



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

**Bike To Work Day 2021  
Draft Report**

*Prepared for:*

Metropolitan Washington Council of Governments  
777 North Capitol Street, NE, Suite 300  
Washington, DC 20002-4290

Prepared by:

Mark Hersey, COG/TPB staff

September 8, 2021



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## ACKNOWLEDGEMENTS

The 2021 Metropolitan Washington Bike to Work Day (BTWD) Pit Stop Managers consisted of the following individuals representing their respective organizations:

| <b>Name</b>           | <b>Organization</b>                         |  |
|-----------------------|---|--|
| Brian Barrie          | Adams Morgan Partnership BID                |  |
| Lara Gold             | American College of Cardiology              |  |
| Liza Lester           | American Geophysical Union                  |  |
| Tina Kuklenski-Miller | American Physical Therapy Association       |  |
| Mimi Diez             | Architect of the Capitol                    |  |
| Chris Militello       | Arrow Bicycle                               |  |
| Jenny Zucker          | Bethesda Transportation Solutions           |  |
| Philip Koopman        | BicycleSPACE                                |  |
| David Balick          | BikeArlington                               |  |
| Carmen Hilton         | Brunswick Main Street                       |  |
| McKenna Pugh          | Capitol Hill BID                            |  |
| Grace Aucella         | Capitol Riverfront BID                      |  |
| Morgan Babcock        | Carlyle Council                             |  |
| Renee Moore           | City of Alexandria                          |  |
| Katie Hart            | City of College Park                        |  |
| Chloe Ritter          | City of Fairfax                             |  |
| Anthony Berger        | City of Gaithersburg                        |  |
| Rosalind Grigsby      | City of Takoma Park                         |  |
| Daniel Hayes          | Columbia Heights Volunteer - Unaffiliated   |  |
| Lydia Chandlee        | Cushman & Wakefield                         |  |
| Jennifer Currie       | District Wharf Community Association        |  |
| Remi Wallace          | DowntownDC BID                              |  |
| danny cosner          | Dumfries Volunteer - Unaffiliated           |  |
| David Loss            | Fairfax County Department of Transportation |  |
| Nohemy Miranda        | Fairfax County Department of Transportation |  |
| Stephanie Powers      | Fairfax County Park Authority               |  |
| John Nicklas          | Fort Belvoir Safety Office                  |  |

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| Judd Isbell      | Friends of the Mount Vernon Trail                      |  |
| Debbie Young     | Georgetown BID   |  |
| Matthew Jones    | goDCgo   |  |
| Kate Gilbride    | Golden Triangle BID                                    |  |
| Megan Hurst      | Great Harvest Bread of Alexandria                      |  |
| Di Quynn Reno    | Greenbelt Recreation                                   |  |
| Jared Nieters    | Haymarket Bicycles                                     |  |
| Melissa Williams | Historic Manassas Inc.                                 |  |
| Ginger Brown     | Lee Highway Alliance                                   |  |
| Judy Galen       | Loudoun County Commuter Services                       |  |
| Alex Joyce       | Macerich   |  |
| Noelle Smith     | Maryland-National Capital Park and Planning Commission |  |
| Robert Walker    | Maryland-National Capital Park and Planning Commission |  |
| Tony Dziepak     | MITRE Corporation                                      |  |
| Beth Dennard     | Montgomery County Commuter Services                    |  |
| James Carlson    | Montgomery County Commuter Services                    |  |
| Mark Sofman      | Montgomery County Commuter Services                    |  |
| Michelle Golden  | Montgomery County Commuter Services                    |  |
| Paul Gatons      | Montgomery County Commuter Services                    |  |
| Ruthann Eiser    | Montgomery County Commuter Services                    |  |
| Ashley Moses     | Mosaic Green Commute                                   |  |
| Sarah Lifsey     | Mount Rainier Bike Co-op                               |  |
| Karen January    | National Guard Bureau                                  |  |
| Cassie Hurley    | National Landing BID                                   |  |
| Julie Kutruff    | National Park Service                                  |  |
| Ryan Emery       | Naval Support Activity Bethesda                        |  |
| Diana Cirone     | NoMa BID   |  |
| Traci McPhail    | North Bethesda Transit Center                          |  |
| Kevin Hood       | Old City Market And Oven                               |  |
| Liz French       | Peterson Companies                                     |  |
| Holly Morello    | Potomac and Rappahannock Transportation Commission     |  |

|                       |  |  |
|-----------------------|--|--|
| Tiffany Jennings      | Prince George's County Dept of Public Works and Transportation |  |
| Dan Pittman           | Prince William County  |  |
| Bertha Johnson        | Prince William County  |  |
| Richard Holt          | Prince William Trails and Streams Coalition                    |  |
| Jonathan Navarro      | Reston Community Center  |  |
| Jessie Himmelrich     | Southwest BID  |  |
| Mark Repak            | Spokes Etc   |  |
| Bruce Sawtelle        | Takoma Bicycle   |  |
| Tia Carson            | Tower Companies  |  |
| Rod Barnes            | Town of Edmonston  |  |
| Cindy Roeder          | Town of Herndon Parks and Recreation                           |  |
| Kendall Tiffany       | Transit Services of Frederick County                           |  |
| Kandace Massenburg    | Transwestern   |  |
| George Clark          | Tri-County Council for Southern Maryland                       |  |
| Chris Mack            | U.S. Coast Guard HQ  |  |
| Thomas Worth          | University of Maryland   |  |
| Gussie Reilly         | Urban Athletic Club  |  |
| Joseph Davison        | Velocity Bicycle Cooperative                                   |  |
| Tara Woodley          | VIDA Fitness   |  |
| Hugh McGloin          | WHS Transportation Program Management Office                   |  |
| <b>Name</b>           | <b>Organization</b>  |  |
| Brian Barrie          | Adams Morgan Partnership BID                                   |  |
| Lara Gold             | American College of Cardiology                                 |  |
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| Tony Dziepak     | MITRE Corporation                                      |  |

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| Paul Gatons        | Montgomery County Commuter Services                            |  |
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| Ashley Moses       | Mosaic Green Commute   |  |
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| Karen January      | National Guard Bureau  |  |
| Cassie Hurley      | National Landing BID   |  |
| Julie Kutruff      | National Park Service  |  |
| Ryan Emery         | Naval Support Activity Bethesda                                |  |
| Diana Cirone       | NoMa BID   |  |
| Traci McPhail      | North Bethesda Transit Center                                  |  |
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| Kendall Tiffany    | Transit Services of Frederick County                           |  |
| Kandace Massenburg | Transwestern   |  |
| George Clark       | Tri-County Council for Southern Maryland                       |  |

|              |                        |  |
|--------------|------------------------|--|
| Chris Mack   | U.S. Coast Guard HQ    |  |
| Thomas Worth | University of Maryland |  |

**Metropolitan Washington Council of Governments (COG)** staff included:

Nicholas Ramfos      Brandon Franklin      Douglas Franklin      Mark Hersey      Dan Sheehan

**Washington Area Bicyclists Association (WABA)** staff included:

Nick Russo      Ben Wokas

**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 2021 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 in 2001, annual registrations for the event have increased over 700%. The event saw continuous growth in registrations as well this year.

More than 8,900 bicyclists registered for Bike to Work Day 2021. The May 21st event was held at 95 local pit stops. Several bicycles were raffled off and all the registrants who attended received a free BTWD 2021 T-shirt.

The approximate breakdown of registrants by pit stops was:

| <b>2021 Pit Stops</b>                               | <b># of Registrants<br/>8,967</b> |
|---|-----------------------------------|
| DC - Adams Morgan at Unity Park                     | 222                               |
| DC - Anacostia                                      | 39                                |
| DC - Anacostia Riverwalk Trail - River Terrace Park | 66                                |
| DC - Capitol Hill at Eastern Market                 | 187                               |
| DC - Capitol Hill at House Office Buildings         | 59                                |
| DC - Capitol Riverfront at Canal Park               | 115                               |
| DC - Columbia Heights Plaza                         | 199                               |
| DC - Dupont Circle at American Geophysical Union    | 143                               |
| DC - Freedom Plaza                                  | 190                               |
| DC - Georgetown Waterfront Park                     | 233                               |
| DC - Glover Park at Kimpton Hotel                   | 83                                |
| DC - Golden Triangle - Farragut Square              | 100                               |
| DC - Golden Triangle - L Street                     | 74                                |
| DC - Ivy City at BicycleSPACE                       | 50                                |
| DC - Mt. Vernon Triangle at VIDA Fitness            | 126                               |

|  |     |
|--|-----|
| DC - NoMa at Wunder Garten                           | 187 |
| DC - Old City Market and Oven                        | 66  |
| DC - Southwest Business Improvement District         | 41  |
| DC - The Wharf/SW Waterfront                         | 123 |
| DC - U.S. Coast Guard HQ                             | 72  |
| DC - West End at American College of Cardiology      | 32  |
| MD - Bethesda at Griffin Cycle                       | 256 |
| MD - Bethesda at Terrapin Bicycles                   | 118 |
| MD - Bladensburg Waterfront Park                     | 56  |
| MD - Briggs Chaney Park & Ride Mobile Commuter Store | 18  |
| MD - Brunswick Train Station (MARC)                  | 25  |
| MD - Chevy Chase Athletic Club                       | 82  |
| MD - College Park at Duvall Field                    | 73  |
| MD - Damascus at All American Bicycle Center         | 8   |
| MD - Frederick Downtown at Transit Center            | 198 |
| MD - Gaithersburg - Kentlands                        | 113 |
| MD - Gaithersburg at Andes Bike Shop                 | 42  |
| MD - Gaithersburg at Bike Center Bike Shop           | 54  |
| MD - Gaithersburg Olde Towne Plaza (afternoon)       | 42  |
| MD - Germantown Cycles Bike Shop                     | 56  |
| MD - Germantown Walmart - Mobile Commuter Store      | 17  |
| MD - Greenbelt Aquatic & Fitness Center              | 102 |
| MD - Hyattsville at Magruder Park                    | 96  |
| MD - Largo/Kettering/Perrywood Community Center      | 111 |
| MD - Laytonsville at Just Riding Along Bicycle Shop  | 41  |
| MD - Mount Rainier Bike Co-op                        | 49  |
| MD - Naval Support Activity Bethesda                 | 93  |
| MD - North Bethesda at REI Bike Shop                 | 209 |
| MD - Oxon Hill/National Harbor                       | 39  |
| MD - Port Towns at Edmonston                         | 13  |
| MD - Riverdale Park Station                          | 25  |

