people who pre-registered and 20 additional people who stopped by our pit stop to learn about this annual event. Our tables were stocked with the 2019 DC Bike Maps, goDCgo water bottles, bike lights, bike seat covers, and Capital Bikeshare swag. Additionally, attendees who registered for the Anacostia pit stop received a Bike to Work Day t-shirt. Light breakfast was provided by goDCgo for cyclists who stopped by the station. Bicyclist received granola bars, fruits, and water to energize them for the rest of their commute. New this year was our Anacostia Pit Stop playlist that consisted of DC favorites Marvin Gaye, Chuck Brown and many more. We played it on speakers at our pit stop and one of the cyclists shared that the music brought a smile to her face. Cyclists were singing and dancing as they engaged with us. We look forward to hosting again in 2020.

Anacostia River Trail/River Terrace: The event was held at the River Terrace Park from 7am to 9am. There were 56 registrants for the pit stop.

Annandale: The event was held at Wakefield Park/Audrey Moore RECenter from 6:30am to 9am. There were 27 registrants for the pit stop.

Arlington: Arlington had 10 pit stops this year for Bike to Work Day. BikeArlington hosted six: [Rosslyn Gateway Park (AM), Rosslyn Heavy Seas Alehouse (PM), Shirlington (AM) Shirlington New District Brewing (PM), Ballston, and Columbia Pike- Penrose Square]. Our pit stop co-hosts included Conte's Bikes and Trek Bikes at the Rosslyn Gateway Park pit stop; Phoenix Bikes and Arlington Transportation Partners in Shirlington; Spokes. Etc. in Ballston and Papillon Bicycles and Arlington Transportation Partners at Columbia Pike – Penrose Square.

The other four pit stops were hosted by the Crystal City BID (Crystal City), National Park Service (Gravelly Point), WMATA (East Falls Church) and the National Foreign Affairs Training Center (Arlington Hall).

With a total of 2,749 registrations this year, it was the second largest number of registrations since 2006, and more than 400 identified as first timers to the regional event.

Bethesda: The Bethesda Pit Stop had 393 participants check in on-site and 574 bicyclists pre-register.

MD State Delegate Ariana Kelly once again served as the official Bike to Work Day emcee. This year's program included Proclamations from the State Comptroller, Montgomery County, and the State of Maryland. The complete list of speakers included:

- Comptroller Peter Franchot
- State Senator Susan Lee
- State Delegate Marc Korman
- Andrew Friedson, Montgomery County Council Member
- Gabe Albornoz, Montgomery County Council Member
- Patricia D. Shepherd, Capital Projects Manager/Bikeways Coordinator, Montgomery County Department of Transportation will present the County Executive's Proclamation

Food and refreshments were donated from many different Bethesda businesses. Attendees had their choice of dozens of prizes including various gift certificates, bike accessories, and a bicycle donated by Griffin Cycle. Raffle prizes were awarded several times an hour. There were also prizes awarded via a photo contest.

Several businesses were provided tables with representatives at the event, including: Coalition for the Capital Crescent Trail, Montgomery County Department of Transportation Bus Rapid Transit, Marriott International, C&O Canal Bike Patrol, the Montgomery County Mobile Commuter Store, Park and Planning, Nando's Peri-Peri, WABA, Honest Tea, Potomac Pedalers, WSSC, Bethesda Green, and Griffin Cycle. Honest Tea came out with staff to provide samples of their new sports drink. Baked goods were donated by Bethesda Bagels and Silver provided coffee and yogurt parfaits. Marriott International donated money towards the purchase of fruit, granola bars, butter, cream cheese, paper goods, and utensils. DrinkMore Water donated jugs of water and lent out water dispensers, so participants could fill water bottles instead of picking up bottled water.

Delegate Kelly and BTS Director Kristen Blackmon presented Bethesda's 17th Annual Bicycle Commuter Spirit Awards. This year's winners were Mashrur Chowdhury, Maya Riser-Kositsky, and Montgomery County Police Corporal Russ Rankin.

Several businesses helped to promote Bike to Work Day in Bethesda. Professional event photography was done by Danny Peck.

Downtown Bethesda also had its Second Annual Bike From Work Day Meet Up at Silver, where nearly 30 people (included in the total above) picked up their t-shirt and got to know fellow riders.

The complete list of Bike to Work Day event partners and sponsors for the Bethesda pit stop included:

All Fired Up
AMR
Bethesda Bagels
Bethesda-Chevy Chase Chamber of Commerce
Bethesda Green
Bradley Food and Beverage
Bus Rapid Transit
C&O Canal Bike Patrol
Coalition for the Capital Crescent Trail
Donohoe
DrinkMore Water
Elite Personnel
Griffin Cycle
Henry's Sweet Retreat
Honest Tea
Marriott International
Montgomery County Planning
Nando's Peri Peri
Pet Parents
Potomac Pedalers
Ruth's Chris Steakhouse
Silver
Washington Area Bicyclist Association
WSSC

Bladensburg Waterfront Park: The event was held at the Waterfront Park from 7am to 9am. There were 49 registrants for the pit stop.

Bowie Town Center: The event was held at the fire station from 6:30am to 8:30am. There were 24 registrants for the event.

Bowie Gymnasium: The event was held the City of Bowie Gymnasium from 6:30am to 8:30am. There were 36 registrants for the pit stop.

Burke: The event was held at the Burke VRE station from 6:30am to 8:30am. There were 51 registrants for the pit stop.

Capitol Hill Eastern Market: The event was held at the Eastern Market Metro Plaza from 7am to 9am. There were 396 registrants for the pit stop.

Capitol Hill at House Office Buildings: The event was held at South and C Streets SE from 7am to 10am. There were 88 registrants for the pit stop.

Capitol Heights: The event was held at Maryland Park Bicycles from 6:30am to 8:30am. There were 9 registrants for the pit stop.

Capitol Riverfront: The event was held at Canal Park from 7am to 9am. There were 183 registrants for the pit stop.

Centreville: The event was held at the Centreville Library from 6:30am to 9:00am. There were 10 registrants for the pit stop.

Chantilly Library: The event was held at the Chantilly Regional Library from 6:30am to 9am. There were 30 registrants for the pit stop.

Chantilly Cub Run: The event was held at the Chantilly Cub Run Center from 6:30am to 9am. There were 25 registrants for the pit stop.

Coast Guard Headquarters: The event was held at US Coast Guard Headquarters from 6am to 9am. There were 87 registrants for the pit stop.

College Park City Hall: The City of College Park hosted its regular morning pit stop at City Hall from 6:30 to 8:30 am. 109 cyclists checked in and enjoyed food and drinks and the opportunity to win prizes donated by many local businesses. Attendees enjoyed lively music from the University's TerpRide bus and bike tune-ups from Proteus and College Park Bicycles. Mayor Patrick Wojahn joined a brief warm-up led by Numi Yoga before leading the convoy south to DC.

Columbia Heights: The event was held at Bar Roubaix from 4pm to 7pm. There were 229 registrants for the pit stop.

Culmore/Bailey's Crossroads: The event was held the Woodrow Wilson Library from 6:30am to 9am. There were 13 registrants for the pit stop.

Dumfries: The event was held at the Dumfries Town Hall from 7:30am to 9:30am. There were 18 registrants for the pit stop.

Dupont Circle: The event was held at Beefsteak from 4pm to 6pm. There were 194 registrants for the pit stop.

Fairfax Government Center: The event was held at the Fairfax County Government Center from 6:30am to 9am. There were 78 registrants for the pit stop.

Fairfax City: The Fairfax City Downtown pit stop was held in Old Town Square from 6am to 9am. We greeted cyclists with hot coffee, tea, and juice, and with breakfast snacks donated by the Environmental Sustainability Committee (ESC). The ESC also sponsored raffle prizes. Local businesses donated several great raffle prizes that registered participants could win with a spin of the prize wheel, as well as giveaways, free services (bike tune-ups and chair massages) and other goodies. Local sponsors included Spokes Etc., Twins Ace Hardware, Massage Green Spa, Coyote Grille, High Side, Epiphany Pilates, and the Fairfax Environmental Sustainability Committee. There were 111 people registered for the Fairfax City pit stop, a slight increase over the previous year.

Fair Lakes: The event was held Fair Lakes Center from 6am to 9am. There were 42 registrants for the pit stop. Most of the registrants attended the event. All bikers were enthusiastic about the event and loved the League's snacks. Sponsors included Chick-Fil-A, Whole Foods, Modern Optometry, and Arbors at Fair Lakes apartments.

Falls Church – Fairview Park: The event was held at the Providence RECenter from 6:30am to 9:00am. There were 16 registrants for the pit stop.

Falls Church City: The event was held at the intersection of the W & OD Trail and Little Falls Street from 6:30am to 9am. There were 324 registrants for the pit stop.

Fort Belvoir: The event was held at the Walker Gate from 6:30am to 10:00am. There were 47 registrants for the pit stop.

Franconia: The event was held at the Lee District Park RECenter from 6:30am to 9:00am. There were 4 registrants for the pit stop.

Franklin Square (DC): The event was held across from Franklin Square Park from 7:30am to 9:30am. There were 294 registrants for the pit stop.

Freedom Plaza (DC): The event was held at Freedom Plaza from 7am to 9am. There were 562 registrants for the pit stop.

Frederick: Frederick's Pit Stop had the highest registration for Bike to Work Day since becoming a pit stop. More than 440 people registered for the pit stop and about 350 people attended and rode to work the day of. The fantastic weather, local bicycle enthusiasts, and local employer involvement helped to increase registration and participation numbers.

