

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,

American College of Cardiology, Fair Lakes, Potomac Pedalers, American Association of Highway and Transportation Officials (AASHTO), and Vision Zero Prince Georges.

Follow Commuter Connections on Twitter at [@BikeToWorkDay](#) and use #BTWD2021 or #BTWDC.

It's fast, free, and easy to register for BTWD at [www.biketoworkmetrodc.org](http://www.biketoworkmetrodc.org) or by calling (800) 745-RIDE.

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

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

**CONTACT:**

Megan Goodman: [mgoodman@mwkog.org](mailto:mgoodman@mwkog.org), (202) 962-3209

Rachel Adler: [radler@asc-pr.com](mailto:radler@asc-pr.com), (914) 821-5100