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| MD - Rockville at TREK Bicycle                           | 160 |
| MD - Silver Spring - MCDOT Commuter Services TRIPS store | 88  |
| MD - Silver Spring at Silver Cycles                      | 130 |
| MD - Takoma Park - Downtown/Old Town                     | 94  |
| MD - Takoma Park - Sligo Creek Trail                     | 64  |
| MD - Takoma Park at Takoma Bicycle                       | 52  |
| MD - University of Maryland                              | 41  |
| MD - Waldorf Bike Doctor                                 | 38  |
| VA - Alexandria Big Wheel Bikes                          | 89  |
| VA - Alexandria Conte's Bikes                            | 91  |
| VA - Alexandria Pedego Bikes                             | 32  |
| VA - Annandale Wakefield Park at Audrey Moore RECenter   | 59  |
| VA - Ballston at Spokes Etc. Bicycles                    | 296 |
| VA - Carlyle Square Park                                 | 243 |
| VA - Chantilly Regional Library                          | 36  |
| VA - Columbia Pike at Penrose Square                     | 156 |
| VA - Crystal City Water Park                             | 172 |
| VA - Del Ray at Colasanto Park                           | 153 |
| VA - Dumfries at Town Hall Community Center              | 14  |
| VA - Fair Lakes Center                                   | 34  |
| VA - Fairfax City Downtown                               | 119 |
| VA - Fairfax County Government Center                    | 36  |
| VA - Fairlington Centre                                  | 96  |
| VA - Fort Belvoir  | 38  |
| VA - GMU at Freedom Aquatic & Fitness Ctr                | 17  |
| VA - Gravelly Point                                      | 70  |
| VA - Haymarket Bicycles                                  | 11  |
| VA - Herndon Town Hall Green                             | 307 |
| VA - HQ National Guard                                   | 35  |
| VA - Lee Highway   | 57  |
| VA - Leesburg at Raflo Park                              | 177 |

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| VA - Manassas - VRE Station                  | 46  |
| VA - Mark Center                             | 59  |
| VA - McLean MITRE Corporation                | 62  |
| VA - Mosaic at Strawberry Park               | 116 |
| VA - Mt. Vernon Collingwood Park             | 38  |
| VA - Mt. Vernon RECenter Belle View          | 21  |
| VA - National Landing at APTA                | 48  |
| VA - Oakton at Oak Marr RECenter             | 22  |
| VA - Reston - Reston Station                 | 174 |
| VA - Rippon Landing VRE Station              | 14  |
| VA - Rosslyn at Gateway Park                 | 453 |
| VA - Springfield - Metro Park at Walker Lane | 50  |
| VA - Springfield at South Run RECenter       | 60  |
| VA - Sterling                                | 186 |
| VA - Tysons Corner Center                    | 47  |
| VA - Vienna Town Green                       | 170 |
| VA - Woodbridge - Chinn Center               | 40  |
| VA - Woodbridge - VRE Station                | 13  |

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 2021, 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.

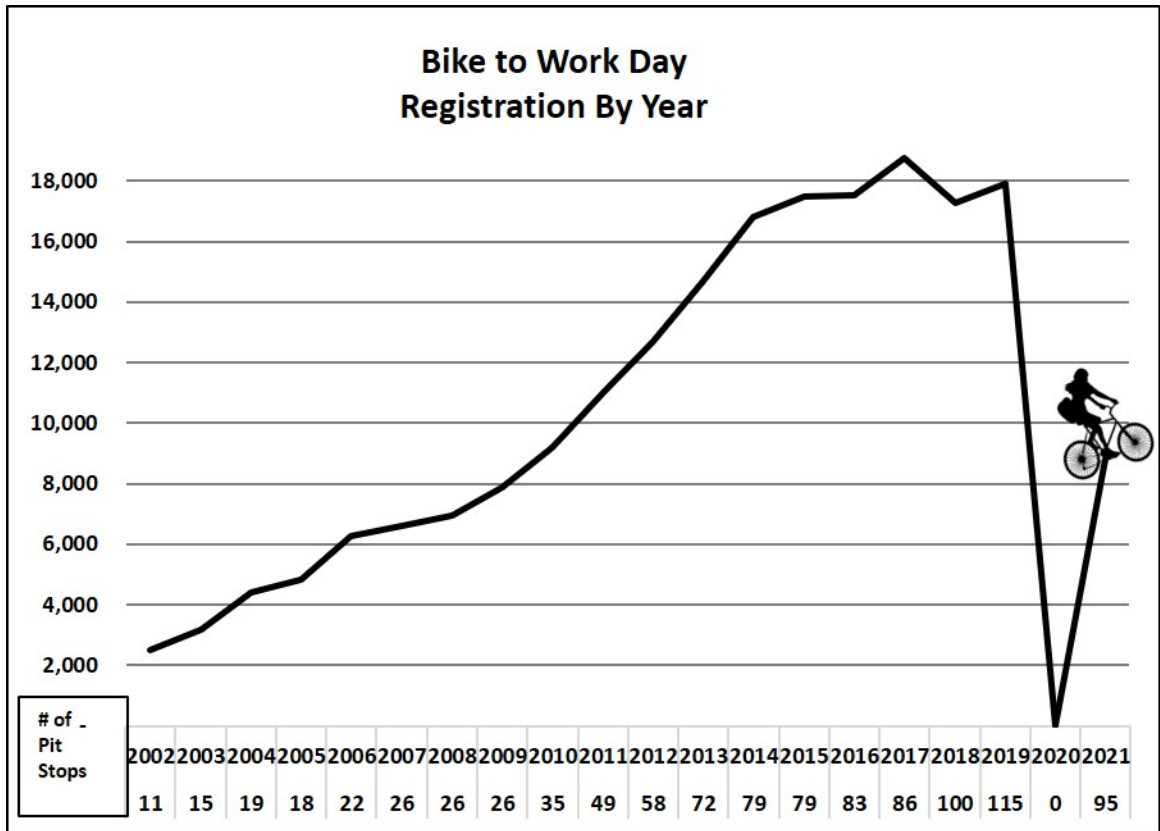
- Outreach to employers through a direct mail and email marketing campaign by Commuter Connections.
- An article in the Commuter Connections employer newsletter.
- Local marketing efforts by the various pit stop managers.
- An e-mail to previous year's participants by Commuter Connections.
- Banners 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 17,200 in 2018. 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



Sponsor Declaration Form



**Bike to Work Day - May 21, 2021  
Regional Sponsorship Declaration**

Please Return by January 29, 2021

Please check one of the following Sponsor Levels:

|   | Cash                     | In-Kind                  |
|---|--------------------------|--------------------------|
| <b>GOLD SPONSOR LEVEL \$7,500</b><br><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> | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>SILVER SPONSOR LEVEL \$4,500</b><br><i>Logo on 20,000 T-shirts, Press Release, plus Bronze level items</i>   | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>BRONZE SPONSOR LEVEL \$1,200</b><br><i>Logo on Website and 90,000 Posters and Rack Cards</i>   | <input type="checkbox"/> | <input type="checkbox"/> |

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 pit stop locations may require a separate fee for tabling.*

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** and mail to 777 N. Capitol Street, Suite 300, Washington, DC 20002 ATTN: Douglas Franklin. Send this form and logo to [dfranklin@mwkog.org](mailto:dfranklin@mwkog.org) in high resolution format for quality reproduction, no later than January 29, 2021. 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 2021 event:

### 2021 New Sponsors:

| <b>Organization</b>            | <b>Level</b> |
|--------------------------------|--------------|
| GO Alex                        | Gold         |
| ICF                            | Gold         |
| UrbanStems                     | Gold         |
| BicycleSPACE                   | Silver       |
| BikeArlington                  | Silver       |
| Marriott                       | Silver       |
| Verra                          | Silver       |
| AASHTO                         | Bronze       |
| American College of Cardiology | Bronze       |
| Fair Lakes League              | Bronze       |
| Giant                          | Bronze       |
| goDCgo (DDOT)                  | Bronze       |
| MDOT                           | Bronze       |
| Potomac Pedalers               | Bronze       |
| VDOT                           | Bronze       |
| Vision Zero Prince George's    | Bronze       |



## HIGHLIGHTS FROM AREA PIT-STOPPS

**Adams Morgan:** The event was held at Unity Park from 7:30am to 11am. There were 222 registrants for the pit stop.

### **Alexandria – Carlyle:**

Bike to Work Day was successful given the COVID-19 arrangements for our 9<sup>th</sup> year as the Carlyle Pit Stop! We had an okay registration due to the time limitations that were placed on us, but a great turnout on the day of! We are so thankful that you all took the time out to register and come out to support our pit stop! This year we had a new layout to keep everyone spaced out and we plan to keep the layout the same for next year. We hope to have a live raffle back next year and a DJ that will entertain everyone, but until then we hope that our biking community stays safe!

Thank you to our wonderful sponsors that have donated the gift cards and gifts for the raffle that we did on Facebook Live after the morning Pit Stop!

|                      |                        |
|----------------------|------------------------|
| Alexandria Renew     | Simpson Properties     |
| Burke & Herbert Bank | The Westin Alexandria  |
| Carlyle Council      | JM Zell                |
| Jones Lang LaSalle   | Post Properties        |
| Wheel Nuts           | Sweetfire Donna's      |
| WABA                 | Conte's Bike Shop      |
| Tequila & Taco       | Commuter Connections   |
| Paradigm             | Denizen                |
| Pure Barre           | Eisenhower Partnership |
| Simpson              | Whiskey & Oyster       |
| AREP                 | Club Pilates           |
| Ortho Virginia       | GoAlex                 |

### **Alexandria City Wide (3 pit stops):**

This year, due to COVID restrictions, the City of Alexandria chose to spread out the pit stops rather than have the event at Market Square. Since we were unable to have vendors participate, we thought it would be great to have the t-shirt pick up location at three local bike shops. We chose Big Wheel Bikes, Conte's Bike Shop, and Pedego Bikes as the locations. The

owners were excited to be able to participate in Bike to Work Day. We had 218 registrants between the three pit stops. Although it was different from previous years, the people who stopped by enjoyed it and were glad that Bike to Work Day was back

**Alexandria Del Ray:** The event was held at Colasanto Park from 6am to 9am. There were 153 registrants for the pit stop.

