



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

**Bike To Work Day 2023
Draft Report**

Prepared for:

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

Prepared by:

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January 16, 2024



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ACKNOWLEDGEMENTS - PIT STOPS - REGISTRANT TOTALS

The 2023 Metropolitan Washington Bike to Work Day (BTWD) Pit Stop Managers consisted of the following individuals representing their respective organizations and the registrants for each pit stop and the number of registrants:

2023 Pit Stop Name	Name	Company/Organization Name	# of Registrants
DC NE Anacostia Riverwalk Trail - River Terrace Park	Julie Kutruff	National Park Service	129
DC NE Edgewood at Metrobar	Jesse B Rauch	Metrobar	199
DC NE Ivy City at BicycleSPACE	Philip Koopman	BicycleSPACE	50
DC NE NoMa at Wunder Garten	Daniel Hoagland	NoMa Business Improvement District	466
DC NE Old City Market and Oven	Curt Hansen	Old City Market and Oven	119
DC NW Adams Morgan at Unity Park	Brian Barrie	Adams Morgan Partnership BID	362
DC NW Cathedral Heights at Conte's Bike Shop	Joseph Chaale	Conte's Bike Shop	126
DC NW Columbia Heights Plaza	Daniel Hayes	Volunteer	327
DC NW Dupont Circle at American Geophysical Union	Margaret Moerchen	American Geophysical Union	246
DC NW Franklin Park	Latasha Stiger	DowntownDC Business Improvement District	288
DC NW Georgetown Waterfront Park	Taylor Bologna	Georgetown BID	487

DC NW Golden Triangle - Farragut Square	JoAnn Waller	Golden Triangle BID	196
DC NW Golden Triangle - L Street	Tia Carson	The Tower Companies	114
DC NW Mt. Vernon Triangle at VIDA Fitness	Nancy Burnham	VIDA Fitness	119
DC NW National Geographic Society	Susan Kolodziejczyk	National Geographic Society	246
DC NW Penn Quarter at City Dental DC	John Tsaknis	City Dental DC	74
DC NW Shaw	Tory Gibler	Fehr & Peers	130
DC NW West End at American College of Cardiology	Lara Gold	American College of Cardiology	75
DC SE Anacostia	Ryen Washington	Anacostia Business Improvement District	51
DC SE Capitol Hill at Eastern Market	McKenna Pugh	Capitol Hill BID	382
DC SE Capitol Riverfront at Canal Park	Alex Smith	Capitol Riverfront Business Improvement District	173
DC SE U.S. Coast Guard HQ	Ruby Zimetbaum	U.S. Coast Guard	54
DC SW Capitol Hill at House Office Buildings	Randy Robinson	Architect of the Capitol	48
DC SW Southwest Business Improvement District	Jessie Himmelrich	Southwest BID	51

DC SW The Wharf	Patrick Revord	Wharf Community Association	166
MD Charles Co Indian Head at Village Green Pavilion	George Clark	Tri County Council for Southern Maryland	53
MD Frederick Co Brunswick Train Station (MARC)	Carmen Hilton	Brunswick Main Street	25
MD Frederick Co Frederick Downtown at Transit Center	Jaime McKay	Transit Services of Frederick County	229
MD Montgomery Co Bethesda - Downtown	Brandan Stuckey	Bethesda Urban Partnership	448
MD Montgomery Co FDA White Oak	David Manchas	U.S. FDA	98
MD Montgomery Co Friendship Heights	Mark Sofman	Montgomery County DOT - Commuter Services	193
MD Montgomery Co Gaithersburg Kentlands	Brian Fields	City of Gaithersburg	183
MD Montgomery Co Gaithersburg Olde Towne Plaza (afternoon)	Brian Fields	City of Gaithersburg	63
MD Montgomery Co National Institutes of Health Bldg 1	Sean Cullinane	National Institutes of Health	347
MD Montgomery Co North Bethesda at Pike & Rose	Traci McPhail	North Bethesda Transportation Center	308
MD Montgomery Co Rockville - Falls Grove Thomas Farm Community Ctr	Jennifer Bolick	Montgomery County DOT - Commuter Services	235
MD Montgomery Co Rockville - Town Square	Michelle Golden	Montgomery County DOT - Commuter Services	171