At the pit stop, riders enjoyed refreshments donated by Krispy Kreme, Dublin Roasters Coffee, The Common Market, and more. The crowd was welcomed by John Fieseler from the Tourism

Council of Frederick County, who annually emceed the event. Local and state elected officials also attended the event including State Delegate Ken Kerr, representatives from Frederick County Executive Jan Gardner's Office, County Council Member Jessica Fitzwater, City of Frederick Mayor Michael O'Connor, City of Frederick Aldermen Kelly Russell and Roger Wilson, and the Chair of the Frederick City Bike Pedestrian Advisory Council, Alyssa Boxhill. The Frederick County Parks & Rec division provided tables and chairs for food suppliers and vendors, which included The Bicycle Escape, MDOT/MTA, Frederick Memorial Hospital's Live Well Program, Pedego Frederick, and KEY103. Riders were also entered into a raffle to receive a free bicycle donated by The Bicycle Escape, a gym membership from Anytime Fitness in Ballenger Creek, and other bicycle related accessories.

Annually TransIT Services of Frederick County, The City of Frederick, and the Bicycle Escape host a pre-event Registration Celebration at the Bicycle Escape's store located in Clemson Corner Shopping Center. This year's event was held on Friday, May 10th where more than 50 stopped by to register for the event, pick up their t-shirt, and receive a free bike tune up from the Bicycle Escape staff. Neighboring retailers provided free pizza (Coal Fire Pizza) to those in attendance.

Friendship Heights: The 2019 Friendship Heights pit stop had 250 riders at final registration. Of those riders that were pre-registered, 80 checked in; there were 44 walk-ups for a total of 124 attendees.

Visiting VIPs included Village of Friendship Heights Mayor Melanie Rose White, Town of Somerset Councilmember Barbara Condos and Town of Somerset Mayor Jeffrey Slavin. Staff from Sharp & Company, the County's contractor for employer outreach in Friendship Heights, were also on hand: Tim Balinskas, Charise Geiling, Katia Grigoriants, Stephanie Webber and Isiah Zay.

The Grand Prize winner of the new bike from City Bikes Tenleytown was Brian Gorzkowski, GEICO.

Pit stop exhibitors and donors included:

- All-In-One Entertainment
- City Bikes
- Drink More Water
- New Balance
- Whole Foods
- Montgomery County Dept. of Environmental Protection "Green Team"
- Pete's Coffee
- Wisconsin Place Recreation and Community Center
- T-Mobile
- Beefsteak
- True Food Kitchen
- District Taco

- WABA
- Haute Bodhi Hot Yoga & Pilates
- CircleYoga
- CorePower
- Pete New Haven Pizza

Gaithersburg Kentlands: The event was held on the corner of Great Seneca Highway and Orchard Ridge Drive from 7am to 9am. There were 127 registrants for the pit stop.

Gaithersburg Old Towne: The event was held in Old Towne, Gaithersburg from 4pm to 6pm. There were 36 registrants for the pit stop.

Georgetown – Meigs Park and Waterfront Park (DC): The Georgetown Business Improvement District hosted the pit stop again this year in the Georgetown Waterfront Park with 650+ participants registered. Mother Nature provided a warm, sunny morning to welcome our cyclists to our pit stop! This year, we created special signage with a lighthearted gradual message for cyclists to read as they made their way down the cycle track to the pit stop location. The pit stop was sponsored by donations from area businesses: American Institutes for Research, GetAround, Insomnia Cookies, The Dough Jar, Patisserie Poupon, Grace Street Coffee Roasters, Pete’s Coffee, Roots, Sprinkle’s Cupcakes, Dog Tag Bakery, Rapha Cycling, Trek Bikes, Unwind Wellness, Hela Spa, Washington Sports Club Georgetown, and additional support from Washington Area Bicyclist Association (WABA). Cirque du Soleil, CorePower Yoga Georgetown, goDCgo and The North Face provided fantastic additional giveaways for our cyclists to win throughout the morning. Bike to Work Day is a terrific event to remind and promote how easy and safe it is to reach Georgetown by bike!

Germantown: The event was held at the ACAC Fitness & Wellness Center from 7:00am to 9:00am. There were 53 registrants for the pit stop.

Glover Park: The event was held at the Kimpton Glover Park Hotel from 6:30am to 8:30am. There were 91 registrants for the pit stop.

Golden Triangle – Farragut Square: The event was held at Farragut Square from 7am to 9am. There were 297 registrants for the pit stop.

Golden Triangle – L Street (DC): The event was held on the corner of 19th and L Streets NW from 7:30am to 9am. There were 180 registrants for the pit stop.

Greenbelt: Bike To Work Day 2019 was the eighth year for the Greenbelt Pit Stop. A committee of three City of Greenbelt employees organized the event at the Greenbelt Aquatic and Fitness Center. There were 104 bikers registered with 86 passing through.

Jeff & Laurie Lemieux of Proteus Bicycles led 11 bikers on a convoy to downtown Washington DC. There was an express route directly to Freedom Plaza and a local route via College Park to Freedom Plaza.

Greenbelt Homes Incorporated staffed a table to promote their Bicycle Task Force.

A welcome addition to the festivities was a bubble machine.

Our sponsors:

- o Funding provided by the Anacostia Trails Heritage Area supported raffle prizes, swag and breakfast food.
- o Bee Yoga Fusion led Stretching with Your Bicycle just prior to the convoy departure & supplied treats for the swag bags.
- o A Proteus Bicycle mechanic provided light maintenance and safety checks.
- o Raffle prizes generously donated by Arrow Bicycle, Proteus Bicycle and BicycleSPACE were distributed.
- o Swag bags were provided to registered riders with items donated by the Prince George's County Department of Public Works and Transportation and McCarl Dental Group.
- o Breakfast food and drinks were donated by Greenbelt COOP and DrinkMore water.
- o Greenbelt Sunoco provided free coffee to bikers stopping at their shop.

Haymarket: The event was held at Haymarket Bicycles from 6am to 9:30am. There were 9 registrants for the pit stop.

Herndon: There were two events held at the Town Hall Green, the first from 5:30am to 10am and from 4:30pm to 6:00pm there were 452 registrants for the pit stop.

Hyattsville Macgruder Park: The event was held at Magruder Park from 6:30am to 8:30am. There were 130 registrants for the pit stop.

Indian Head:

- Held at: The Town of Indian Head's Village Green (indoors)
- From: 5:00 am to 12:00 pm
- Number registered: 40
- Attended: 75

The Tri-County Council for Southern Maryland (Council) would like to thank all sponsors, presenters and participants that helped to make this year's Bike to Work/Wellness Day a success. This year's event was held on May 17th, 2019 in the Town of Indian Head, Maryland. Bike to Work/Wellness Day was hosted by the Town of Indian Head, Tri-County Council's Commuter Assistance Program, in conjunction with the Council's Regional Transportation Coordination Program.

This annual event stresses alternative transportation modes available to all citizens, including the disabled and senior citizen populations.

The focus of the Bike to Work/Wellness Day is to remind citizens that biking is one way to stay fit and healthy. The annual affair also aims to promote wellness and preventative measures,

such as healthy eating habits, and the importance of alternative modes of transportation which promote cleaner air and cleaner air initiatives.

Through activities such as Bike to Work/Wellness Day, the Tri-County Council has County adopted best practices that encourage an environmentally friendly transportation alternative that reduces road congestion and encourages healthier lifestyles.

A hearty Thank you to the following:

Bicyclists from the Southern Maryland Region

Bike Doctor, Waldorf, Maryland

Charles County Commissioner Gilbert "BJ" Bowling III (District 1)

Charles County Public Facilities, Parks Division – Indian Head Rail Trail

Charles County Sheriff's Office Bike Patrol & McGuff the crime fighting dog

Chick-fil-A of La Plata and the "COW"

Indian Head Elementary School – 5th Graders

Maryland Department of Transportation

Maryland Transit Administration

Mayor Brandon Paulin, Town of Indian Head

Metropolitan Washington Council of Governments Commuter Connections program

Southern Maryland Martial Arts and Fitness Center

The Henry E. Lackey AFJROTC

Volunteers/Citizens of the Town of Indian Head for all their hard work

World Gym of La Plata

Ivy City: The event was held at the Historic Hecht Warehouse Building from 7am to 9am. There were 10 registrants for the pit stop.

L'Enfant Plaza: The event was held at L'Enfant Plaza from 7am to 9am. There were 112 registrants for the pit stop.

Largo: The Department of Public Works and Transportation hosted the 2019 Bike to Work Day, held on Friday, May 17, 2019 at the Wayne K. Curry Administration Building in Largo, Maryland. Council Chair Todd Turner, Floyd Holt, Deputy Chief Administrative Officer for Transportation and Environment, and Dr. George Askew, Deputy Chief Administrative Officer for Health and Human Services made remarks and read the Bike to Work Day 2019 proclamation on the County Executive's behalf. A total of 58 participants, consisting of pre and walk up registrants participated in a scavenger hunt activity, visiting each informational booth at the event. Partner agencies/organizations included Prince George's County Fire Department, Health Department, Police Department, Department of the Environment, the WSSC and The BeechTree Pedalers. The Department of Public Works and Transportation provided registrants with information on the Capital Bikeshare Program, highly visible backpacks, helmets, and other high visibility bicycle accessories. In addition, the Health Department provided healthy snacks and led warm-up and stretching exercises and WPGC 95.5 provided entertainment. Registrants also had the opportunity to ride Capital Bikeshare Bicycles, load bicycles on transit vehicles, get fitted for giveaway helmets, and have their bicycles serviced free of charge. A bicycle riding and walking convoy, led by the BeechTree Pedalers, to the Largo Town Center Metro rounded out the event. Many registrants stated that they enjoyed the addition of the walking convoy and the interactive activities at this year's event. We look forward to making Bike to Work Day 2020 an even bigger success.