**Alexandria Mark Center:** The event was held at the Mark Center from 7am to 9am. There were 59 registrants for the pit stop.

**Alexandria National Landing at APTA:** The event was held from 3pm to 6pm. There were 48 registrants for the pit stop.

**Anacostia:** The event was held by the Arts Center from 7am to 9 am. There were 39 registrants for the pit stop.

**Anacostia River Trail/River Terrace:** The Anacostia River Trail Pit stop, hosted by the National Park Service, is located along the trail at the intersection of Benning Road and Anacostia Avenue NE. This year we kept things simple to align with the COVID protocols and provided wrapped pastries, cookie, bottles of juice and water at the stop along with the shirts and brochures. 67 people registered for this year's event and 40 people who were registered attended. In addition, we had 27 other bikers who were either unregistered or were registered at other pit stop who stopped by to say hello on their way to other pit stops. In total we had 67 visitors on bikes to the stop as well as 6 curious pedestrians. There was a substantial increase in the number of bikers who reported that they biked from home and were biking back to work from home. Also, there were fewer groups biking to work together this year than we had in the past, likely due to many people still working from home. We are happy to report that we had 100% compliance with the COVID safety protocols recommended for pit stops this year without exception. Many people commented on how glad they were that Bike to Work Day was back as an in-person event this year and we had lots of positive feedback on the color of this year's shirt.

**Annandale:** The event was held at Wakefield Park/Audrey Moore RECenter from 6:30am to 9am. There were 59 registrants for the pit stop.

**Arlington:** The County had 1,303 participants register to participate across Arlington's 7 pit stops. Ballston, Crystal City Waterpark, and Rosslyn Gateway a.m. time slots were all 100% full. BikeArlington hosted 3 pit stops (Rosslyn, Ballston, and Columbia Pike Penrose Square) while National Landing Bid, Lee Highway Alliance, TARC, and MVT Trail & Friends/NPS hosted the other 4. The staggered arrival times meant that pit stops had a steady flow of participants coming and going throughout the day, but never a large crowd at any given point and pit stops had good compliance from attendees with COVID-19 guidelines. While BTWD was smaller than years past, participants were energized and happy to see its return after 2020's cancellation.

**Bethesda:** The Bethesda Pit Stops at Griffin Cycle and Terrapin Bicycles had 389 cyclists pre-register for the 2021 Bike to Work Day event.

This year, Bethesda Transportation Solutions (BTS) teamed up with Griffin Cycle and Terrapin Bicycles to distribute Bike to Work Day t-shirts in an effort to avoid large crowds gathering due to the on-going COVID-19 pandemic.

Across Montgomery County, cyclists signed up to pick up their t-shirt at the participating bike shop that was most convenient for them. In addition to Bike to Work Day t-shirts, BTS also gave away Bike to Work Day branded towels, along with gaiter-style masks and bike maps.

There was no set program of speakers at their Downtown Bethesda location, however, Montgomery County Council Member Andrew Friedson stopped by the Terrapin Bicycles location to pick up his t-shirt and show support for the event. He also posted photos on social media.

Local news station WDVM also stopped by the Terrapin Bicycles location and took video. You can watch the video and read the story at <https://www.localdvm.com/news/20th-annual-bike-to-work-day-celebrated-differently-post-pandemic/>

**Bladensburg Waterfront Park:** The event was held at the Waterfront Park from 7am to 9am. There were 56 registrants for the pit stop.

**Briggs Chaney Park & Ride Mobile Commuter Store:** There were 18 registrants for the pit stop.

**Brunswick MARC Station:** The event was held from 9am to 11am. There were 25 registrants for the pit stop.

**Chevy Chase Athletic Club:** The event was held from 7am to 9am. There were 82 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 187 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 59 registrants for the pit stop.

**Capitol Riverfront:** The event was held at Canal Park from 7am to 9am. There were 115 registrants for the pit stop.

**Chantilly Library:** The event was held at the Chantilly Regional Library from 6:30am to 9am. There were 36 registrants for the pit stop.

**Coast Guard Headquarters:** The event was held at US Coast Guard Headquarters from 6am to 9am. There were 72 registrants for the pit stop.

**College Park City Hall:** The City of College Park hosted its morning pit stop at Duvall Field from 6:30 to 8:30 am. The regular City Hall location was unavailable due to construction of the City Hall building. 61 cyclists checked in to pick up a t-shirt and a snack.

**Columbia Heights Plaza:** The event was held from 4pm to 7pm. There were 199 registrants for the pit stop.

**Damascus:** The event was held at the All American Bicycle Center from 7am to 9am. There were 8 registrants for the pit stop.

**Dumfries:** The event was held at the Dumfries Town Hall from 7:30am to 9:30am. There were 14 registrants for the pit stop.

**Dupont Circle:** The event was held at American Geophysical Union from 7:00 am to 9:00am. There were 143 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 36 registrants for the pit stop.

**Fairfax City:** The Fairfax City Downtown pit stop was held in Old Town Square from 6am to 9am. There were 119 people registered for the pit stop, a slight increase over the previous event in 2019. A virtual raffle was held, and participants who registered up to two days before the event were entered into the raffle; the raffle prize winners were then notified the day before Bike to Work Day so that they could pick up their prizes along with their T-shirt. Due to the COVID-19 pandemic, there were no vendors or interactive activities. However, participants were able to pick up their BTWD t-shirt and pick up pre-packaged snacks and giveaway items such as reflective straps, stickers, bike maps, local business coupons, and other goodies. Raffle prizes, snacks, and other items were sponsored by several local businesses and organizations including the Fairfax City Environmental Sustainability Committee, Fairfax City Economic Development Authority, High Side, Massage Green Spa, Ornerly Beer Company, Pacers Running Store, and Twins Ace Hardware.

**Fair Lakes:** The event was held Fair Lakes Center from 6am to 9am. There were 34 registrants for the pit stop

**Fairlington Center:** The event was held at Fairlington Center in front of Great Harvest Bread from 6:30am to 9:00am.

**Fort Belvoir:** The event was held at the Walker Gate from 6:30am to 10:00am. There were 38 registrants for the pit stop.

**Freedom Plaza (DC):** The event was held at Freedom Plaza from 7am to 9am. There were 190 registrants for the pit stop.

**Frederick:** With COVID restrictions in place and to allow participants to have flexibility with pickup times and social distancing, Frederick held two different pit stops for Bike to Work Day 2021. Frederick's morning pit stop was held at the Frederick Transit Center from 6:00 a.m. to 8:30 a.m. and Frederick's afternoon pit stop was held at Attaboy Brewery from 3:30 p.m. to 6:00 pm. Both pit stops totaled more than 200 people with 125 people attending the day of. All participants received a commemorative Bike to Work Day t-shirt and a goodie bag containing a granola bar, a bottle of water, reflector, pen, and mini hand sanitizer. The goodie bags also contained information on Guaranteed Ride Home, local and regional bike maps, a Visit Frederick visitor guide, and TransIT's ride guide with local transit information. Frederick hopes to have their traditional ceremonial bike ride through Downtown Frederick and Transit Center celebration with speakers and vendors again in 2022.

**Gaithersburg Kentlands:** The event was held on the corner of Great Seneca Highway and Orchard Ridge Drive from 7am to 9am. There were 113 registrants for the pit stop.

**Gaithersburg at Andes Bike Shop:** The event was held from 7am to 9am. There were 42 registrants for the pit stop.

**Gaithersburg at Bike Center Shop:** The event was held from 7am to 9am. There were 54 registrants.

**Gaithersburg Old Towne:** The event was held in Old Towne, Gaithersburg from 4pm to 6pm. There were 42 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 reaching the maximum that could register, at about 250. It was a warm morning with plenty of sunshine to welcome our guests to the pit stop! This year, we hosted a paired down version of Bike to Work Day due to COVID. Cheerful signage was placed along the bike path to invite cyclists and let them know the lay of the land. We had four stations spread out with staff directing cyclists to specific areas to avoid congestion and keep all of our guests safe. At each station we had t-shirts, water bottles, bananas, and goodies provided by the DC Circulator. Upbeat music kept the morning light and fun! Bike to Work Day is a great way to promote Georgetown and it's wonderful and accessible bike paths!

**Germantown Cycles Bike Shop:** The event was held from 7am to 9am. There were 56 registrants for the pit stop.

**Germantown Walmart:** The event was held from 7am to 9am. There were 17 registrants.

**Glover Park:** The event was held at the Kimpton Glover Park Hotel from 6:30am to 8:30am. There were 83 registrants for the pit stop.

**Golden Triangle – Farragut Square:** The event was held at Farragut Square from 7am to 9am. There were 100 registrants for the pit stop.

**Golden Triangle – L Street (DC):** The event was held on the corner of 19<sup>th</sup> and L Streets NW from 7:30am to 9am. There were 74 registrants for the pit stop.

**Greenbelt:** Bike to Work Day 2021 was the ninth 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 102 bikers registered with 77 passing through.

The pit stop was adjusted to a grab 'n go event which allowed for a safe experience for bikers and staff. Bikers were directed up a cone lane to pick up their swag bag and t-shirts. Many of them expressed appreciation for the event.

The generous sponsors for the swag bags and raffle prizes: Anacostia Trails Heritage Area, Greenbelt Homes Inc, Bee Yoga Fusion, McCarl Dental Group, Greenbelt COOP and Greenbelt Recreation.

**Haymarket:** The event was held at Haymarket Bicycles from 6am to 9:30am. There were 11 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 307 registrants for the pit stop.

**Hyattsville Macgruder Park:** The event was held at Magruder Park from 6:30am to 8:30am. There were 96 registrants for the pit stop.

**Ivy City:** The event was held at BicycleSPACE from 7am to 9am. There were 50 registrants for the pit stop.

**Largo:**

Bike to Work Day 2021 was a great success! 125 cyclists registered and participated in Bike to Work Day at the Largo/Kettering/Perrywood Community Center pit stop. The Prince George's County Department of Public Works and Transportation (DPW&T), Prince George's County Department of Parks and Recreation of the Maryland-National Capital Park and Planning Commission (M-NCPPC) and the Prince George's Countywide Bicycle and Pedestrian Community Advisory Group co-hosted a Bike to Work Day pit stop in the parking lot of the Largo/Kettering/Perrywood Community Center, 431 Watkins Park Drive in Upper Marlboro, Maryland. Vision Zero Prince George's was a proud Bronze Supporter of Bike to Work Day. Cyclists biked to/from the pit stop using existing bike lanes along Watkins Park Drive, MD 202, Kettering Drive and the vicinity in addition to biking along the paved Watkins Park Trail and in the nearby scenic Watkins Regional Park.