MD Montgomery Co Rockville - Twinbrook	Michelle Hughes	JBG SMITH	88
MD Montgomery Co Silver Spring - Downtown at Veterans Plaza	Ruthann Eiser	Montgomery County DOT - Commuter Services	357
MD Montgomery Co Takoma Park - Downtown/Old Town	Alex Freedman	City of Takoma Park	155
MD Montgomery Co Takoma Park - Sligo Creek Trail	Alex Freedman	City of Takoma Park	59
MD Montgomery Co Wheaton - Downtown at Marian Fryer Town Plaza	Kyle Lukacs	Montgomery County DOT - Commuter Services	79
MD Prince George's Co Bladensburg Waterfront Park	Robert Walker	M-NCPPC, Dept of Parks and Rec, PG Co	83
MD Prince George's Co College Park at City Hall Plaza	Kevin Blackerby	City of College Park	134
MD Prince George's Co Greenbelt Aquatic & Fitness Center	Di Quynn Reno	Greenbelt Community Center	146
MD Prince George's Co Hyattsville at Driskell Community Park	Chris Militello	Arrow Bicycle	114
MD Prince George's Co Largo/Kettering/Perrywood Community Center	Tiffany Jennings	Prince George's Co Dept of Public Works & Transportation	103
MD Prince George's Co Mount Rainier Bike Co-op	Sarah Lifsey	Volunteer	48
MD Prince George's Co Oxon Hill/National Harbor	Benjamin Ryan	M-NCPPC	53
MD Prince George's Co Port Towns at Edmonston	Rod Barnes	Town of Edmonston	14

MD Prince George's Co Riverdale Park Station	Lydia Chandlee	Cushman Wakefield	49
MD Prince George's Co University of Maryland	Marta Woldu	University of Maryland Dept of Transpotation	66
VA Arlington Co Arlington Mill Community Center	Emily Gage	Phoenix Bikes	107
VA Arlington Co Ballston	Raymond Duran	BikeArlington	417
VA Arlington Co Clarendon at The Lot (afternoon)	Raymond Duran	BikeArlington	112
VA Arlington Co Columbia Pike at Penrose Square	Raymond Duran	BikeArlington	153
VA Arlington Co East Falls Church Metro	David Goodman	WMATA	188
VA Arlington Co HQ National Guard (TARC)	Karen January	ARMY NATIONAL GUARD BUREAU, HQ	33
VA Arlington Co Langston Blvd (afternoon)	Ginger Brown	Langston Boulevard Alliance	50
VA Arlington Co National Landing at Long Bridge Park	Matthew Jones	National Landing Business Improvement District	287
VA Arlington Co Rosslyn at Gateway Park	Raymond Duran	BikeArlington	603
VA Arlington Co Shirlington at New District Brewing (afternoon)	Henry Dunbar	BikeArlington	127
VA City of Alexandria Del Ray at Colasanto Park	Velocity Bicycle Coop	Velocity Bicycle Cooperative	212

VA City of Alexandria Fairlington Centre	Megan Hurst	Great Harvest Bread	58
VA City of Alexandria John Carlyle Square Park	Morgan Babcock	Carlyle Council	450
VA City of Alexandria Mark Center	Hugh McGloin	Washington Headquarters Services	56
VA City of Alexandria National Landing at APTA	Sarah Amesbury	APTA	45
VA City of Alexandria Old Town at City Hall	Katye North	City of Alexandria	300
VA City of Fairfax Old Town Square	Chloe Ritter	City of Fairfax, Department of Public Works	146
VA City of Falls Church West End Park - W&OD Trail	Bob Threeton	Conte's Bike Shop	153
VA City of Manassas Park VRE Station	Alanna Mensing	City of Manassas Park	18
VA City of Manassas VRE Station	Bryce Barrett	Prince William County Department of Transportation	67
VA Fairfax Co Alexandria - Mt Vernon/Hybla Valley/Ft Hunt	Nicole Wynands	Fairfax County Department of Transportation	35
VA Fairfax Co Alexandria South at Trek Bicycle	Chris Callis	Trek Bikes Alexandria South	31
VA Fairfax Co Annandale at George Mason Regional Library	Howard Albers	FABB Volunteer	17
VA Fairfax Co Annandale Wakefield Park at Audrey Moore RECenter	Dan Peters	Fairfax County Park Authority	51

