



For Immediate Release
March 27, 2013

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Registration for Bike to Work Day 2013 Opens

Register Early and Ride in Style – First 12,000 Receive Free Bike to Work Day T-shirt at
Choice of Over 70 Pit Stop Celebrations

Washington, D.C. – Registration for the metropolitan Washington region’s annual Bike to Work Day 2013 on Friday, May 17 is now open at www.biketoworkmetrodc.org. This year’s Bike to Work Day will be bigger than ever with more than a dozen new pit stops added, for a total of 72 in the region -- District of Columbia, Maryland and Virginia – offering cyclists refreshments, entertainment and giveaways as part of the celebration. Bike to Work Day, organized by Commuter Connections and the Washington Area Bicyclist Association (WABA), prompts thousands of area commuters to bicycle to work to highlight and promote this clean commute option.

“Bike to Work Day is a great way to promote bicycling as an alternative to driving alone to work. Ten percent of BTWD participants reported that they started cycling to work after participating in their first BTWD event,” said Nicholas Ramfos, Director of Commuter Connections. “And it encourages those who already bike, to do it more often. More than 20 percent of BTWD participants say cycling is now a regular part of their commutes.”

Last year there were 12,700 registrants, and coordinators expect registration will again break records as novice and experienced cyclists join together to celebrate bicycling as a fun, healthy and wallet-friendly commute alternative. The first 12,000 registrants will receive free Bike to Work Day t-shirts at the pit stop of their choice and become eligible to win great prizes such as Jamis bicycles. Registration and event details including pit stop locations, sponsor information and how to join a convoy are at www.biketoworkmetrodc.org.

Commuter Connections and WABA encourage new and experienced bicycling commuters to be prepared and offer the following resources:

- **Learn more about Bike Commuting:** Learn about commuting to work by bicycle at www.commuterconnections.org – click Commuter Programs, then Bicycling.
- **Ride with others in a Commuter Convoy:** Commuter convoys on Bike to Work Day will be led by experienced bicycle commuters, and many routes are available. Find a convoy near you at: www.biketoworkmetrodc.org/join-a-convoy.
- **Brush up on cycling skills:** Gain bike-commuting confidence by participating in *Confident City Cycling Classes*. Learn to safely share the road with cars, other bikes, and pedestrians: <http://www.waba.org/education/adult.php>.

- **Learn the rules of the road:** For tips on biking to work check out the "Bicycling to Work in the Washington Area: Guide for Employees and Employers" available through Commuter Connections at www.commuterconnections.org.

Register for Bike to Work Day at www.biketoworkmetrodc.org or by calling 800-745-RIDE.

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Commuter Connections is a program of the National Capital Region Transportation Planning Board at the Metropolitan Washington Council of Governments, www.mwcoq.org. Commuter Connections promotes bicycling to work, ridesharing and other alternatives to drive alone commuting, and provides ridematching for carpools and vanpools, and offers the free Guaranteed Ride Home program.

Commuter Connections, www.commuterconnections.org is funded by the District of Columbia, Maryland, Virginia and U.S. Departments of Transportation.

The [Washington Area Bicyclist Association](#) creates a healthy, more livable region by promoting bicycling for fun, fitness, and affordable transportation; advocating for better bicycling conditions and transportation choices for a healthier environment, and educating children, adults, and motorists about safe bicycling.