

**Commuter Connections and Washington Area
Bicyclist Association Announce
2007 Bike to Work Day Event**

Free Registration Opens for all Commuters

For Immediate Release

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WASHINGTON, D.C. – The Metropolitan Washington Council of Governments (COG) and the Washington Area Bicyclist Association (WABA) will host one of the nation’s largest “Bike to Work Day” events on Friday May 18, 2007.

The annual event, a part of the COG Commuter Connections program, will bring Washington area commuters together to promote bicycling to work as a healthy and environmentally-sustainable alternative to drive-alone commuting. At least 6,500 bicyclists are expected to leave their cars behind and bike to work in Washington D.C., Maryland and Virginia.

“Our purpose is to promote bicycling and increase awareness about the importance of reducing drive-alone commuting to help lessen traffic congestion and improve air quality,” said Nicholas Ramfos, director of Commuter Connections. “Our rider participation numbers, supporters and volunteers increase each year, clearly we’re getting that message out,” he added.

Participation in Bike to Work Day has continued to rise annually as area residents’ interest in cycling as an environmentally-friendly commuting alternative increase. This year, cyclists will ride from 25 pit stops from across the National Capitol region, and many of them will end at Freedom Plaza in Washington, D.C. where local government leaders, including D.C. Mayor Adrian Fenty, will address the crowd.

“WABA is pleased to join COG and Commuter Connections in its efforts to reduce drive-alone commuting and promote cycling as a viable commute option in the Washington region” said Eric Gilliland, executive director of WABA. “Sixty percent of the pollution created by automobile

emissions happens in the first few minutes of operation, so giving people an option not to turn the key is critical toward improving air quality.”

Experienced and novice cyclists are welcome to participate in the event and may register by visiting www.waba.org or by calling 202-518-0524. More than 20 commuter bicycling convoys are being formed throughout the Washington region, led by experienced bicyclists. The first 6,500 who register for the event will receive a free Bike to Work Day T-Shirt. Bike to Work Day pit stops celebrations are hosted by local county governments, local bicycle shops and private-sector and federal employers across the region.

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

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

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