VA Fairfax Co Burke Centre VRE Station	Bethany Usher	FAAB Volunteer	56
VA Fairfax Co Centreville/Clifton	Nicole Wynands	Fairfax County Department of Transportation	15
VA Fairfax Co Chantilly - Stringfellow	Nicole Wynands	Fairfax County Department of Transportation	43
VA Fairfax Co Chantilly - Sully Government Center	Michael Coyle	Sully District Supervisor Kathy Smith's Office	16
VA Fairfax Co Fair Lakes Center	Liz French	Fair Lakes League	52
VA Fairfax Co Fairfax County Government Center	Nicole Wynands	Fairfax County Department of Transportation	80
VA Fairfax Co Falls Church - Culmore	Nicole Wynands	Fairfax County Department of Transportation	15
VA Fairfax Co Fort Belvoir	Charice Smith	Fort Belvoir Safety Office	36
VA Fairfax Co Herndon Innovation Center	Nicole Wynands	Fairfax County Department of Transportation	40
VA Fairfax Co Herndon Town Hall Green	Julie Kagler	Town of Herndon - Parks & Recreation	307
VA Fairfax Co Lorton at Workhouse Arts Center	Jennifer Deutschendorf	Workhouse Arts Center	18
VA Fairfax Co McLean MITRE Corporation	Linsey M. Burch	Wells + Associates	142
VA Fairfax Co Mosaic at Strawberry Park (afternoon)	Marie Cox	Wells + Associates	87

VA Fairfax Co Newington - Saratoga Park & Ride	Nicole Wynands	Fairfax County Department of Transportation	14
VA Fairfax Co Oakton at Oak Marr RECenter	Megan Baker	Fairfax County Park Authority	15
VA Fairfax Co Providence Community Center	Nicole Wynands	Fairfax County Department of Transportation	31
VA Fairfax Co Reston at The Bike Lane	Anne Mader	The Bike Lane	271
VA Fairfax Co Springfield at South Run RECenter	David Fallert	Fairfax County Park Authority	30
VA Fairfax Co Springfield Metro Park at Walker Lane	Carla Eades	Transwestern	48
VA Fairfax Co Town of Vienna	Charlie Strunk	Town of Vienna	259
VA Fairfax Co Tysons Corner Center	Alyssa Brooks	Macerich/Tysons Corner Center	66
VA Fairfax Co West Springfield Government Center	Peyton Onks	Supervisor Pat Herrity, Springfield District, Fairfax County Board of Supervisors	26
VA Loudoun Co Leesburg at Raflo Park	Judy Galen	Loudoun County Dept of General Services	258
VA Loudoun Co Sterling	Judy Galen	Loudoun County Dept of General Services	256
VA Prince William Co Dumfries at Simpson Community Center	Yvette Ragland	Town of Dumfries	8
VA Prince William Co Kelly Leadership Center	George Phillips	Prince William County Department of Transportation	22

VA Prince William Co Manassas GMU at Freedom Center	Margaret Smith	A-1 Cycling	35
VA Prince William Co Rippon Landing VRE Station	Holly Morello	OmniRide	19
VA Prince William Co Woodbridge - Chinn Center	Dan Pittman	Prince William Parks, Recreation & Tourism	43
VA Prince William Co Woodbridge - Tackett's Mill	Paolo Belita	Prince William County Department of Transportation	7
VA Prince William Co Woodbridge - VRE Station	Bertha Johnson	PWC Board of County Supervisors	7

Total 14.617

Metropolitan Washington Council of Governments (COG) staff included:

Nicholas Ramfos Douglas Franklin Mark Hersey Dan Sheehan
James Davenport

Washington Area Bicyclists Association (WABA) staff included:

Colin Browne Jeslyn Zakes

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 2023 a success.

BACKGROUND and EXECUTIVE SUMMARY

Bike to Work Day has been held annually in the Washington metropolitan region for over two decades and was originally started by the Washington Area Bicyclist Association (WABA) with a rallying point or “pit stop: in downtown DC. In September 2000, The National Capital Region Transportation Board’s (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 throughout the region. In 2001, the expanded event created a greater awareness of using cycling to work as a viable commuting alternative. Since the first regional Bike to Work Day in 2001, annual registrations have grown exponentially over the years. In 2020, Bike to Work Day was canceled due to the COVID pandemic, reinstated in 2021, and is gradually looking to rebound to pre-COVID levels. The 2023 Bike to Work Day event had a total of 14,617 registrants, a 14.7 percent increase over the 2022 event.

Several bicycles were raffled off and all the registrants who enjoyed free T-shirts, snacks, prize drawings, and engaged with elected officials.

The success of the marketing promotion campaign relied upon targeting of employer and commuter audiences, identification of cost-effective media, crafting key messages, and procuring giveaway items such as t-shirts designed to attract commuters to try bicycling to work.