Leesburg: Picturesque Raflo Park offered the perfect backdrop for Leesburg's Bike to Work Day pit stop. Loudoun County staff greeted many of the 250-plus registrants, including some who arrived before 6 a.m. During the month leading up to Bike to Work Day, a large vinyl banner was posted along the W&OD Trail. Advertisements were placed in two local papers to encourage early registration. Then, in early May, the Loudoun County Board of Supervisors issued a resolution recognizing Bike to Work Day. This brought further publicity for the event. In addition to T-shirts and a branded dry bag, those who cycled to Leesburg were offered water, Gatorade, coffee, bananas, breakfast pastries and grab and go snacks. Mechanics from Bicycle Outfitters were available for quick repairs and adjustments. The president of Bike Loudoun shared information and helped welcome cyclists. Several participants won new bike gear and accessories throughout the event. As the pit stop closed at 9 a.m., a random drawing was held for a new bicycle. This year's winner was an employee of Patrick Henry College.

Lorton: The event was held at the Lorton VRE station from 6:30am to 9am. There were 16 registrants for the pit stop.

Manassas GMU: The event was held at the Freedom Center from 630am to 9am. There were 42 registrants for the pit stop.

Manassas Kelly Leadership Center: Prince William County Schools provided the Pit Stop at the Kelly Leadership Center. 23 of the 34 registered riders completed the Bike to Work Day event, some of them rode to their school or work location from home, even if they did not pass by the KLC Pit Stop. Several teachers proudly wore their Bike to Work Day t-shirt to school, so that their students could cheer their efforts to be physically active, as well as promoting an economical and environmentally friendly way commute. The event was supported by our community Transportation system, OmniLink, which provided a goodie bag and brochures about the public transportation services, including how to bring your bike on the bus! Water, snacks, rest, and support was offered by the Office of Student Learning, Health and Physical Education.

Manassas VRE: The event was held the Manassas VRE station from 6am to 9am. There were 54 registrants for the pit stop.

Manassas Park: The event was held at the Palisades Apartments from 6am to 9am. There were 6 registrants for the pit stop.

McLean: The event was held at the Dolly Madison Library from 6:30am to 9am. There were 85 registrants for the pit stop.

McLean – MITRE: With the opening of the Jones Branch Connector, MITRE decided to upgrade its previous BTWD employee support table to an official morning pit stop, which was open from 6:30 to 9:00am. MITRE, in partnership with volunteers from CapitalOne, provided water, coffee, and snacks, and benefited from sponsors REI Tysons Store, Kingston Apartments, and

Straight A Fitness. The event was held at the corner of newly realigned Colshire Drive and Colshire Meadow Drive near the McLean Metrorail station. Despite ongoing construction and not all online mapping services showing the new road alignments and connections (confounding route directions), at least 46 of the 85 registrants attended.

McLean – Spring Hill: The event was held Spring Hill RECenter from 6:30am to 9:00am. There were 10 registrants for the pit stop.

Merrifield - Mosaic: For 2019, the Mosaic pit stop had 150 registered riders, and many additional bicyclist come through the event. Bicyclists were greeted with food, refreshments, and swag items from our amazing sponsors. The Mosaic pit stop held a raffle for registered riders, which included an Apple Watch, Fit Bit Versa, a Kendra Scott bracelet, Nando's meal vouchers, and many more! We look forward to another successful event in 2020.

Mt. Vernon Triangle (DC): The event was held BicycleSpace from 7am to 9am. There were 200 registrants for the pit stop.

Mt. Vernon – Belle View (VA): The event was held at Mount Vernon Rec Center from 6:30am to 9:00am. There were 16 registrants for the pit stop.

Mt. Vernon – Collinwood Park: The event was held at Collingwood Park from 6:30am to 8:30am. There were 31 registrants for the pit stop.

Mt. Vernon – GW Rec: The event was held the George Washington REC from 6:30am to 9:00am. There were 3 registrants for the pit stop.

National Geographic Society: The event was held at the National Geographic Society building from 7am to 9:30am. There were 454 registrants for the pit stop.

NIH: The event was held at Building 1 at NIH headquarters from 7am to 9:30am. There were 410 registrants for the pit stop.

Naval Support Activity: This year there were roughly 60 riders stop by the pit stop at Naval Support Activity Bethesda. Riders were provided lite refreshments to the participants and had our Armed Services Blood Bank Center attend as well to provide information on their services and donor program.

NOMA: The event was held at Wunder Garten from 7:30am to 9:30am. There were 601 registrants for the pit stop.

North Bethesda: On Bike to Work Day, the North Bethesda Pit Stop and the North Bethesda TMD staff eagerly welcomed cyclists and participants at our location at Pike & Rose. The pit stop was located in the parking lot of the REI store. Each registered participant received a Bike to Work Day t-shirt, towel, bike maps, and other goodies. They were treated to a variety of

breakfast foods, giveaways, and information provided by our great sponsors who attended – AMP by Strathmore, Aurora Apartments, Bender JCC of Greater Washington, Bob’s Bikes, Canopy by Hilton Hotel Bethesda North, City Perch Kitchen + Bar, Friends of White Flint, IPIC, Julii, Nando’s, Pike District, The Residences at Pike & Rose, RetroFitness, Strathmore, and Wentworth House Apartments. Additional prizes, giveaways, and coupons were generously donated by the American Institutes for Research, Roti Modern Mediterranean and White Flint Partnership. Montgomery County’s Department of Environmental Protection, along with the Maryland-National Capital Park and Planning Commission provided information about biking and sustainability. Montgomery County FLASH provided information on the new bus rapid transit system coming to the County. A very special thank you to our host, Pike & Rose, for another great year!

Prizes, drawings, and “sponsor spotlights” were made every 15 minutes and music was provided throughout the event. Commuter Connections’ Guaranteed Ride Home Program was promoted using a large poster that was prominently displayed at the pit stop.

Pete Fosselman, with the Montgomery County Executive’s Office, presented the County’s Bike to Work Day proclamation. Michael Paylor brought greetings from the Montgomery County Department of Transportation.

Two members of the Montgomery County Council also participated. Councilmember Hans Riemer helped in presenting awards. The grand prize was a new Sun Folding F7 bike, from Bob Mallasch, owner of Bob’s Bikes. Councilmember Andrew Friedson helped with the drawing and congratulating the lucky winner.

Oakton: The event was held at the Oak Mar RECenter from 6:30am to 9:00am. There were 16 registrants for the pit stop.

Old City Market and Oven: The event was held on the corner of 6th and K Streets NE from 7am to 9am. There were 67 registrants for the pit stop.

Oxon Hill: The event was held adjacent to Potomac Heritage Trail from 6:30am to 8:30am. There were 57 registrants for the pit stop.

Port Towns: The event was held at the intersection of Decatur and NE Branch Trail from 7:00am to 9:00am as well as 4:00pm to 6:00pm. There were 37 registrants for the pit stop.

Reston: The event was held at the Plaza from 6:30am to 9:30am. There were 505 registrants for the pit stop.

Riverdale Park Station: This was the first year participating in this event it was an overall successful. There were 13 registered but 18 who stopped by our tent to see what was going on. We were giving out Riverdale Park Station branded koozies, pens, hand sanitizer etc. (along

with the Bike to Work Day T-Shirt of course), and a selection of water, fruit and cookies which everyone seemed to enjoy. The majority of people who stopped by were coming from Hyattsville, although we had a few coming from University Park. They did mention they were happy Riverdale Park Station was a stop and we're definitely looking forward to participating next year!

Rock Springs: The event was held at Marriott International Headquarters from 6:30am to 9am. There were 80 registrants for the pit stop.

Rockville Falls Grove: MCDOT Commuter Services and the City of Rockville co-sponsored the Rockville – Falls Grove pit stop where there were 229 pre-registrants and a total of 149 participants on the big day. They arrived in waves, some traveling long distances, some locals and some heading out again for destinations like DC and Silver Spring. There were long-time participants, who look forward to it every year, and newbies trying out biking as part of their commute for the first time. All were greeted with smiles, Bike to Work Day t-shirts, towels and a chance to win some really cool raffle items. Rockville Bike Hub performed bike safety checks and simple maintenance-repairs while County and City agencies hosted information tables. Our DJ rocked the morning while bikers gathered round for yummy snacks and drinks provided by Krispy Kreme, Dunkin Doughnuts, Giant, Safeway, Trader Joe's, Drink More Water, Smoothie King and Starbucks. If this wasn't enough to get our bicyclists buzzing along on their routes, we offered a mini stretching session led by Onelife Fitness trainers, who inspired the crowd to jump right in and give it a go.

Our raffle ran throughout the morning with winner after winner receiving great prizes from our super-generous local business sponsors. Speakers (some of whom arrived by bike) included: Lily Qi – Maryland State Delegate District 15, Judy Ding, PE, Deputy Director of Public Works, Mark Pierzchala – Rockville Council member and Julie Palakovich-Carr, Maryland House of Delegates for District 17.