Bike to Work Day was promoted as a family-friendly, socially-distant "Bike Before Work" on Bike to Work Day event. Cyclists at the Largo/Kettering/Perrywood Community Center pit stop received a pre-packed Vision Zero Prince George's Grab and Go bag, which included a Bike to Work Day t-shirt, bicycle and pedestrian safety information, a Vision Zero Prince George's safety pledge card, brochures on County services and programs and a *Covid-19 Vaccine Travel Fact Sheet* on public transportation service options to vaccination sites in the County.

Additionally, DPW&T and M-NCPPC unveiled the County's first Vision Zero Prince George's Traffic Safety Garden at Perrywood Elementary School on Bike to Work Day. The Traffic Safety Garden is located at 501 Watkins Park Drive and is adjacent to the Largo/Kettering/Perrywood Community Center site.

In support of Bike to Work Day, DPW&T and its partners also hosted a free webinar on *Commuting by Bike: How to Ride Safely in Traffic, on Roadways and Trails*. The webinar which was held on May 18<sup>th</sup>, the week of Bike to Work Day was attended by 37 persons. The very informative bike safety webinar was facilitated by the Washington Area Bicyclist Association (WABA).

**Special Thanks to the Following Bike to Work Day Supporters:**

- Prince George's County Executive's Office
- Prince George's County Council
- Vision Zero Prince George's
- Prince George's County Department of Public Works and Transportation
- Maryland-National Capital Park and Planning Commission
- Prince George's County Bike and Pedestrian Community Advisory Group
- Metropolitan Washington Council of Governments
- Washington Area Bicyclists Association
- Ride Smart Commuter Solutions
- Commuter Connections
- Prince George's County Fire/EMS Department and Safe Kids Prince George's
- Capital Bikeshare
- Prince George's County Residents
- Maryland Park Bicycles
- Beech Tree Pedalers, Inc.
- Maryland Highway Safety Office
- Prince George's Community Television

**Laytonsville:** The event was held at Just Riding Along Bicycle Shop from 7am to 9am. There were 41 registrants for the pit stop.

**Leesburg:** Bike to Work Day returned to Leesburg's Raflo Park for 2021. Two Loudoun County staff members welcomed 160 visitors and shared 20<sup>th</sup> anniversary T-shirts between 6 a.m. and 9 a.m. Due to COVID-19, Loudoun County refrained from offering food or beverages at the pit stop. Additionally, vendors were not included for this scaled-back **event**.

During the weeks leading up to Bike to Work Day, testimonials from participants were shared on the Loudoun County website. The event was further publicized through news releases, social media posts, and newsletter articles. Posters and rack cards were distributed to bike shops, libraries, and the Town of Leesburg's recreation center. Several participants shared Bike to Work Day "selfies" with Loudoun County Commuter Services. These photos were featured on the Loudoun County website.

**Manassas GMU:** The event was held at the Freedom Center from 630am to 9am. There were 17 registrants for the pit stop.

**Manassas VRE:** The event was held the Manassas VRE station from 6am to 9am. There were 46 registrants for the pit stop.

**McLean – MITRE:** After debuting in 2019 and cancelling in 2020, the MITRE Corporation hosted a low-key pit stop under the pergolas of a beautiful new urban pocket park. Despite limited promotion and most MITRE employees working from home, the McLean-MITRE pit stop attracted over 60 participants, which exceeded the 2019 participation. The majority of participants were non-MITRE employees. The pit stop is surrounded by realigned Chain Bridge Road and Colshire Drive, with bike lanes providing easy and safe access to connecting transportation facilities, including the McLean Metrorail station, the Jones Branch Connector, and the new Scott's Run Trail. Some families with kids participated this year, and the kids quickly depleted our allocation of four extra-small T-shirts!

**Merrifield - Mosaic:** The event was held from 6:30am to 9am. There were 116 registrants for the pit stop.

**Mt. Rainier:** On May 21, the Mount Rainier Green Team and the Mount Rainier Bike Coop host the first Bike To Work Day at the soon to be remodeled Mount Rainier Bike Coop. It was a great opportunity for those working from home to get back into bike commuting and essential workers to meet up with other bikers as traffic picks back up. A great time was had by all and nearly 50 people signed up for the inaugural pitstop in Mount Rainier.

**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 21 registrants for the pit stop.

**Mt. Vernon – Collinwood Park:** The event was held at Collingwood Park from 6:30am to 8:30am. There were 38 registrants for the pit stop.

**Mt. Vernon:** The event was held at VIDA Fitness from 6:30am to 9:00am. There were 126 registrants for the pit stop.

**Naval Support Activity:** The event was held from 6am to 9am. There were 93 registrants for the pit stop.

**NOMA:** The event was held at Wunder Garten from 7:30am to 9:30am. There were 187 registrants for the pit stop.

**North Bethesda:** The event was held at REI from 7am to 9am. There were 209 registrants.

**Oakton:** The event was held at the Oak Mar RECenter from 6:30am to 9:00am. There were 22 registrants for the pit stop.

**Old City Market and Oven:** The event was held on the corner of 6<sup>th</sup> and K Streets NE from 7am to 9am. There were 66 registrants for the pit stop.

**Oxon Hill:** The event was held adjacent to Potomac Heritage Trail from 6:30am to 8:30am. There were 39 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 13 registrants for the pit stop.

**Reston:** The event was held at the Plaza from 6:30am to 9:30am. There were 174 registrants for the pit stop.

**Riverdale Park Station:** The event was held from 4pm to 6pm. There were 25 registrants for the pit stop.

**Rockville:** The event was held at TREK Bicycle from 8am to 11am and from 6pm to 7pm. There were 160 registrants.

**Silver Spring TRIPS:** The event was held from 6am to 9:30am as well as 3pm to 6pm. There were 88 registrants for the pit stop.

**Silver Spring:** The event was held at Silver Cycles from 3pm to 6pm. There were 130 registrants for the pit stop.

**Southwest Business Improvement District:** The event was held at the BID from 8am to 10am. There were 41 registrants for the pit stop.

**Springfield Metro:** The event was held at the Springfield Metro Park from 6:30am to 8:30am. There were 50 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 60 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.

**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.

**Sterling:** The Sterling Ruritan Club’s parking lot, visible from the W&OD Trail, was the site for the 2021 Sterling pit stop. Reflective tape, safety cones and colorful signage helped direct participants to the T-shirt pick-up area. Many of the 126 visitors pedaled to a check-in table where Loudoun County staff shared 20<sup>th</sup> anniversary T-shirts between 6:30 and 9:30 a.m. Due to COVID-19, no food or beverages were offered, and no vendors were included. Loudoun County Supervisors Juli Briskman (Algonkian District) and Michael Turner (Ashburn District), as well as COG’s Nicholas Ramfos, were among those who visited the pit stop. During the six weeks leading up the event, news releases, social media posts, newsletter articles, and communication with employers helped generate interest in the scaled-back event. Afterward, several participants submitted Bike to Work Day “selfies” which were featured on the Loudoun County website.

**Takoma Park – Downtown/Old Takoma:** The event was held at Takoma Urban Park from 6am to 9am. There were 94 registrants for the pit stop.

**Takoma Park – Sligo Creek Trail:** The Sligo Creek Pit stop held the event from 7am to 9:30am. There were 64 registrants for the event.

**Takoma Park – Takoma Bicycle:** The event was held from 7am to 9am. There were 52 registrants for the pit stop.

**The Wharf/Southwest Waterfront:** The event was held at 7<sup>th</sup> Street Park from 7am to 9am. There were 123 registrants for the pit stop.

**Tysons Corner:** The event was held in front of Capital Grille from 6:30am to 10:00am. There were 47 registrants for the pit stop.

**Union Market (DC):** The event was at Union Market from 7:00am to 9:00am. There were 76 registrants for the event.

**University of Maryland:** The event was held in front of the Regent's Drive Parking Garage from 3pm to 6pm. There were 41 registrants for the pit stop.

**Vienna:** The event was held at the Town Green from 6:30am to 8:30am. There were 170 registrants for the pit stop.

**Waldorf:** Held Bike to Work Day at the Bike Doctor of Waldorf, which we gave away safety lighted arm bands (*Be Safe, Be Seen!*) and Commuter Connections new bike maps only. The crew at the Bike Doctor worked it from 10:00 am until closing at 5:00 pm.

**West End at ACoC:** The event was held from 3:30pm to 6pm. There were 32 registrants for the pit stop.

**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 2021 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 40 registrants for the pit stop.

**Woodbridge - Rippon VRE Station:** The event was held at the Rippon VRE Station from 6am to 9am. There were 14 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 13 registrants for the pit stop.

## **EMPLOYER PARTICIPATION**

The following Employers had 5 or more employees registered for the event:

The winner of the Employer Challenge for a free luncheon was the United States Environmental Protection Agency. (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**

10Pearls  
10xPrinciples  
1450 Air Force Way  
3points Cycle  
5 Paws  
A Howard Real Estate  
A Tech  
A/V  
A1 Transportation  
A2Z Latino Services LLC  
AACOM  
AAMC  
AARP  
ABC News  
ABL, Inc  
ACDI  
Airbus Americas  
Alarm.com  
American Airlines  
American Association for Laboratory Accreditation

