

NEWS RELEASE

Celebrate Spring by Registering for Bike to Work Day 2018

Registration officially opens for free annual event

Washington, D.C. (March 28, 2018) – A sure sign that spring is here, registration for Bike to Work Day (BTWD) 2018 is now open. This year's event on Friday, May 18 in metropolitan Washington is expected to set new participation records, featuring 100 pit stops throughout the region with raffles, giveaways, food, and beverages. The first 20,000 people who register and attend will receive a free BTWD t-shirt.

It's free, fast, and easy to register for BTWD. Just visit www.biketoworkmetrodc.org. While you're there, be sure to check out the pit stops, get tips from biking experts, join a commuter convoy, or find a ride buddy. From experienced cyclists to those who are new to two-wheels, the Bike to Work Day website is a great resource for everyone.

Bike to Work Day is coordinated in the region by the National Capital Region Transportation Planning Board's Commuter Connections program at the Metropolitan Washington Council of Governments, and the Washington Area Bicyclist Association (WABA).

"Commuter Connections and WABA are joining forces again to make this year's event bigger and better," said Nicholas Ramfos, Commuter Connections Director. "We're inviting commuters from the District of Columbia, Maryland, and Virginia to join us in celebrating bicycling as a fun and healthy way of traveling to and from work. Save money, reduce traffic, and improve air quality by trading four wheels for two." This year's event has been made possible by regional sponsors including ICF, Takoma Bicycle, Spokes Etc. Bicycles, Go Alex, BicycleSPACE, Bike Arlington, DC Bike Ride, Marriott International, California Tortilla, goDCgo, and Tele Dental Exam.

Free registration for Bike to Work Day is available at www.biketoworkmetrodc.org or by calling (800) 745-7433.

For updates, follow Commuter Connections on Twitter at [@BikeToWorkDay](#), and join the conversation by using #BTWD2018 or #BTWDC.

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Commuter Connections is a program of the National Capital Region Transportation Planning Board at the Metropolitan Washington Council of Governments. Commuter Connections promotes bicycling to work, ridesharing and other alternatives to drive alone commuting, provides ride matching for carpools and vanpools, and offers the free Guaranteed Ride Home program. Commuter Connections is funded by the District of Columbia, Maryland, Virginia and the U.S. 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.

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