We concluded with the grand prize bike drawing. There were big cheers all around and special thanks to our location host and bicycle prize donor, Lerner Enterprises --and for our volunteers, raffle donors and information exhibitors who contributed to making the event a great success: Andes Bike Shop, Art and Frame Depot, AT&T, CAVA, Chipotle, Cooper's Hawk Winery & Restaurant, Copper Canyon Grill, Dick's Sporting Goods, Gusto Farm to Street, Mamma Lucia, MOM's Organic Market, MCDOT-Commuter Services and Capital Bikeshare, Montgomery County Department of Parks and Planning, Montgomery County Department of Environmental Protection: Division of Solid Waste Services, MyEyeDr., Nando's Per-Peri, Panera, PNC, Police Department Community Engagement Division, Potomac Pizza, Sandy Spring Bank, Ski and Bike Center LTD, Sworkit, Target, T-Mobile, Visit Montgomery, and WABA.

Rockville Town Center: The Rockville pit stop was at Dawson's Market in Rockville Town Center. 215 people registered for the pit stop. Dawson's supplied the refreshments and a DJ provided music. Participants picked up their T shirts and were given BTWD towels and other

free giveaways. During the course of the event we held several raffles of bike related items culminating with the grand prize of a FX2 bike. The bike winner was Tim Baker. Dignitaries that attended the event were Bridget Newton, Mayor of Rockville, Sidney Katz, County Councilmember, Mike Nessel Chief, Operations Section Montgomery County Department of Transportation.

We had several vendors with interesting exhibits and they are as follows:

Bike Werks
Christ Episcopal School
Dawsons
Earth Treks
Golds Gym
M&T Bank - Rockville
Montgomery County DEP
Montgomery County DEP Recycling
Montgomery County Ride On & Extra
Paladar Latin Kitchen
Visit Montgomery
Washington Area Bicyclist Association

Rockville Twinbrook: The event was held at the Twinbrook Metro station from 7am to 9am. There were 95 registrants for the pit stop.

Shaw: The event was held at the corner of 11th and Q Streets NW from 7am to 9am. There were 327 registrants for the pit stop.

Silver Spring Discovery: The 2019 Bike to Work Day Silver Spring pit stop was held at Veterans Plaza – a new venue after 15 years at Discovery Plaza. For the 5th year in a row, registration exceeded 400 people. Over 200 riders came to connect with other commuting riders, enjoy the music, raffles, and get a BTWD t-shirt and towel.

The Veterans Plaza pit stop was managed by Commuter Services. Contractor support was provided by Van Eperen who secured donors, sponsors and exhibitors. Two volunteers – Transportation Management District Advisory Committee member Valerie Spencer, and Silver Spring resident (and avid cyclist) Bob Mathis - assisted at the event. The Silver Spring Civic Building staff helped with event layout and rental equipment delivery logistics. The indispensable Silver Spring Urban District's Clean and Safe Team was on hand bright and early to assist with set up and with break down at the end of the event.

This year's speakers were Maryland State Delegate Lorig Charkoudian and Casey Anderson, Chair of Planning Board of the Maryland-National Capital Park and Planning Commission.

Raffles, Exhibitors and Grand Prize Winner

Discovery Communications showed continued community and County support by donating a bicycle for the grand prize raffle prize. This year's winner was Zbigniew Broniszewski, an employee of the Federal Bureau of Investigations. Collecting the prize on his behalf was his wife, Kate (shown below, center, with Carlos Rodriguez of Discovery Communication and Beth Dennard of Commuter Services).

Bike, Health and Fitness Participants and Exhibitors

Caravans of riders headed to various work destinations were organized and led by the Washington Area Bicyclist Association. Silver Spring Bikes (a group of residents in and around Downtown Silver Spring interested in biking issues) joined the fun this year. E-scooter company Lime was on hand with e-scooters for anyone interested in a test-drive. Silver Cycles performed bike checks. LA Fitness demonstrated a pre-ride stretch. The American Diabetes Association was an exhibitor.

Strong Business Participation and Support

A bumper crop of donated raffle items and refreshments provided prizes for multiple raffles throughout the morning. Breakfast treats including bagels, fruit and coffee. Downtown Silver Spring businesses, merchants and non-profits who supported the event included: AFI, The Blairs, Cava Grill, Chik-fil-A, Dave & Buster's, Eggspectation, Einstein Bagels, Giant Food, Hilton Hotel, Nando's Peri-Peri, Peet's Coffee and Tea, Safeway, Starbucks, Silver Cycles, Whole Foods. Other Silver Spring businesses included: Panera Bread, Trader Joe's, TD Bank, and the YMCA. Richi from All in One Entertainment was the DJ again this year for the event. In addition, other County and City agencies hosted information tables, along with other exhibitors.

Southwest Business Improvement District: We had a great Bike to Work Day again this year! Ahead of the day, the SWBID team cleaned bike lanes of debris to make sure streets were safe and stenciled fun designs along 4th Street to brighten our bikers' commutes. The beautiful day brought about 60 cyclists to our pit stop. We provided commuters with coffee, bananas, donuts, and some tunes to help kick-start their day.

Springfield MetroPark at Walker Lane: The event was held at the Springfield Metro Park from 6:30am to 8:30am. There were 64 registrants for the pit stop.

Springfield – South Run: The event was held at the South Run RECenter from 6:30am to 9:00am. There were 20 registrants for the pit stop.

Springfield Plaza: The event was held at Springfield Plaza from 6:30am to 9:00am. There were 13 registrants for the pit stop.

Sterling: Northrop Grumman and the Sterling Ruritan Club helped host the Sterling Pit Stop on Bike to Work Day. Prior to the event, a large vinyl banner was displayed inside the Loudoun County Government Center. Additionally, full-color advertisements were placed in two local

papers to encourage early registration. More than 300 registrants selected Sterling as the location to pick-up a free T-shirt. With the day falling on a compressed work day off for nearby Northrop Grumman, the crowds were a bit smaller than many past events. However, the hundreds who took part were pleased with the T-shirts, branded dry bags and overall event. Northrop Grumman contributed and served an array of grab and go treats, fresh fruit and beverages. Loudoun Water provided water bottles and a refill station. Bike racks were placed at the pit stop for the convenience of participants. Two mechanics from Spokes Etc. were stationed nearby and remained busy checking and adjusting bicycles. The founder of Bike Loudoun offered a warm welcome and information to participants. At 9 a.m. a random drawing identified the winner of a new bicycle from Spokes, Etc. This year's winner was a Wegmans employee.

Suitland: The event was held at the US Census Bureau Federal Center from 6:30am to 8:30am. There were 29 registrants for the pit stop.

Takoma Park – Downtown/Old Takoma: The event was held at Takoma Urban Park from 6am to 9am. There were 157 registrants for the pit stop.

Takoma Park – Sligo Creek Trail: The Sligo Creek Pit stop continues to grow with about 80 registrants this year. We were grateful that the weather cooperated this time around. Snacks, hot coffee, and music were provided by IHOP on New Hampshire Avenue. Along with the refreshments participants also received a bandanna with the City Bike Map, light-up arm bands, and the newly updated City Bike Map. An additional thanks to Takoma Park police officers also stopped by the pit stop to support riders if necessary. We are looking forward to hosting another great event next year.

The Wharf/Southwest Waterfront: The Wharf saw an increase in bikers during both morning and afternoon pit stops in 2019. Over 165 bikers checked in to their location throughout the day which was a huge increase from the year prior. Along with bananas and energy bars provided by District Wharf Community Association, District Hardware provided complimentary coffee, tea, and bike servicing at the pit stop. WABA took part during the morning portion of the in day looking to increase biker community efforts as well. The Wharf looks to include more on site retailers next year as well as a raffles for bikers that stop by.

Tysons Corner: The event was held in front of Capital Grille from 6:30am to 10:00am. There were 114 registrants for the pit stop.

University of Maryland: The event was held in front of the Regent's Drive Parking Garage from 3pm to 6pm. There were 43 registrants for the pit stop.

USDA Farmers Market: The event was held in front of USDA headquarters from 8am to 10am. There were 93 registrants for the pit stop.

Vienna: The event was held at the Town Green from 6:30am to 8:30am. There were 295 registrants for the pit stop.

West End at ACoC: The West End at the American College of Cardiology (ACC) Pit Stop was held from 3:30 – 6:00 pm. There were 40 registrants, of which 25 attended/checked-in. In addition to the 25 pre-registrants who attended, an additional 16 walk-ups attended, several of whom were registered for other pit stops. ACC's Green Team took the lead on hosting the pit stop and offered snacks, drinks, resources, giveaways, and raffles, as well as distributing Bike to Work Day t-shirts. Several neighborhood businesses supported this event, including Trader Joe's, Potbelly Sandwich Shop, Starbucks, Balance Gym, Founding Farmers, and the Westin Georgetown. Additionally, there was a representative from WABA onsite to discuss the benefits of membership. ACC's environmentally conscious sustainability efforts were featured in the May 12, 2019 online and print versions of the CEO Update magazine. Focusing on ACC's role as a pit stop for Bike to Work Day, the article highlighted an ACC staff member who regularly bikes to and was quoted as saying "I want to reduce my carbon footprint in the world...and I enjoy the exercise and I enjoy the peace of mind I get" from riding and not getting frustrated sitting in a car in traffic

White Oak/FDA: White Oak/FDA: The Office of Facilities Engineering and Mission Support Services' (OFEMS) Logistics and Transportation Management Branch (LTMB) sponsored a Pit Stop from 6:30 a.m. to 9:30 a.m. for any bicyclist commuting that day. This was held in front of the historic FDA Building 1. LTMB had 6 volunteers that provided refreshments to include; water, coffee, juice, doughnuts, muffins, fruit and each bicyclist registered for our pit stop received a 2019 BTWD T-Shirt. The first bicyclist arrived around 6:30 a.m. and eventually had 88 bicyclists used the pit stop. The final number of registered bicyclists for the White Oak/FDA pit stop was 121. The day started off sunny and warm and a great time was had by all.