10<sup>th</sup> Street LLC  
1200 Architectural Engineers  
1Prospect Technologies LLC  
4 Ideal Design  
5W Research  
A neighbor, I walk the dog  
A. Morton Thomas & Associates  
A+F Engineers  
A2LA  
AAAS  
AAHIVM  
AARDA  
AASHTO  
Abigail Rome  
ABOD and Associates  
AECOM  
ACHRI  
Amazon

|  |  |
|--|--|
| American Association for the Advancement of Science  |  |
| American Bankers Associations                        | American Chemical Society              |
| American College of Cardiology                       |  |
| American Council for an Energy-Efficient Economy     |  |
| American Council for International Education         | American Geophysical Union             |
| American Institute of Architects                     | American Institutes for Research       |
| American Psychological Association                   | American Public Health Association     |
| American Red Cross                                   | American Society of Civil Engineers    |
| Amtrak   | Appian                                 |
| Apple  | Applied Predictive Technologies        |
| Arnold & Porter                                      | Association of American Medical        |
| Association of Schools and Programs of Public Health |  |
| AstraZeneca  | AT&T                                   |
| Atlantic Council                                     | Atlantic Media                         |
| BAE Systems  | Beacon Health Options                  |
| Bechtel  | BICYCLE ESCAPE                         |
| BicycleSpace   | Blackboard                             |
| Bloomberg BNA  | Boeing                                 |
| Booz Allen   | British Embassy                        |
| CACI   | Cambridge Associates                   |
| Capital One  | Carlyle Group                          |
| CBRE   | Center for American Progress           |
| Center for Science in the Public Interest            | Center on Budget and Policy Priorities |
| CGI Federal  | Chemonics International                |
| Children's National Medical Center                   | Clark construction                     |
| College Board  | Comcast                                |
| Conservation International                           | Consumer Financial Pro                 |
| CoStar Group   | Costco                                 |
| CSRA   | CustomInk                              |
| DAI  | Defenders of Wildlife                  |
| Deloitte Consulting LLP                              | Destination Sales & Marketing Group    |
| Dewbury  | Dexis Consulting Group                 |
| Discovery Communications                             | DLR Group                              |
| Dun & Bradstreet                                     | Earthjustice                           |
| Eastbanc Technologies                                | Economic Policy Institute              |
| Education Advisory Board                             | Embassy of Belgium                     |
| Embassy of Canada                                    | Embassy of Japan                       |
| Engility   | Entheos                                |
| Environmental Defense Fund                           | Esri                                   |
| EVERFI   | Evolent Health                         |
| Fannie Mae   | Federal Realty Investment Trust        |
| FHI 360  | FINRA                                  |
| FiscalNote   | Food & Water Watch                     |

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  
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  
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 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

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  
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

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  
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



World Wildlife Fund

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

## Social Media

### *Bike to Work Day 2021– Social Media Posts Twitter and Facebook*

#### A. Topic: Mention of Instagram

1. Bike to Work Day is riding over to Instagram too! Follow us @CommuterConnections for exclusive content leading up to the event! <http://bit.ly/BTWD21> #BTWD2021 - 4/26/2021
2. Follow us on Instagram for updates and news on this year's Bike to Work Day! <http://bit.ly/BTWD21> #BTWD2021 -

#### B. Topic: Registration

1. Spring has sprung! Register today for #BTWD2021 <http://bit.ly/BTWDDC21> - 4/19/2021
2. Gear up and get outdoors! Register now for #BTWD2021 <http://bit.ly/BTWDDC21> - 4/27/2021
3. Whether you're working from home or commuting to work, give your health a boost by riding to a pit stop on the 20<sup>th</sup> anniversary of Bike to Work Day! Register today for #BTWD2021 <http://bit.ly/BTWDDC21> - 5/12/2021
4. They say you never forget how to ride a bike! Dust off the handlebars and join this year's fun! Register for Bike to Work Day 2021 on May 21<sup>st</sup> at <http://bit.ly/BTWDDC21> #BTWD2021 - 5/3/2021 (micro-video/gif post)
5. Tired of being stuck inside for the past year or so? Safely join thousands of commuters on May 21<sup>st</sup> for the 20<sup>th</sup> annual Bike to Work Day and mix up your routine! Register today at <http://bit.ly/BTWDDC21> #BTWD2021 - 4/27/2021
6. Be one of the first 15,000 participants to register for Bike to Work Day and attend to get a free T-shirt! <http://bit.ly/BTWDDC21> #BTWD2021 4/28/2021

#### C. Topic: Employer Challenge

1. Business leaders—encourage your team to sign up for Bike to Work Day for a healthy #WFH break. <http://bit.ly/BTWDDC21> #BTWD2021 - 5/2/2021
2. Employers play an important role in supporting bicycle commuting. The business with the greatest number of employees participating in Bike to Work Day this year wins bragging rights! Encourage your employees to register for BTWD 2021 today at <http://bit.ly/BTWDDC21> #BTWD2021 - 4/29/2021
3. Employers - encourage your employees to put down the car keys and take up the pedals this May 21<sup>st</sup> for Bike to Work Day! Not only does it boost health, morale, and productivity, but you could also win bragging rights for having the most employees registering to participate! Visit <http://bit.ly/BTWDDC21> #BTWD2021 5/11/2021

#### D. Topic: First-Time Riders

1. New to cycling? Check out why bicycling is a healthier, greener, and more viable transportation option at <http://bit.ly/btwddc2021> #BTWD2021 - 4/21/2021
2. Will #BTWD2021 be your first time cycling to work? Visit <http://bit.ly/btwddc2021> for helpful tips! - 5/6/2021
3. Bike to Work Day is getting closer! Hey, @WABADC have any tips for our biking newbies? <http://bit.ly/btwddc2021> #BTWD2021 - 5/3/2021
4. [Connect with vaccinated colleagues, neighbors, and friends for a health-boosting morning bike ride! Plan out your route here: http://bit.ly/btwddc2021](http://bit.ly/btwddc2021) #BTWD2021

#### E. *Topic: Pit Stops*

1. We have over 90 Pit Stops this year! Find yours when you register for Bike to Work Day at <http://bit.ly/DCBTWD21> #BTWD2021 - 5/5/2021
2. Visit a Pit Stop to grab your Bike to Work Day T-Shirt before you hit the road! Find the nearest Pit Stop when you register for the 20<sup>th</sup> annual Bike to Work Day at <http://bit.ly/DCBTWD21> #BTWD2021 - 4/25/2021
3. Make sure to grab your Bike to Work Day T-Shirt at one of our 90 Pit Stops, conveniently located throughout the DC metropolitan area! Find the nearest Pit Stop to you here: <http://bit.ly/DCBTWD21> #BTWD2021 - 5/15/2021
4. [Despite the challenges posed by the pandemic, our pit stop managers are working hard to make the 20<sup>th</sup> annual Bike to Work Day safe and healthy!](http://bit.ly/DCBTWD21) <http://bit.ly/DCBTWD21> #BTWD2021 - 4/30/2021

#### F. *Countdown*

1. May 21<sup>st</sup> is just around the corner! Register for Bike to Work Day 2021 at <http://bit.ly/DCBTWD21> #BTWD2021 - 5/12/2021
2. Bike to Work Day 2021 is just a week away, and there's still time to register: <http://bit.ly/DCBTWD21> #BTWD2021 - 5/7/2021

#### G. *Sponsors Post*

1. Bike to Work Day 2021 would like to thank our top-level sponsors for their support: @AlexandriaVaGov @ICF and @UrbanStems <http://bit.ly/btwddc2021> #BTWD2021 - 5/21/2021

#### H. *Covid Safety, Health, Wellness, and Biking Tips*

1. Get outside for Bike to Work Day 2021! <http://bit.ly/DCBTWD> #BTWD2021
2. Enjoy a safe, socially distanced ride to work! <http://bit.ly/DCBTWD> #BTWD2021 - 4/20/2021
3. To ensure the health and safety of all participants, Bike to Work Day 2021 will implement 6 ft distance markers in lines, hand sanitizer stations, and one-way traffic flows at pit stops. <http://bit.ly/DCBTWD> #BTWD2021 - 4/30/2021
4. Have fun and remember to stay safe during the ride! Keeping your mask on and staying at least 6 ft away from your fellow riders will help prevent the spread of Covid <http://bit.ly/DCBTWD> #BTWD2021 - 5/4/2021

#### I. *First Time Riders*

1. New to cycling? Check out why it's a healthy, environmentally friendly, and viable transportation option at <http://bit.ly/DCBTWD> #BTWD2021 - 4/28/2021
2. Nervous about your first time bicycling to work? Don't worry, we've got you covered with helpful tips and training from the experts! Check out what they have to say here: <http://bit.ly/DCBTWD> #BTWD2021 - 4/29/2021

#### J. *Safety*

1. Make sure your tires are fully inflated and that your brakes are working before riding your bike <http://bit.ly/btwddc2021> #BTWD2021 - 5/6/2021

2. Adjust your bicycle to fit you. You should have a slight bend in your knee when your leg is fully extended, and your handlebars should be level with your seat. <http://bit.ly/btwddc2021> #BTWD2021 - 5/18/2021
3. Get turn-by-turn bicycle routing directions using bicycle-friendly paths and roads with the Commuter Connections Bicycle Route Finder at <https://tdm.commuterconnections.org/mwcog/> #BTWD2021 - 5/13/2021
4. Wear bright or neon colored clothing to help others see you! Flashing lights and reflectors can also be beneficial. <http://bit.ly/btwddc2021> #BTWD2021 - 5/19/2021
5. Remain alert! Be on the lookout for potholes, broken glass, puddles, or other hazards while you ride. <http://bit.ly/btwddc2021> #BTWD2021 - 5/11/2021

#### K. *Rules of the Road*

1. While biking, go with the flow of traffic. Stay on the right side. <http://bit.ly/btwddc2021> #BTWD2021 - 4/30/2021
2. While biking, follow all traffic signs and signals, and markings. A bicycle is just as much a vehicle as a car, and you are the driver. <http://bit.ly/btwddc2021> #BTWD2021 - 5/5/2021
3. While biking, signal to other drivers before making a turn. <http://bit.ly/btwddc2021> #BTWD2021 - 5/15/2021
4. While biking, watch out for parked cars! You never know when a car door will open or when someone will pull out of a parking spot in front of you. <http://bit.ly/btwddc2021> #BTWD2021 - 5/18/2021

#### L. *Why Bicycle? Bicycling/Exercising can...*

1. Bicycling can make you happier! Symptoms of depression, stress, and anxiety are lessened when you stay active. <http://bit.ly/btwddc2021> #BTWD2021 - 5/7/2021
2. Bicycling can help you live longer. One hour of exercise can add around seven hours to your life expectancy. <http://bit.ly/btwddc2021> #BTWD2021 - 5/3/2021
3. Bicycling can improve your body composition. It'll help you put on muscle and lose fat, no matter your age. <http://bit.ly/btwddc2021> #BTWD2021 - 5/11/2021
4. Bicycling can improve your memory and decrease cognitive issues as we age. - 5/19/2021
5. Bicycling can strengthen your immune system and fights inflammation. <http://bit.ly/btwddc2021> #BTWD2021 - 5/5/2021

