

**METROPOLITAN WASHINGTON COUNCIL OF GOVERNMENTS**

777 North Capitol Street, N.E., Suite 300 Washington, D.C. 20002-4239

Telephone (202) 962-3200 TDD (202) 962-3213 Fax (202) 962-3201 Internet: [www.mwcog.org](http://www.mwcog.org)

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CONTACT: Anne Marie Corbalis (845) 855-7077 / [amcorbalis@archstreetcommunications.com](mailto:amcorbalis@archstreetcommunications.com)  
Lewis Miller (202) 962-3209 / [lmiller@mwcog.org](mailto:lmiller@mwcog.org)

**More than 8,000 Expected to Participate in Bike to Work Day on May 21, 2010**  
*Online Registration Now Open for Annual Event*

**Washington, D.C.**—The Metropolitan Washington Council of Governments (COG) and the Washington Area Bicyclist Association (WABA) will host one of the nation's largest "Bike to Work Day" events on Friday, May 21, 2010. Registration for the event is free and has opened online, and more than 8,000 cyclists are expected to leave the car behind and bike to work May 21 in Washington D.C., Maryland and Virginia.

Part of COG's Commuter Connections program, the annual event brings Washington area commuters together to promote bicycling to work as a fun, healthy, environmentally friendly, and low cost alternative to drive alone commuting. This year, cyclists will pedal to 35 pit stops across the National Capital Region, the most ever for the annual event. Some commuters will join bicycle convoys led by experienced cyclists; many of the convoys will end at a bicycle rally at Freedom Plaza in Washington, D.C.

Cyclists can register and find more information about the 35 pit stop locations in the region, including commuter convoy meeting times and details, at [www.waba.org](http://www.waba.org). The first 8,500 bicyclists who register online at [www.waba.org](http://www.waba.org) or by phone at 202-518-0524 by May 14 will receive a free Bike to Work Day T-Shirt at their pit stop. Each pre-registrant will also be entered into a Bicycle Raffle.

"We hope more commuters than ever choose to give bicycling to work a try on May 21," said Nicholas Ramfos, Director, Commuter Connections. "In our most recent survey\*, 21 percent of participants had never tried cycling to work before they participated in Bike to Work Day—this is a great way to learn how easy it is to make bicycling to work a viable alternative that improves health and saves money."

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Participants can win chances for raffle prizes and enjoy refreshments at all of the pit stops. The annual event brings commuters together to promote bicycling to work as a healthy and environmentally-sustainable alternative to drive alone commuting. Bike to Work Day draws more cyclists and more corporate support each year, indicating continuing interest in a healthy, low-cost, low-impact way to work in the National Capital Region.

Major sponsors of this year's Bike to Work Day event include Crystal City Business Improvement District, DC Lottery, MASN HD, Whole Foods Market, AAA Mid-Atlantic, Arlington County's Car-Free Diet, Downtown DC BID, ICF International, SmartWool and Transurban. Their generous contributions help make this event a success.

Experienced and novice cyclists are welcome to participate in this free event and may register by visiting [www.waba.org](http://www.waba.org) or by calling 202-518-0524.

\* 2007 Bike to Work Day TERM Evaluation Survey

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*Commuter Connections is a program of the National Capital Region Transportation Planning Board at the Metropolitan Washington Council of Governments. Commuter Connections promotes bicycling to work, ridesharing and other alternatives to drive alone commuting, and provides ridematching for carpools and vanpools and offers the free Guaranteed Ride Home program. Commuter Connections is funded by the District of Columbia, Maryland, Virginia and U.S. Departments of Transportation.*  
[www.mwcog.org](http://www.mwcog.org), [www.commuterconnections.org](http://www.commuterconnections.org).

*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.*