Woodbridge Chinn Center: The event was held at the Chinn Aquatics & Fitness Center from 6am to 9am. There were 30 registrants for the pit stop.

Woodbridge - Rippon VRE Station: The event was held at the Rippon VRE Station from 6am to 9am. There were 7 registrants for the pit stop.

Woodbridge VRE Station: The event was held at the Woodbridge VRE station from 6:00am to 9:00am. There were 10 registrants for the pit stop.

Woodbridge Tacketts Mill: The event was held at Tackett's Mill from 6:30am to 8:30am. There were 14 registrants.

EMPLOYER PARTICIPATION

The following Employers had five or more employees registered for the event:

The winner of the Employer Challenge for a free luncheon was the National Institutes of Health (see photo section).

Federal Employers

Administration for Children of Families	Administrative Office for the U.S. Courts
Architect of the Capitol	Army National Guard
Bureau of Labor Statistics	Bureau of Land Management
CFTC	Consumer Financial Protection Bureau
Defense Logistics Agency	EEOC
FDIC	Federal Aviation Administration
Federal Communications Commission	Federal Election Commission
Federal Highway Administration	FEMA
Federal Reserve	Federal Trade Commission
Federal Energy Regulatory Commission	Food and Drug Administration
Foreign Service Institute	General Services Administration
Goddard Space Flight Center	Government Accountability Office
Government Publishing Office	Internal Revenue Service
Fish and Wildlife Service	Library of Congress
NASA	National Archives
National Capitol Planning Commission	National Institutes of Health
National Labor Relations Board	National Park Service
National Zoological Park	Naval Research Lab
NOAA	Office of Management and Budget
Securities and Exchange Commission	Smithsonian Institution
US Air Force	US Army
US Census Bureau	US Coast Guard
US Department of Treasury	US Department of Agriculture
US Department of Commerce	US Department of Customs
US Department of Defense	US Department of Education
US Department of Energy	US Geologic Survey
US Department of Health and Human Services	
US Department of Homeland Security	US Department of Housing and Urban Dev.
US Department of Justice	US Department of Labor
US Department of the Interior	US Department of State
US Department of Transportation	US Environmental Protection Agency
US Government Printing Office	US House of Representatives
US Housing and Urban Development	US Navy
US Nuclear Regulatory Commission	US Patent and Trademark Office

US Peace Corps
US Senate
Veterans Affairs

US Postal Service
USAID
FERC

State and Local Governments

Arlington County
City of Alexandria
City of College Park
City of Falls Church
City of Gaithersburg
City of Hyattsville
City of Rockville
DC Council
Fairfax County
Loudoun County
Montgomery County
Prince William County
Commonwealth of Virginia (including VDOT and VDRPT)
Town of Herndon

Charles County
City of Bowie
City of Fairfax
City of Frederick
City of Greenbelt
City of Manassas
City of Vienna
District of Columbia
Frederick County
Maryland- NCPPC
Prince George's County
State of Maryland (including MDOT and MTA)
Town of Leesburg

Private/Non-Profit Sector Employers

A-1 Cycling
Abt Associates
ACDI
Airbus Americas
Alarm.com
American Airlines
American Association for Laboratory Accreditation
American Association for the Advancement of Science
American Bankers Associations
American College of Cardiology
American Council for an Energy-Efficient Economy
American Council for International Education
American Institute of Architects
American Psychological Association
American Red Cross
Amtrak
Apple
Arnold & Porter
Association of Schools and Programs of Public Health
AstraZeneca

AARP
Accenture
AECOM
ACHRI
Amazon
American Chemical Society
American Geophysical Union
American Institutes for Research
American Public Health Association
American Society of Civil Engineers
Appian
Applied Predictive Technologies
Association of American Medical
AT&T

Atlantic Council
BAE Systems
Bechtel
BicycleSpace
Bloomberg BNA
Booz Allen
CACI
Capital One
CBRE
Center for Science in the Public Interest
CGI Federal
Children's National Medical Center
College Board
Conservation International
CoStar Group
CSRA
DAI
Deloitte Consulting LLP
Dewbury
Discovery Communications
Dun & Bradstreet
Eastbanc Technologies
Education Advisory Board
Embassy of Canada
Engility
Environmental Defense Fund
EVERFI
Fannie Mae
FHI 360
FiscalNote
Fox Architects
Frederick Memorial Hospital
Gdit
General Dynamics
Georgetown BID
Global Communities
Google
Greenpeace
Henry M. Jackson Foundation
Howard Hughes Medical Institute
IBM
Inova Fairfax Hospital
Intelsat

Atlantic Media
Beacon Health Options
BICYCLE ESCAPE
Blackboard
Boeing
British Embassy
Cambridge Associates
Carlyle Group
Center for American Progress
Center on Budget and Policy Priorities
Chemonics International
Clark construction
Comcast
Consumer Financial Pro
Costco
CustomInk
Defenders of Wildlife
Destination Sales & Marketing Group
Dexis Consulting Group
DLR Group
Earthjustice
Economic Policy Institute
Embassy of Belgium
Embassy of Japan
Entheos
Esri
Evolent Health
Federal Realty Investment Trust
FINRA
Food & Water Watch
Freddie Mac
Gartner
Geico
Gensler
GlaxoSmithKline
GlobalGiving
Grant Thornton
Hannover Research
Hogan Levells
Hughes Network Systems
ICF International
Institute for Defense Analysis
InterAmerican Development Bank

International Finance Corporation
International Foundation for Electoral Sys.
International Republican Institute
JBG Smith
Kaiser Permanete
LeadingAge
Leidos
Management Sciences for Health
Mantech International
Marriott
Mayer Brown LLP
Medstar
Merrill Lynch
Metropolitan Washington COG
Microsoft
Microvest
Monumental Sports and Entertainment
National Academy of Sciences
National Association of Broadcasters
National Democratic Institute
National Endowment for Democracy
National Gallery of Art
National Geographic Society
National Institute of Mental Health
National Institute of Standards and Technology
National Science Foundation
Natural Resources Defense Council
Navanti
Neustar
Northrop Grumman
Nuance
Ocean Conservancy
Orbital Sciences
Overseas Private Investment Corporation
Partnership for Public Service
Pension Benefit Guaranty Corporation
Physicians Committee for Responsible Medicine
PNC Bank
PricewaterhouseCoopers
Quinn Evans Architects
Rally Health
RAND Corporation
Raytheon
International Food Policy Research
International Monetary Fund
Jacobs
Jones Lange Lasalle
KPMG
League of Conservation Voters
Lockheed Martin
Management Systems International
Mapbox
Mathematica Policy Research
Medimmune
Meridian
Metropolitan Wash Airports Authority
MetroStar Systems
Microstrategy
MITRE
Morgan Stanley
National Alliance for Hispanic Health
National Cancer Institute
National Education Association
National Fish and Wildlife Foundation
National Geographic
National Industries for the Blind
NRECA
National League of Cities
National Wildlife Federation
Navy Federal Credit Union
NeoNiche Strategies
Noblis
NPR
Oath
Oracle
Organization of American States
Pan American Health Organization
Peace Corps
Pew Charitable Trust
POLITICO
Public Broadcasting Service
Rails-to-Trails Conservancy
Ramboll
Rare
REI

Reston Association
Rose Physical Therapy Group
SAIC
SAP
ScienceLogic
SCS Engineers
Sharp & Company
Silman
Smithsonian Institution
Sprint
Steptoe & Johnson LLP
Take your Lane
Tetra Tech
The Nature Conservancy
Thomson Reuters
Transaction Network Services
Union of Concerned Scientists
United Educators
Urban Land Institute
Verisign
Virginia Hospital Center
Vox Media
Walter P Moore
WeddingWire
Wells Fargo
Western Union
Wiley/Wilson
WMATA
World Learning
World Wildlife Fund

Rockwell Colins
RTI
Salesforce
Save the Children
Scout & Molly's Boutique
Shalom Baranes Associates
Sierra Club
SmithgroupJJR
Software AG
Squire Patton Boggs
Studios Architecture
Takoma Bicycle
The Atlantic
Thermo Fisher Scientific
Toole Design Group
Uber
UNISYS
Unity Health Care
Vencore
Verizon
Volkswagen of America
WABA
Washington Post
Wells + Associates
Westat
Wiley Rein
Williams & Conolly LLP
World Bank
World Resources Institute
WSP Parsons Brinckerhoff

Universities and Colleges

American University
Frederick Community College
George Mason University
Georgetown University
Johns Hopkins University
Montgomery College
NOVA Community College
Uniformed Services University
University of Virginia
Hood College

Catholic University
Galludet University
George Washington University
Gonzaga College High School
Marymount University
National Defense University
Strayer University
University of Maryland
Virginia Tech University

Employer Challenge Luncheon



Perennial Bike to Work Day favorites, the National Institutes of Health (NIH) cycled away with the Employer Challenge distinction for the employer with the greatest number of bicyclists registered for the May 2019 annual Bike to Work Day event. The NIH Bicycle Commuter Club's massive membership of 400 promotes participation in Bike to Work Day and bicycling on a regular basis as a commute method. NIH supported Bike to Work Day by hosting a pit stop at its main campus and by participating in many more throughout Montgomery County where other NIH offices are located. Overall, more than 550 NIH employees registered for the popular spring bicycling event, making NIH tops in the Washington, DC region. In a ceremony held on Bike to Work Day, the NIH Bike Club presented the Carl Henn Bicycling Advocacy Award, named for a former employee who was tremendously active with the NIH Bike Club and the community at large. The NIH Bike Club administers the "Bike Bucks" program to reward employees for bicycling to work. Bicyclists log their commute miles and for every 100 recorded they receive five Bike Bucks. The Bike Bucks are honored as cash at the NIH Fitness Center, Proteus Bicycles in College Park, and The Bicycle Place in Silver Spring. Additionally, Bike Bucks can be used toward the cost of a coveted NIH Bike Club jersey. Other NIH amenities and perks that support bicycle commuting include covered bike parking and lockers, shower facilities, free bicycle registration with NIH campus police, a bike mentor program that matches NIH employees new to bicycle commuting with experienced NIH bike commuters. Mentors help with anything from route suggestions, how to ride safely in traffic, selecting gear, bikes on bus instructions, and other great tips.