#### M. *Suggested Articles to Share*

1. 13 Tips For Your First Bike Commute - <https://www.active.com/cycling/articles/13-tips-for-your-first-bike-commute> - 5/2/2021
2. Everything You Need to Know About Biking to Work <https://www.bicycling.com/news/a20031666/14-commuter-pros-share-their-secrets/> via @BicyclingMag - 5/12/2021
3. Biking During Covid19, WABA <https://waba.org/blog/2020/04/biking-during-covid-19/> - 4/23/2021

## N. Instagram Posts

1. *[needs new T-shirt photo]* What's better than a new t-shirt? A FREE new T-shirt! Be one of the first 15,000 people to register for Bike to Work Day and attend, and you'll be riding in style this May 21<sup>st</sup>! #BikeToWorkDayDC #BTWD2021 - **5/4/2021**

2. It's almost that time! #BikeToWorkDayDC #BTWD2021 - **5/10/2021**



Source: <https://www.pexels.com/photo/smiling-woman-holding-blue-cruiser-bike-with-basket-of-flowers-on-park-near-people-sitting-on-benches-1638749/>

3. What new roads will you travel this May 21<sup>st</sup>? Register for Bike to Work Day and see what path awaits you! #BikeToWorkDayDC #BTWD2021 -



Source: <https://www.pexels.com/photo/woman-riding-on-bicycle-1597774/>

4. Bike to Work Day is just around the corner! Have you registered? #BikeToWorkDayDC #BTWD2021 - **5/17/2021**



Source: <https://www.pexels.com/photo/pink-bicycle-parked-beside-a-cherry-blossom-tree-4198566/>

## Proclamation



# Proclamation

WHEREAS, Bike to Work Day 2021 is a welcome way for area workers to get needed exercise and mental wellbeing in light of the COVID pandemic; and

WHEREAS, employees still working from home may participate by bicycling to their local neighborhood “pit stop” and back home again to start their work day; and

WHEREAS, more than 90 Bike to Work Day pit stops are located within ten jurisdictions in the region; and

WHEREAS, staggered arrival and departure times and a strict COVID policy will keep bicyclists safe and healthy; and

WHEREAS, the Bike to Work Day pit stops will serve as T-shirt “pick-up-points” and bicyclists will be on their way within five to ten minutes; and

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 health and fitness, lower costs, and reduced parking space; and

WHEREAS, Capital Bikeshare’s regional bike sharing system has more than 500 stations across six jurisdictions; 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 17<sup>th</sup> 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 21, 2021 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.

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Chairman, National Capital Region Transportation Planning Board



National Capital Region  
Transportation Planning Board

## Bike to Work Day 2021 Memo



National Capital Region  
Transportation Planning Board

### MEMORANDUM

**TO:** National Capitol Region Transportation Planning Board  
**FROM:** Nicholas Ramfos, Director, Transportation Operations Programs  
**SUBJECT:** Bike to Work Day 2021  
**DATE:** May 19, 2021

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Bike to Work Day will be held on Friday, May 21, 2021. There are over 90 "pit stop" locations throughout the region that will be participating. Employees across the region are being encouraged to either bike in to work if they are able to, or if working from home to bike to a pit stop near their home. May is Mental Health Awareness month and encouraging workers to get a bit of fresh air and pick-up a free t-shirt and register for prizes through the use of a bicycle is one way to help mitigate the effects of the pandemic. Feel free to use the attached flyer to promote the event on your social media pages or through your jurisdiction.

Additionally, Commuter Connections has been working on the preparation of a regional bike map which will be printed and distributed to all of the pit stops during Bike to Work Day. The new map covers significant bike routes and facilities throughout the region. For more detailed routing information, commuters can set up a free Commuter Connections account and take advantage of the region's Bicycle Route Finder that enables cyclists to plan their bicycle commute or recreational ride using an expanded database with more than 2,150 miles of trails, on-street lanes, bike paths and facilities; 33,371 path segments and 35,485 path junctions.



## **MARKETING MATERIALS**

Rack cards 3¾ x 8½" (40,000)

Posters 8½" x 11" (24,300) including 300 Spanish

Posters 22" x 28" (300)

T-Shirts (14,800)

The marketing materials used for the 2021 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.

# BIKE TO WORK DAY 2021

Friday, May 21  
FREE EVENT - REGISTER AT  
BikeToWorkMetroDC.org

Pre-Register by  
May 14 for FREE T-SHIRT\*  
& BIKE RAFFLE

20th Anniversary

Still working from home? No problem! Bike to your local "pit stop" for your free T-shirt and back home again.



Register free at  
[BIKETOWORKMETRODC.ORG](http://BIKETOWORKMETRODC.ORG)  
800.745.7433

#BTWD2021

Visit [biketoworkmetrodc.org](http://biketoworkmetrodc.org) for pit stop locations and times.  
\*T-Shirts available at pit stops to first 15,000 registrants.  
Pit stops in D.C., Maryland, and Virginia!  
Staggered hours and a strict COVID policy will be in place.

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



# DÍA DE LA BICICLETA PARA IR AL TRABAJO

# 2021

**VIERNES 21 DE MAYO**  
EVENTO GRATUITO - REGÍSTRESE EN  
[BikeToWorkMetroDC.org](http://BikeToWorkMetroDC.org)

Regístrese previamente antes del 14 de mayo para recibir una **CAMISETA GRATIS\*** y participar en un **SORTEO DE BICICLETAS.**

**20th Aniversario**

¿Todavía trabajando desde casa? ¡No hay problema! Ve en bicicleta a tu punto de parada para una camiseta gratis y vuelve a casa nuevamente.



Regístrese gratis en  
[BIKETOWORKMETRODC.ORG](http://BIKETOWORKMETRODC.ORG)  
800.745.7433

#BTWD2021

Visite [biketoworkmetrodc.org](http://biketoworkmetrodc.org) para más información acerca de los puntos de parada y los horarios. \*Camisetas disponibles en los puntos de parada a los primeros 15.000 participantes que se registren. Puntos de parada en D.C., Maryland and Virginia. Se mantienen los protocolos estrictos del Covid y se flexibilizan las horarios.

El Día de la Bicicleta para Ir al Trabajo está financiado por DDOT, MDT, VDOT y USDOT.



Rack Card



**Friday, May 21**

# BIKE TO WORK DAY 2021

20th Anniversary

Still working from home? No problem! Bike to your local "pit stop" for your free T-shirt and back home again.

**FREE EVENT – REGISTER AT [BIKETOWORKMETRODC.org](http://BIKETOWORKMETRODC.org) or call 800.745.7433**

**Pre-Register by May 14 for FREE T-SHIRT\* & BIKE RAFFLE**

Visit [biketoworkmetrodc.org](http://biketoworkmetrodc.org) for pit stop locations and times.  
\*T-Shirts available at pit stops to first 15,000 registrants.  
Pit stops in D.C., Maryland, and Virginia  
Staggered hours and a strict COVID policy will be in place.

bike to work day 2021

  #BTWD2021

Rack Card Back



URBANSTEMS



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

 Printed on recycled paper

# T-Shirt



# Sponsored Popville Article

Celebrate Bike to Work Day on 1 x +

https://www.popville.com/2021/05/celebrate-bike-to-work-day-on-may-21-and-get-a-free-t-shirt/

HOME ABOUT ADVERTISE CATEGORIES NEWSLETTER PATRONS Washington, DC

Popville  
Est. 2005

SPONSORED

### Celebrate Bike to Work Day on May 21 (and Get a Free T-Shirt!)

Pop! Blogger | Mar 12, 2021 at 3:03pm

Did you know it's **Bike to Work Day**?

No, this isn't another holiday the Internet invented (though we don't have National Pizza Day). **Bike to Work Day** is a real holiday that's been around for 20 years now.

Here's how to make the most of it: On Friday, May 21, stop on your bicycle and bike to work. If you're still working from home, you can still log on your bike for a little extra.

Along the way, stop by one of our 47 pop-ups and get the DC, Maryland and Virginia, and get your free **Bike to Work Day T-shirt** (while supplies last). Then, you can go to work or not. Back home!

Who else we had fun to get your co-workers, friends or work-from-home buddy and have them join along.

This is also a great way to celebrate World Mental Health Day. You'll get moving, the springtime sun and stretch your legs – all while reaping the mental health benefits of exercise.

The event is free, and if you [pre-register by May 14](https://www.bicycleroute.com), that's when you get a free T-shirt (while supplies last) and bike coffee every.

Bike to Work Day is funded by BICYCLE, MOUNTAIN, TRAIL and TRAIL.

A member organization, the regional network of transportation organizations coordinated by the [Bicyclist's Association of the District of Columbia](https://www.bicycleroute.com) will be there.

Type here to search

4:10 PM 5/28/2021

## Press Release



NEWS RELEASE

# Early registration for Bike to Work Day 2021 is now open

Mar 1, 2021



After a year of unprecedented change, [Commuter Connections](#) and the [Washington Area Bicyclist Association](#) (WABA) are excited to announce that registration for the [20th Annual Bike to Work Day](#) (BTWD) event has opened. The event will take place on Friday, May 21, with pit stops in the District of Columbia, Maryland, and Virginia. The first 15,000 people to register and attend will receive a free t-shirt.

The annual BTWD event traditionally celebrates bicycling as a fun, eco-friendly, low-cost commuting option, and it provides both physical and mental health benefits. To make sure even those working from home can participate, Commuter Connections is encouraging telecommuting registrants to bike to a local pit stop early in the day for a free t-shirt and then cycle back home to start the workday.

"We're very grateful to our continuing and new sponsors who help make these events stronger every year – and especially this year," said Nicholas Ramfos, Commuter Connections Director. "We hope this year's Bike to Work Day event will provide the region with an opportunity for all residents – including essential workers and telecommuters—to reconnect with bicycling as a form of commuting, exercise, and as a way to encourage mental well-being."

All pit stop locations will be taking [safety measures](#) in compliance with CDC guidelines to ensure participants and sponsors remain safe on the day of the event. Precautions will include:

- Zero tolerance mask enforcement
- Food & beverage policy with no-contact tables and factory sealed goods
- Pre-selected check-in times for staggered arrival times, with 25-30 bicyclists per half an hour timeslot
- Social distance requirements including six-foot distancing, one-way traffic flow, hand sanitizer stations, and appropriate signage

To find your local participating 2021 pit stops and plan your route, check out the [Find Your Pit Stop](#) map.