BIKE TO WORK DAY FRIDAY MAY 17 2019



HOME

EMPLOYER RESOURCES

EVENT INFO

FIRST TIME RIDER INFO

REGISTER

SPONSORS

Bike to Work Day

On Friday, May 17, 2019 Commuter Connections and the Washington Area Bicyclist Association invite you to celebrate bicycling as a clean, fun, and healthy way to get to work. Be one of the first 20,000 to register and attend this FREE EVENT, then bike to your choice of 115 pit stops in DC, MD, and VA and receive a free T-shirt, refreshments, and be entered into a raffle for a new bicycle.

Registration Opens March 2020



Pit Stops

115 Bike to Work Day pit stop events will be held throughout D.C., Maryland, and Virginia. Take a break at a pit stop on your way to work for food, beverages, fun, and prizes. Register now, it's free! There are also a few pit stops open for your afternoon commute back.

[Read More...](#)

Commuter Convoys

All bicyclists are welcome to join one of the free Bike to Work Day convoys, led by experienced bicycle commuters. Convoys routes travel through popular employment centers and pit stops throughout the region. Check out the convoy map to see if there's one traveling by your area.

[Read More...](#)

Sponsors



Event Poster

Download a PDF of the [Bike to Work Day Poster](#), and email it to your co-workers, friends, and family, inviting them to join you on Friday, May 17, 2019. Or print it out and pin it to your bulletin board.

Find a Ride Buddy

Use the Washington Area Bike Forum to find a ride buddy for Bike to Work Day, or join an online discussion about bicycling in the Washington, D.C. area.

[Read More...](#)

Increase Bicycling Skills

WABA's adult bicyclist education opportunities are available throughout the Washington region for a wide range of skill sets, from beginners to advanced. There are also seminars for commuting to work.

[Read More ...](#)

Social Media



Facebook page for Bike to Work Day. The page includes a profile picture, cover photo, and navigation menu. The main content area features a post with photos of people and a bicycle, a 'Recommendations and Reviews' section, and a 'Do you recommend Bike to Work Day?' poll. The right sidebar contains contact information, page transparency details, and related pages.

Commuter Connections @BikeToWorkDay · Apr 29
Join in and ride on Friday, May 17th for Bike to Work Day, sponsored by Commuter Connections and the Washington Area Bicyclist Association. Register for this free event at biketoworkmetrodc.org or call 800.745.7433. #BTWD2019 #DCMetro #bikedc

10 15



eBay Booking.com: Chea... Walmart TripAdvisor Facebook

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- Notifications
- Messages
- Bookmarks
- Lists
- Profile
- More

Tweet

Commuter Connections

452 Tweets

Commuter Connections
@BikeToWorkDay · follows jssk
Commuter Connections is a regional network of transportation organizations coordinated by the Metropolitan Washington Council of Governments.
Washington DC · biketoworkmetrodc.org · Joined April 2009
297 Following · 2,435 Followers
Followed by Commute Safe DC, BethesdaUP, and 38 others you follow

Tweets · Tweets & replies · Media · Likes

Commuter Connections Retweeted
COG @MWCOG · Aug 13

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- HandlebarsDC @HandlebarsDC · Follow
- The Daily Rider @TheDailyRiderDC · Follow

Show more



Proclamation



Proclamation

WHEREAS, bicycle commuting is an effective means to support the region's air quality goals, improve mobility, and conserve energy; and

WHEREAS, bicycle commuting benefits both employees and employers through better employee health and fitness, reduced commuting and parking costs; and

WHEREAS, increasing numbers of employers have installed bicycle parking and shower facilities to help encourage bicycle commuting; and

WHEREAS, Capital Bikeshare's regional bike sharing system has hundreds of stations across six jurisdictions: Washington, DC; Montgomery County, MD; Prince George's County MD; Arlington County, VA; City of Alexandria, VA; and Fairfax County, VA; and

WHEREAS, the National Capital Region Transportation Planning Board through its Commuter Connections program promotes bicycling and organizes Bike to Work Day along with the Washington Area Bicyclist Association; and

WHEREAS, the week of May 13th is National Bike to Work Week, which promotes bicycling as a viable means of transportation to and from work;

NOW, THEREFORE, BE IT RESOLVED THAT THE
NATIONAL CAPITAL REGION TRANSPORTATION PLANNING BOARD:

1. Proclaims Friday, May 17, 2019 as Bike to Work Day throughout the Washington, DC metropolitan region; and
2. Encourages TPB member jurisdictions to adopt similar proclamations in support of the event; and
3. Reminds all members of the importance of bicycle safety as advocated by the Street Smart campaign.

Chair, National Capital Region Transportation Planning Board

Proclamation Signing



The National Capitol Region Transportation Planning Board at COG issued a regional proclamation on April 17, 2019 designating May 17th as Bike to Work Day throughout the region. The proclamation outlined the benefits of bicycling for the region, individual communities and commuters. It also acknowledged that the month of May is Clean Air Month and National Bike Month. Additional proclamations were made by the some of the individual jurisdictions that hosted pit stops.

The Proclamation was signed by TPB Chairperson, Martin Nohe Prince William County Board of County Supervisors

MARKETING MATERIALS

Rack cards 3¾ x 8½" (68,500)

Posters 8½" x 11" (30,000), plus 1,000 were in Spanish

Posters 22" x 28" (500)

T-Shirts (20,000)

Vinyl Banners 8' x 4' for all pit stops

Water bottles with the BTWD logo were coordinated by BicycleSPACE and made available for each pit stop for purchase

The marketing materials used for the 2019 BTWD campaign all carried the same uniform look and feel and were targeted to employers and cyclists throughout the region. The posters were mailed to employers along with a cover letter. Employers were also emailed an html version of the poster with a link to the event web site. An e-mail blast was also sent to the previous year's registrants.

Vinyl Banner



Poster

Pre-register by May 10 for Free T-shirt* and Bike Raffles!
FREE FOOD, BEVERAGES and GIVEAWAYS at all locations.

BIKE TO WORK DAY 2019

FRIDAY MAY 17

Register free at BIKETOWORKMETRODC.ORG
 800.745.7433

Visit biketoworkmetrodc.org for pit stop locations & times.
 *T-Shirts available at pit stops to first 20,000 who register.
 Over 100 pit stops throughout D.C., Maryland, and Virginia!

#BTWD2019



Printed on recycled paper


Bike to Work Day is funded by DDOT, MDT, VDOT, and USDOT.

Rack Card



BIKE TO WORK DAY 2019
FRIDAY MAY 17

  #BTWD2019

 bike to work day 2019

Register free at
www.BIKETOWORKMETRODC.org
or call 800.745.7433

Pre-Register by May 10
for free T-shirt* and
bike raffle!

FREE FOOD, BEVERAGES and
GIVEAWAYS at all locations.

Over 100 Bike to Work Day pit
stops located in D.C., Maryland
and Virginia!

Visit www.biketoworkmetrodc.org
for specific pit stop locations
and times.

*T-shirts available at pit stops to
first 20,000 registrants.



COMMUTER CONNECTIONS.
A SMARTER WAY TO WORK

WABA
WASHINGTON AREA
BICYCLIST ASSOCIATION

ICF **SPOKES** etc.
100% BICYCLES

GO Alex

BICYCLE SPACE **Bike Arlington** **goDCgo**
powered by d.c.

City Dental DC **COMSTOCK**
serving over 20 years

Marriott **Springfield Plaza**

MDOT **VDOT** **AAA**
MARYLAND DEPARTMENT OF TRANSPORTATION Virginia Department of Transportation

AASHTO **AMERICAN COLLEGE of CARDIOLOGY**
AMERICAN ASSOCIATION OF STATE HIGHWAY AND TRANSPORTATION OFFICIALS

BIKES@VIENNA **CRYSTALCITY** **FAIR LAKES**

Giant **POTOMAC PEDALERS** **DC BIKE RIDE**
MD • DC • VA *MAY 18

BROMPTON **ABUS**
Security Tech Germany

pdw **GREEN GURU**

MSW **ORTLIEB** WATERPROOF
BICYCLE ACCESSORIES

Bike to Work Day is funded by DDOT, MDOT, VDOT, and USDOT.