This year's event has been made possible by regional sponsors: ICF, Go Alex, and Urban Stems. Silver Sponsors: Marriott International, Bike Arlington, Bicycle Space, and Verra. And Bronze Sponsors: Maryland Department of Transportation, goDCgo, Virginia Department of Transportation, Giant,





NEWS RELEASE

## Bike to Work Day is Back in 2021

May 20, 2021



Thousands of metropolitan Washington commuters will leave their cars at home Friday to take part in the safe return of Bike to Work Day (BTWD), boosting their physical and mental health during the free annual event's 20th anniversary.

Many of this year's BTWD participants are telecommuters who plan on biking to a local pit stop to pick up their free t-shirt before heading back home to start the workday. The first 15,000 registrants who attend will receive the Bike to Work Day 2021 commemorative shirt.

Co-organized by Commuter Connections and the Washington Area Bicyclist Association (WABA), BTWD 2021 will feature 95 pit stops. Safety measures in compliance with CDC guidelines will be in effect at all pit stop locations to ensure participants and volunteers remain safe. Precautions include:

- Zero-tolerance mask enforcement.
- Pre-selected check-in times for staggered arrival times, with 25-30 bicyclists per 30-minute timeslot.
- Physical distancing requirements, including six-foot distancing, one-way traffic flow, hand sanitizer stations, and appropriate signage.

"Events like Bike to Work Day go a long way in bringing together our local communities and promoting a healthy and fun commuting alternative while doing so," said Nicholas Ramfos, Director of Commuter Connections, a program of the National Capital Region Transportation Planning Board at the Metropolitan Washington Council of Governments.

Every year, BTWD brings out a wide range of commuters. Most recently, the 2019 event saw:

- 93 percent of BTWD riders use personal bikes.
- 23 percent of participants were first-time BTWD cyclists.
- BTWD participants travel an average of 8.4 miles one-way to work.

BTWD promotes bicycling as a healthy commuting option that lowers commuting costs, reduces vehicle wear and tear, lessens traffic congestion, encourages healthier lifestyles, and improves air quality. The event, which comes during May's Mental Health Awareness Month, also celebrates the powerful effect exercise has on physical and mental health.

“Especially this year, Bike to Work Day presents a chance to remind ourselves just how big a role exercise plays in maintaining physical and mental health,” Ramfos added. “I’m excited to see our participants have the opportunity to get outside, enjoy the nice weather, and hop on their bicycles for an uplifting morning ride.”

This year's event has been made possible by the generosity of several regional sponsors, including: Gold sponsors ICF, Go Alex, and UrbanStems; Silver sponsors Marriott International, BikeArlington, BicycleSPACE, and Verra.

For commuters and teleworkers who haven't signed up—it's not too late. It's fast, free, and easy to register for BTWD at <https://bit.ly/btwddc2021> or by calling (800) 745-RIDE. Join the conversation on social media at #BTWD2021.

Although Bike to Work Day happens only once a year, Commuter Connections offers a wide range of services and resources year-round for all commuters.

Visit [www.commuterconnections.org/commuters/](http://www.commuterconnections.org/commuters/) and click on 'bicycling' for information on rules of the road, bicycle safety, bikesharing and more.

Contact: **Megan Goodman**  
Phone: **(202) 962-3209**  
Email: [mgoodman@mwkog.org](mailto:mgoodman@mwkog.org)

## Bike to Work Day 2021 Earned Media Placements

| Bike to Work Day 2021 Media Coverage |                                 |  |
|--------------------------------------|---------------------------------|--|
| Television Interviews                |                                 |  |
| 05/20/2021                           | ABC7                            | <a href="#">Bike to Work Day is on Friday: here's how you can register and get a free T-shirt</a>    |
| 05/20/2021                           | Telemundo                       | <a href="#">Día de ir en bicicleta al trabajo</a>  |
| Additional Radio/Television Coverage |                                 |  |
| 03/6/2021                            | WTOP                            | <a href="#">Early registration opens for DC-area's annual 'Bike to Work Day'</a>                     |
| 05/03/2021                           | WTOP                            | <a href="#">In Montgomery Co., telecommuters invited to 'fake commute' for Bike to Work Day 2021</a> |
| 05/20/2021                           | WHUR                            | <a href="#">Ditch the Car: Friday Is Bike to Work Day</a>  |
| 05/21/2021                           | WDVM                            | <a href="#">20th annual Bike to Work day celebrated differently post-pandemic</a>                    |
| Print/Online Coverage                |                                 |  |
| 03/1/2021                            | PATCH                           | <a href="#">'Bike To Work Day' Adds Pit Stops For Arlington Telecommuters</a>                        |
| 03/24/2021                           | The GeorgeTown Dish             | <a href="#">Wheels Down, Georgetown</a>  |
| 03/29/2021                           | The Southern Maryland Chronicle | <a href="#">Tri-County Council for Southern Maryland Bike to Work Day Registration Now Open</a>      |
| 04/20/2021                           | City of Fairfax                 | <a href="#">Bike to Work Day</a>   |
| 04/21/2021                           | PATCH                           | <a href="#">Bike To Work Day - It happens in Fairfax</a>   |

|            |                                   |   |
|------------|-----------------------------------|---|
| 04/22/2021 | ArlingtonNOW                      | <a href="#">Bike to Work Day is Back and Set for Next Month</a>                         |
| 05/03/2021 | Capitol Hill BID                  | <a href="#">Register for Bike to Work Day 2021</a>                                      |
| 05/04/2021 | Potomac Local News                | <a href="#">It's Bike to Work day again on May 21</a>                                   |
| 05/05/2021 | Montgomery Community Media        | <a href="#">MAY 21 IS BIKE TO WORK DAY</a>  |
| 05/05/2021 | Anacostia BID                     | <a href="#">MAY 21   Bike To Work Day Anacostia Pit Stop</a>                            |
| 05/05/2021 | Technical.ly                      | <a href="#">Capital Bikeshare riders can once again earn angel status</a>               |
| 05/08/2021 | Prince William Living             | <a href="#">Around Town Bike to Work Day</a>  |
| 05/08/2021 | Bethesda Transit Solutions        | <a href="#">Bike to Work Day</a>  |
| 05/11/2021 | Loudon Times-Mirror               | <a href="#">Registration open for D.C. region's 'Bike to Work Day'</a>                  |
| 05/11/2021 | Zebra                             | <a href="#">Alexandria Residents Encouraged to Take Part in Bike to Work Day May 21</a> |
| 05/12/2021 | Popville (Paid-sponsored article) | <a href="#">Celebrate Bike to Work Day on May 21 (and Get a Free T-Shirt!)</a>          |

|            |                            |  |
|------------|----------------------------|--|
| 05/13/2021 | Connection Newspaper       | <a href="#">Biking and Trail Use Continues to Grow in Northern Virginia</a><br><a href="#">Pit Stop gathering is out, but Bike to Work Day is still on for May 21.</a> |
| 05/14/2021 | Bristow Beat               | <a href="#">OmniRide Encourages Residents to Bike to Work on May 21</a>  |
| 05/14/2021 | OmniRide                   | <a href="#">OmniRide Encourages Residents to Bike to Work on May 21</a>  |
| 05/17/2021 | Tyson Reporter             | <a href="#">Weekly Planner: Fredericksburg Nationals, Bike to Work Day, and Angie Kim</a>  |
| 05/17/2021 | PATCH                      | <a href="#">Weeks Upcoming Events Leesburg Area</a>  |
| 05/17/2021 | Greater Greater Washington | <a href="#">Events: Join GW for a chat about what planners do, and their role in the federal government and environmental justice</a>                                  |
| 05/18/2021 | ALXNow                     | <a href="#">Morning Notes</a>  |
| 05/18/2021 | Prince William Living      | <a href="#">People to Meet: Area Networking Events</a>   |
| 05/18/2021 | PATCH                      | <a href="#">Bike To Work Day Returns In 2021 With Mount Vernon Area Pit Stops</a>  |
| 05/19/2021 | Maryland Today             | <a href="#">Friday's Bike to Work Day Celebrated on Campus</a>   |
| 05/20/2021 | The Georgetowner           | <a href="#">Weekend Round Up (May 20th)</a>  |

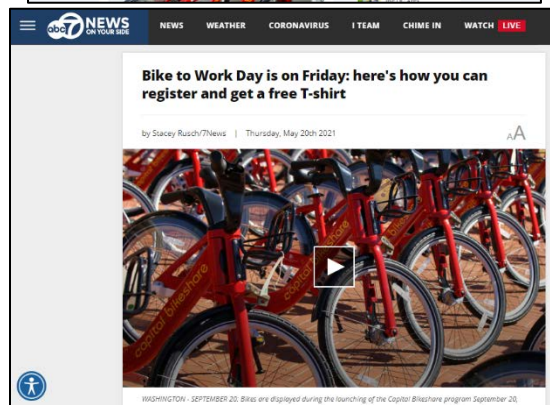
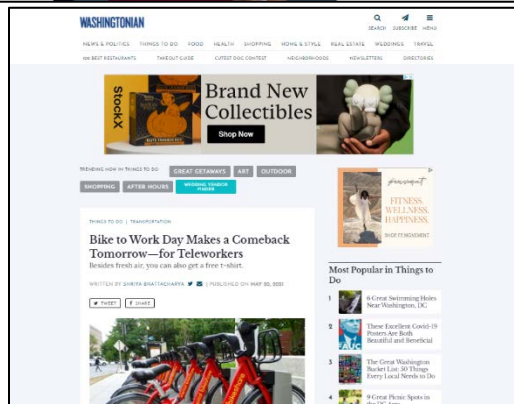
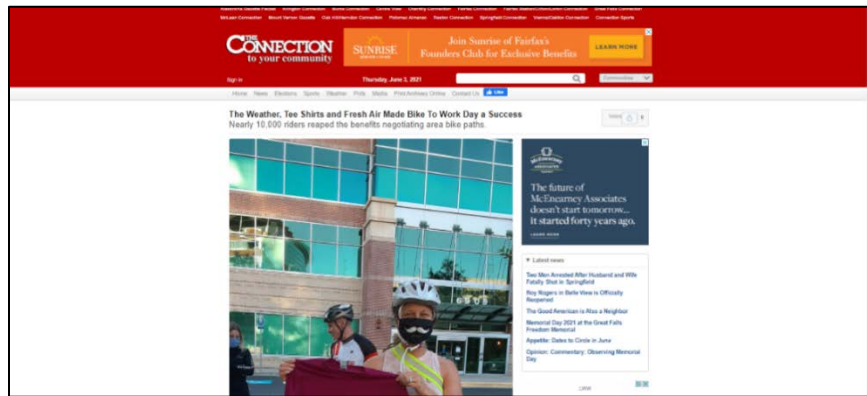
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| 05/20/2021 | The Washingtonian          | <a href="#">Bike to Work Day Makes a Comeback Tomorrow—for Teleworkers</a>                           |
| 05/20/2021 | Potomac Local News         | <a href="#">What's behind the 'strict zero tolerance' mask policy in effect for bike-to-work day</a> |
| 05/20/2021 | DCist                      | <a href="#">11 Virtual And IRL Things To Do Around D.C. This Weekend</a>                             |
| 05/21/2021 | Reston Now                 | <a href="#">Morning Notes</a>  |
| 05/21/2021 | Montgomery Community Media | <a href="#">5 THINGS TO KNOW TODAY, MAY 21, IN MONTGOMERY COUNTY</a>                                 |
| 05/27/2021 | Connections Newspaper      | <a href="#">The Weather, Tee Shirts and Fresh Air Made Bike To Work Day a Success</a>                |

### Calendar Listings

|                            |                                   |                                |
|----------------------------|-----------------------------------|--------------------------------|
| Downtown DC                | Georgetown DC                     | Adam Morgan Partnership BID    |
| Car Free Diet              | Bike League                       | Bike Arlington                 |
| Greater Greater Washington | Leesburg Patch                    | The Baltimore Sun              |
| Capital Gazette            | Bethesda Beat                     | Dulles Moms                    |
| Mommy Poppins              | DC Inno                           | National Landing               |
| City of Fairfax            | City of Falls Church              | Visit Fairfax                  |
| Town of Herndon            | Loudoun County                    | Prince George County, Maryland |
| Rosslyn BID                | DCW50 Television                  | Inside Nova                    |
| District Wharf             | The Frederick News Post           | Washington Informer            |
| Visit Frederick            | Arlington Transportation Partners | Capitol Hill BID               |

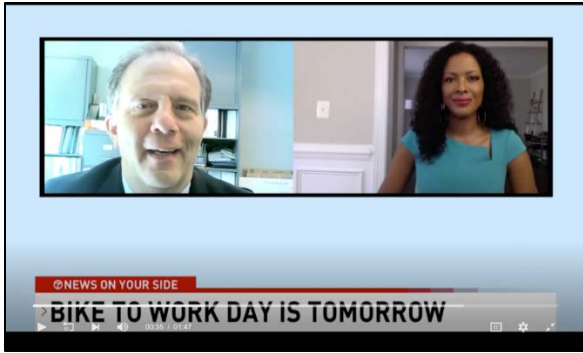
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| Go Alex | United States<br>Redevelopment<br>Corporation |  |
|---------|---|--|

# Earned Media Highlights



# Videos





## Social Media Highlights

*Participant Social Posts*

**Joe Flood** @joeflood

Fun running into #bikedc friends at Bike to Work Day like @BobbiShaftoe

A group of people are gathered on a grassy area for a Bike to Work Day event. In the foreground, two bicycles are parked. One is a black road bike, and the other is a black commuter bike with a red pannier bag. A person in a purple shirt is standing next to the road bike. In the background, there is a yellow canopy tent with a sign that says "Bike to Work Day". Other people and buildings are visible in the distance.

8:56 AM · May 21, 2021 · Twitter for iPhone

2 Likes

**bJustin** 🚲 Happy #BiketoWorkWeek @bJustin

Happy Bike to Work Day! Let's make sure biking is safe everywhere on all days of the year. Thanks for the t-shirt @BikeArlington 🚲 #BTWD21

A person wearing a pink t-shirt and a helmet is holding a black bicycle. They are standing on a grassy area with a city skyline in the background. A white canopy tent is visible in the distance.

9:47 AM · May 21, 2021 · Twitter for iPhone

1 Like

**dbb**  
@DanaB20024

Bike to Work Day cicada edition



7:28 AM · May 21, 2021 · Twitter for Android

2 Likes

Reply Retweet Like Share

**Ian Fingerman**  
@ianfingerman

Bike to work day!!!!!! Pit stoppin'



6:33 AM · May 21, 2021 · Twitter for iPhone

10 Likes

Reply Retweet Like Share

**Andrew DeFrank** @andrewdefrank

Happy Bike to Work Day, #bikedc! Biked to a site visit in Hill East this morning. #BikeToWorkDay

8:32 AM · May 21, 2021 · Twitter for iPhone

18 Likes

**Bruce Deming** @MyBikeLawyer

Happy Bike To Work Day!!! Come see us and the W&OD Trail!! We're back baby!

6:55 AM · May 21, 2021 · Twitter for iPhone

1 Retweet 12 Likes

**sharrowsDC** @sharrowsDC · 3h

I will be riding to bike to work day in a bike to work day (2016) shirt both because I am That Guy and because it is not clear if I own any t shirts anymore that aren't from bike to work days

3 1 50

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**sharrowsDC** @sharrowsDC · 3h

that's not totally true: I also have a shirt from Open Streets and my early CaBi member shirt. But my leisure wardrobe is pretty (and wholly) On Brand

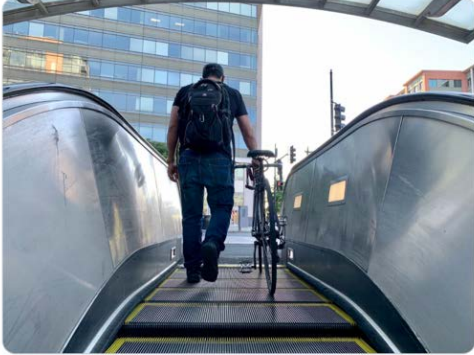
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**William (Bill) O'Donnell** @weod1970 · 5h

Today is National Bike To Work Day #BikeToWorkDay

**Nick Addamo** @NickAddamo

Happy Bike to Work Day, DC! 🚲🚲🚲



7:37 AM · May 21, 2021 · Twitter for iPhone

1 Retweet 6 Likes

**Zack Gold** @zacycles · 4h

A glorious #BikeToWorkDay to all! #bikeDC #BTWD2021

**Post Local** @postlocal · 5h

D.C. -area forecast: Summerlike heat persists then grows this weekend, despite occasional cloudiness wapo.st/3bJ2rTl

1 6

**Zack Gold** @zacycles · 3h

At the risk of being That Guy, on #BTWD2021, I'm wearing my yellow 2018 #BikeToWorkDay shirt. This is a badge of honor and in remembrance of those days when it's downpouring but we still #bikeDC to work.



2 6

Show this thread

**Ian Fingerman** @ianfingerman · 4h

Bike to work day!!!! Pit stoppin'



2 10



*Public Official Social Posts*





**Mary M. Cheh**  @marycheh · 3h



Whether you're riding to work or cycling to a pit stop and heading home to telework, I hope everyone has a safe [#BikeToWorkDay](#).

And, if you happen to be biking in [#Ward3](#), let [@DDOTDC](#) know of your support for Concept C to bring a protected bike lane to Connecticut Ave! [#BTWD2021](#)



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56



*Organization/Government Social Posts*

**PGCountyDPWT** @PGCountyDPWT · 3h

Happy #BTWD2021 - if you're reading this bright and early, be sure to join our pit stop at 431 Watkins Park Drive, from 6:30-9:30am TODAY!

1 1 3

**PGCountyDPWT** @PGCountyDPWT · 2h

Can't make it to our pit stop this morning? There are nearly 100 throughout the region including some this afternoon. It's not too late to check them out at [biketoworkmetrodc.org](http://biketoworkmetrodc.org)

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**City of Rockville** @Rockville411

Trade your gas pedal for bicycle pedals on Bike to Work Day today!

The MoCo Dept of Transportation, WASHCOG & Washington Area Bicyclist Association will celebrate BTWD's 20th anniversary with a free T-shirt for the first 15,000 people to register. [rockvillereports.com/bike-to-work-d...](http://rockvillereports.com/bike-to-work-d...)

8:37 AM · May 21, 2021 · Buffer

2 Retweets 2 Likes



 **PGCountyDPWT** @PGCountyDPWT · 2h

**Pre-registration required:**

**30 registrants per 30-minute time slot**

**Pick your arrival time:**

**<https://www.biketoworkmetrodc.org>**


**\*or bike before work on Bike to Work Day - just make sure you register for the pit stop!**









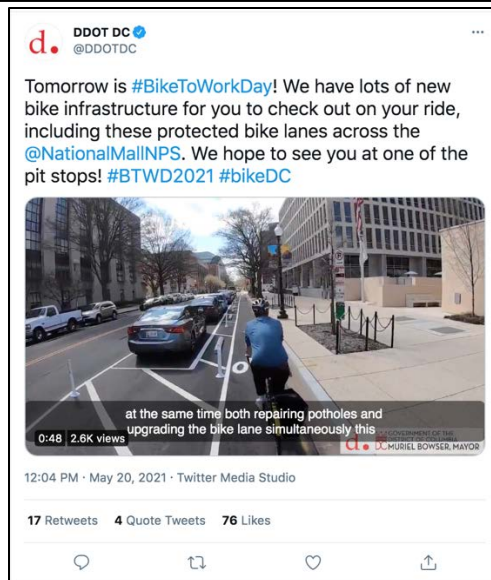

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 **goDCgo** @goDCgo · May 13

Sign-up for @goDCgo's #BTWD2021 pit stop in Anacostia at 13th Street & Good Hope Rd SE from 7-9am! Along with your FREE tee, you'll get a swag bag including a DC bike map, snacks, and water. #giveaways #bikeDC [bit.ly/3wDNFWS](https://bit.ly/3wDNFWS) by @BikeToWorkDay

**BIKE TO WORK DAY** **2021** 20th Anniversary **Friday, MAY 21**


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## Web Site

**bike to work day**

Employer Resources ▾ Event Info ▾ First Time Rider Info ▾ Event Sponsors Register Search

# Bike To Work Day

The Washington, DC region's 20th Anniversary Bike to Work Day is Friday, May 21, 2021. Join us at [pit stops](#) in DC, MD, and VA for this FREE event for a healthy and safe way to start your day. *Even if you'll still be working from home in May, get exercise by biking to a T-shirt Pickup Point (pit stop) and then back home to work for the day.* The first 15,000 who [register](#) and arrive at a pit stop by bike will receive a FREE T-shirt. Staggered hours and a strict **COVID policy** will be in place.

Registration is Closed

1:13 PM 9/7/2021

Photos and other Promotional Items