 Printed on recycled paper

T-Shirt



Media Coverage

BTWD 2019 Media Coverage		
Print/Online Coverage - 50		
1/31/2019	Curbed DC	D.C. lawmaker pitches Feb. 4 'Bus to Work Day.'
2/03/2019	Washington Post	Monday is "take the bus to work day."
2/22/2019	WTOP	Flextime program offers an incentive to commuters who choose to avoid sitting in traffic
3/14/2019	Potomac Local	Registration for Bike to Work Day 2019 now open
3/17/2019	The Frederick News-Post	Bike to work event will offer different transit options for all levels
4/17/2019	Curbed DC	Annual D.C. area Bike to Work Day planned for May 18
4/19/2019	DCist	Capital Bikeshare Is Giving Out Free Rides For Earth Day
4/19/2019	Potomac Local	Bike to Work Day stops to offer giveaways, food, beverages
4/19/2019	Prince William Living	Annual Bike to Work Day Planned for May 17
4/19/2019	Prince William County	Annual Bike to Work Day Planned for May 17
4/23/2019	ARL Now	Arlington Agenda
4/26/2019	Alexandria Living	Shifting Gears for Your Commute
4/26/2019	Centre View	Entertainment Calendar: Chantilly, Centerville
4/29/2019	Curbed DC	20-Mile, car-free DC Bike Ride scheduled for May 18th
5/05/2019	DC Commute Times	Fairfax County Expands Bike To Work Day Celebration
5/06/2019	PATCH	Alexandria Holds Bike to Work Day Events on May 17
5/06/2019	City of Alexandria	The city of Alexandria Invites Participation in Bike to Work Day on May 17
5/07/2019	PATCH	Fairfax City Bike Month 2019: Events, Schedule, Registration
5/08/2019	Capital Bikeshare	CaBi Launches in Falls Church and More Awesome News
5/13/2019	Alexandria Living	From Four Wheels to Two: Bike to Work Day is May 17
5/13/2019	El Tiempo Latino	El Condado de Montgomery incluira 16 paradas en la celebracion annual de "Bike to Work Day"
5/14/2019	AP News	Biking to Work in Comfort and Style is No Sweat
5/15/2019	DC Curbed	A protected bike lane will pop up in downtown Bethesda on Bike to Work Day
5/15/2019	DCist	Bike To Work Day Returns On Friday. Here's What You Need To Know
5/15/2019	Potomac Local	Leave your car in the garage for Bike to Work Day
5/15/2019	Reston Now	Cyclists Gear Up for Bike to Work Day on Friday
5/15/2019	Washington Business Journal	Expert Insight: How apartment buildings are making it easier to bike to work
5/16/2019	Bethesda Magazine	Opinion: Shifting Bethesda's Bike Lanes into Higher Gear
5/16/2019	DCist	10 Things to Do Around D.C. This Weekend
5/16/2019	Falls Church News-Press	Bikeshare Gives Residents Another Way To Get Around the Little City
5/16/2019	The Frederick News-Post	Friday marks Bike to Work Day
5/16/2019	Tysons Reporter	Poll: Are you going to participate in Bike to Work Day Friday?
5/16/2019	Urban Places and Spaces	Bike to Work Day


5/16/2019	Washington Informer	DC-area commuters can take part in Bike to Work Day on Friday
5/16/2019	Washingtonian	How to Ride Your Bike to Work While Buying as Little Stuff as Possible
5/16/2019	Washingtonian	Things to Do in DC This Weekend (May 16-19)
5/16/2019	WTOP	DC-area commuters can take part in Bike to Work Day on Friday
5/17/2019	ARL Now	Photos: Riders Flock to Trails for Bike to Work Day
5/17/2019	Fox 5 DC	DC Region participates in Bike to Work Day
5/17/2019	Port City Wire Alexandria News	Bigger and better: 18,000 turn out for Bike to Work Day 2019
5/17/2019	Roll Call	Yes, you can ride in a bow tie and other lessons from Bike to Work Day
5/17/2019	Smithsonian's National Postal Museum	Bike to Work Day: Letter Carriers Peddle to Deliver the Mail
5/17/2019	The Washington Post	DC-area forecast: Days of warmth ahead, with slight shower and storm
5/17/2019	WUSA 9	20,000+ participate in Bike to Work Day 2019
5/17/2019	Zumper	6 Bike-Friendly Cities with Fun Commutes on Bike to Work Day
5/19/2019	Infosurhoy	DC-area commuters can participate in Bike to Work Day on Friday
5/21/2019	Reston Connections	Bike to Work Day in Reston Good for the cyclist, traffic and the environment.
5/21/2019	Herndon Connections	"Bike to Work Day Herndon-Style Good for the cyclist, good for traffic, good for the environment."
5/23/2019	Connections Newspaper	Area Residents Bike To Work: Plenty of juice, fruit and enthusiasm.
5/24/2019	Maryland Independent	A thank you to all those that helped with Bike to Work Day
Video - 5		
5/09/2019	Howard County Government	Are You Registered For Bike To Work Day?
5/09/2019	Takoma Park City TV	Bike to Work Day 2019
5/17/2019	WJLA ABC 7	What you need to know for National Bike to Work Day
5/17/2019	Roll Call	Yes, you can ride in a bow tie and other lessons from Bike to Work Day
5/22/2019	DDOT TV	2019 Bike to Work Day #BTWD2019
Radio - 4		
5/04/2019	WFMD 930	TransIT and City of Frederick Celebrate Bike to Work Day
5/13/2019	WHUR 96.3	Bike to Work Day And More Inside Community's Choice
5/15/2019	WHUR 96.3	A Fun, Cost Effective and Healthy Way to Get to Work
5/17/2019	Mornings on the Mall 105.9 FM WMAL	DC-area commuters can take part in Bike to Work Day on Friday
Blog - 27		
3/20/2019	Bethesda Transportation Solutions	Bike to Work Day
3/29/2019	Visit Fairfax County	Bike to Work Day – Fairfax County Pit Stops
4/03/2019	Fairfax County Government	Fairfax County Expands Bike to Work Day Celebration
4/04/2019	The DC Line	The DC Lineup for the spring: Learn about world cultures, chocolate, the environment and more
4/09/2019	Community Forklift	Register Now for Bike to Work Day 2019

4/18/2019	Greater Greater Washington	Breakfast links: This lifesaving train tech, 50 years in the making, is almost ready
4/18/2019	The DC Line	Curbed: Annual D.C. area Bike to Work Day planned for May 17
4/23/2019	Greater Greater Washington	Events: Rally for safer streets in memory of Abdul Seck
4/26/2019	Innov8energy	D.C. Bike to Work Day 2019 Planned for May 17
4/29/2019	A DC Journey	Do This: Bike to Work Day (5/17/19)
4/30/2019	goDCgo	Bike to Work Day is Back to Business
5/01/2019	DC Gov - Department of General Services	19 Bike to Work Day Facts
5/01/2019	Fairfax County Virginia	Fairfax County Bike to Work Day 2019
5/01/2019	Potomac Pedalers Touring Club	Bike to Work Day- Friday May 17, 2019 Join the Fun- Ride or Volunteer!
5/03/2019	Wash Cycle	Register for Bike to Work Day 2019, be a part of history
5/07/2019	DCThriftyMom	It's National Bike Month {Washington DC Events}
5/07/2019	goDCgo	It's Biking "May"hem!
5/08/2019	City of Alexandria	City Of Alexandria To Host Bike To Work Day In May 2019
5/13/2019	College Park	Mayoral Update - May 13, 2019 - what's happening in College Park this week.
5/13/2019	Greater Greater Washington	Events: Bike to work, speak out against highway widening, and more
5/14/2019	Port City Wire Alexandria News	Reminder: Register for Bike to Work Day 2019 Today!
5/14/2019	The U.S. Census Bureau	Young Worker in Cities More Likely to Bike to Work: May 17 is National Bike to Work Day
5/15/2019	Port City Wire Alexandria News	D.C. Area Gears Up for Record-Breaking Bike to Work Day
5/16/2019	EYA Homes	How to Get Ready for Bike to Work Day
5/16/2019	Mass Transit	MD: Friday marks Bike to Work Day
5/16/2019	The Hill is Home	TO DO: WEEKEND OF MAY 15TH-18TH
5/16/2019	The Hill is Home	DON'T FORGET: BIKE TO WORK TOMORROW!

Sponsors

American Association of State Highway and Transportation Officials (AASHTO)
May 17


It's #BikeToWorkDay - and we're in awe of everyone who took the opportunity to hop on your bike and come to work! Now, drink some water and read the AASHTO DTU. <http://dailyupdate.transportation.org>



2 Likes

BicycleSPACE
May 15

Remember to register for Bike to Work Day, even if you can't ride on the 17th. Your name is power. Every registrant is a voice for bike lanes, police training, bike paths and better city planning. It is a voice for safety. It is a voice for your fellow cyclists. Please register and remind your friends to do the same... See More




BIKETOWORKMETRODC.ORG
BTWD | Bike To Work Day
On Friday, May 17, 2019 Commuter Connections and the Washington Are...

3 Shares

Maryland State Highway Administration
May 16


We're hosting a Bike to Work Day Pit Stop tomorrow Friday, May 17. Learn more here, and see you tomorrow! <https://bddy.me/2VqtO9T VJ> #BikeToWorkDay



5 Likes 2 Comments 1 Share

BikeArlington @BikeArlington · May 17


And the sun is shining on #BikeToWorkDay in @RosslynVA. We're here until 9am!



1 Retweet 9 Likes

bikes@vienna
May 17


Ready for Bike to Work Day



34 Likes 4 Comments

Spokes Etc.
May 17


It's the best day of the year! We'll be seeing you all out on the trail! Just think... some people are lucky enough to do this every day! How often are you able to bike to work? 🚲



7 Comments 1 Share

Virginia Department of Transportation
May 16

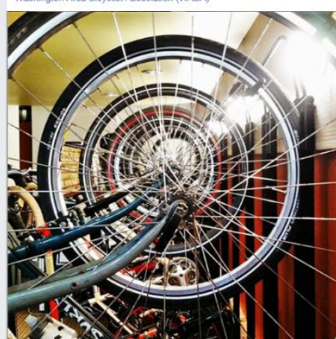
Trade four wheels for two and bike to work tomorrow morning. #BikeMonth #BikeToWorkDay #MorningCommuter 🚲🚲



28 Likes 12 Comments 14 Shares

Fair Lakes League
May 15



Tune up your tires, Bike to Work day is this Friday, May 17th! Celebrate bicycling as a clean, fun, and healthy way to get to work & take a break at our local pit stop event for food, beverages, fun, and prizes - including your chance to win one of many new bicycles! 🚲 <https://bit.ly/2Yvuywe> Washington Area Bicyclist Association (WABA)



Like Comment Share

Organizations

DowntownDC @DowntownDCBID · May 17
 The award for cutest biker of Bike to Work Day goes to this adorable kid! #btwd #btwd2019 #bikedc #downtowndc #somuchmore






17 likes

Tyson's Partnership @TysonsPartnership · May 17

An amazing #BikeToWorkDay! The Tysons Center pit stop was a media star with a visit from WJLA-TV (ADC) Good Morning Washington! (Thanks to Access Tysons, Mazerich & Tysons Corner Mall for their #BikeToWorkDay leadership!)

This year was the first ever pit stop at the McLean Metro center at Mitro Corp. That makes 2 #BTWD2019 pit stops here in #Tysons!





Tyson's Partnership added 54 new photos from May to the album: Bike to Work Day 2019 — with Access Tysons and 2 others

Like Page

EconDiplomacy@State @EconAtState · May 17

On #BikeToWorkDay, the Econ team practiced "bike diplomacy" — using pedal power to arrive at work this morning. We're focused on creating jobs at home, boosting economic opportunities overseas, and making America more secure. #BTWD2019




Commuter Connections and 3 others

1 comment, 2 retweets, 7 likes

Bethesda Green @BethesdaGreen · May 20

A huge thanks to everyone who stopped by our table on Bike to Work Day 2019! See you next year 🚲👋 #BTWD2019




BeGreenHub and Commuter Connections

3 likes

Sierra Club DC @SierraDC · May 17

A bunch of us here at the @SierraClub #DC office took part in #BikeToWorkDay #BTWD2019



2 retweets, 27 likes

Video



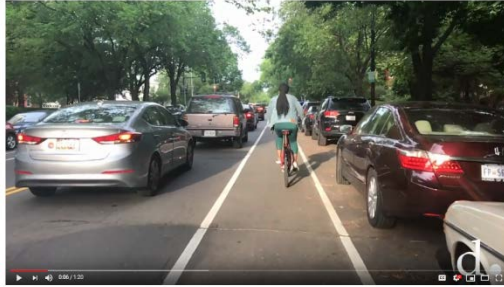
Bike To Work Day is Here

22 views

Evan Koef
Published on May 17, 2019

SHARE SAVE

SUBSCRIBE 41



2019 Bike to Work Day #BTWD2019

89 views

DOTNews
Published on May 22, 2019

BTWD is an annual event that celebrates commuters who bike to work regularly and encourages everyone else to try. It's a great opportunity to help reduce the number of cars on the road, improve your health, and to be a part of the environment. Double the fun on BTWD 2019, 11,000 cyclists!

SHARE SAVE

SUBSCRIBE 54



Bike to Work Day 2019

76 views

Takoma Park City TV
Published on May 15, 2019

May 17th, 2019. Bike to Work Day. Took Pk. Dogs in Takoma Park. Oaxaca & Dan. Screenshot.

SHARE SAVE

SUBSCRIBE 439

MENU **WUSA9**

WEATHER ALERT
Weather Alerts

20,000+ participate in Bike to Work Day 2019



The annual celebration is held every spring to promote the benefits of biking. It's healthier, cleaner, and costs less than driving to work.

Published: 6:59 PM EDT May 17, 2019
Updated: 6:57 PM EDT May 17, 2019

Photos and other Promotional Items

Alexandria Carlyle



Arlington Ballston



Indian Head



The Wharf



Frederick



Greenbelt



Silver Spring



Capitol Riverfront



Takoma Sligo Creek





Arlington County Proclamation



PROCLAMATION

oo0oo

BIKE MONTH

WHEREAS, bicycle commuting is an effective means to improve air quality, reduce traffic congestion and conserve energy; and

WHEREAS, bicycle commuting benefits both employees and employers through better health and fitness and reduced commuting and parking costs; and

WHEREAS, Arlington County is home to an expansive bicycle network, including some of the region's most popular bicycle trails; and

WHEREAS, Arlington recently approved an update to the Bicycle Element of its Master Transportation Plan to further build out a network of safe bicycle infrastructure suitable for riders from ages 8 to 80; and

WHEREAS, Arlington has a growing population of cyclists who are actively involved in shaping county, regional, state, and national transportation and community policies; and

WHEREAS, BikeArlington celebrates "Yay! For Bike Riders" on May 1, 2019; and

WHEREAS, the National Center for Safe Routes to Schools has designated May 8, 2019 to be National Bike to School Day; and

WHEREAS, the League of American Bicyclists has declared the week of May 13-17, 2019 to be Bike to Work Week; and


WHEREAS, the National Capital Regional Transportation Planning Board proclaimed May 17, 2019 to be Bike to Work Day throughout the Washington metropolitan region, of which Arlington is a part;

NOW, THEREFORE I, Christian Dorsey, Chair of the County Board of Arlington, Virginia, do hereby proclaim May 2019 as

BIKE MONTH

in Arlington County, and urge all residents to support and participate in these and other activities that contribute to the health of the community and the environment.




Christian Dorsey
Chair

Charles County Proclamation



County Commissioners of Charles County

PROCLAMATION 2019-22

Bike to Work Day

WHEREAS, bicycle commuting is an effective means to improve air quality, reduce traffic congestion, and conserve energy; and

WHEREAS, bicycle commuting benefits both employees and employers through better health and fitness, reduced parking and health care costs; and

WHEREAS, increasing numbers of Transportation Planning Board (TPB) member jurisdictions have added or improved bicycle paths and trails; and

WHEREAS, increasing numbers of businesses have installed bicycle parking and shower facilities to encourage employees to commute by bicycle; and

WHEREAS, the federal bicycle commuter benefit can be used by employers to assist employees with bicycle purchases, improvements, repair and storage; and

WHEREAS, biking to work or to school can help develop good exercise habits, lessen car traffic, reduce pollution and make a difference for your health and our community; and

WHEREAS, the Transportation Planning Board (TPB) through its Commuter Connections program promotes and organizes the annual Bike to Work Day event along with the Washington Area Bicyclist Association and supports bicycling through its Employer Outreach program.

NOW, THEREFORE, BE IT RESOLVED THAT THE COUNTY COMMISSIONERS OF CHARLES COUNTY, MARYLAND, do hereby proclaim May 17, 2019 as **Bike To Work Day** in Charles County, Maryland, and encourage residents to participate and support this environmentally friendly, healthy and fun event.

COUNTY COMMISSIONERS OF
CHARLES COUNTY, MARYLAND

Reuben B. Collins, II, Esq., *President*

Bobby Rucci, *Vice President*
District 4

Gilbert O. Bowling, III
District 1

Thomasina O. Coates, M.S.
District 2

Amanda M. Stewart, M.Ed.
District 3

Attest:

Carol A. DeSoto, Acting Clerk



Fairfax City Proclamation

WHEREAS, bicycling is an effective means to improve air quality, reduce traffic congestion, conserve energy, encourage health and fitness, and reduce commuting and parking costs; and

WHEREAS, representatives from the City of Fairfax, Fairfax County and George Mason University work together to identify and promote bicycle connections between the City, County, University and the Vienna/Fairfax-GMU Metro Station;

WHEREAS, the National Capital Region Transportation Planning Board through its Commuter Connections program promotes bicycling and organizes Bike to Work Day along with the Washington Area Bicyclist Association; and

WHEREAS, the Month of May is National Bike Month, providing an opportunity to increase awareness of the benefits of bicycling and encourage bike riding through organized rides and events; and

WHEREAS, Friday, May 17th is National Bike to Work Day, an annual event that takes place across the Washington D.C. metropolitan region to promote bicycling as a viable means of transportation to and from work; and

WHEREAS, the City is investing in trails and other bicycling infrastructure to support active transportation options and to expand connections between our neighborhoods, activity centers, and regional trails and destinations; and

WHEREAS, the City is proud to support the Fairfax City Downtown Bike to Work Day Pit Stop;

NOW THEREFORE, I, David Meyer, Mayor of the City of Fairfax, in concert with the City Council do hereby proclaim MAY 2019 as

Bike Month

in the City of Fairfax and encourage members of the Community to enjoy the benefits of bicycling and to remember the importance of bicycle