The Steering Committee’s resources for Bike to Work Day 2023, included:

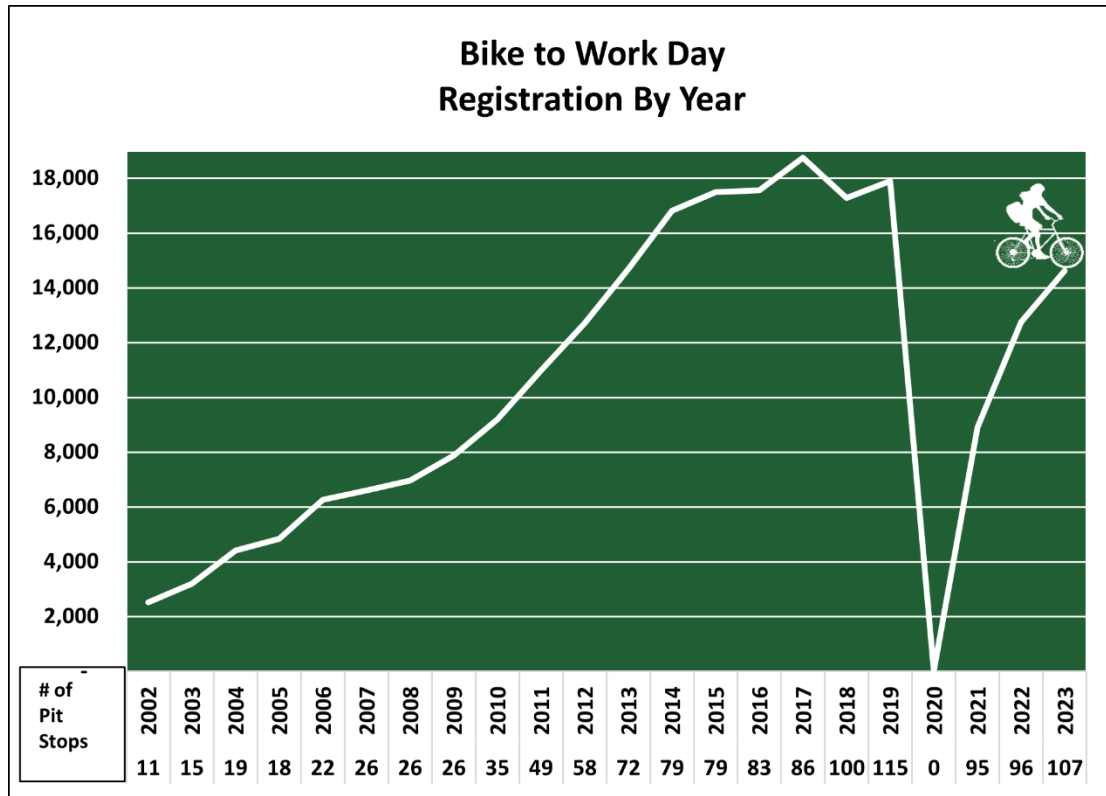
- Web site designed and maintained by Commuter Connections.
- Posters and rack cards developed and printed by Commuter Connections.
- Promoting the event through WABA’s membership.
- A comprehensive campaign produced and placed by Commuter Connections.
- Outreach to employers through a direct mail and 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 bicycles for the regional raffle from Pedego, BicycleSPACE, and Bikes@Vienna.

In addition, 10 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 a peak of more than 18,000 in 2017. Although biking to work 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 19, 2023
Regional Sponsorship Declaration**

Deadline to Return January 31, 2023

Please check one of the following Sponsor Levels:

	Cash	In-Kind
GOLD SPONSOR LEVEL \$7,500 <i>Mentioned as sponsor on hundreds of Radio Ads (traditional and/or internet radio), Social Media, plus all Silver and Bronze level items</i>	<input type="checkbox"/>	<input type="checkbox"/>
SILVER SPONSOR LEVEL \$4,500 <i>Logo on thousands of T-shirts, Press Release, plus Bronze level items</i>	<input type="checkbox"/>	<input type="checkbox"/>
BRONZE SPONSOR LEVEL \$1,200 <i>Logo on Website and thousands of Posters and Rack Cards</i>	<input type="checkbox"/>	<input type="checkbox"/>

If in-kind donation, please describe: _____

Sponsors must provide a minimum of 50% cash. Example: donate \$4,500 in cash, or \$2,250 cash/\$2,250 in acceptable merchandise. *Donors of bicycles may be in-kind only. Sponsor attendance at Bike to Work Day pit stop locations is separate from this regional sponsorship agreement and is typically available at no extra cost; it must however be negotiated separately with the independently managed local pit stop(s).*

Name: _____ Title: _____

Organization: _____

Address: _____

City, State, Zip: _____

e-mail: _____ Phone: (____) ____ ____

Website address for your sponsor logo: _____

Signature _____

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 in high resolution format for quality reproduction, no later than January 31, 2023. 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 \$38,500 in cash was donated for the regional event. The following is a list of cash and in-kind bike raffle sponsors who generously donated to the Bike to Work Day 2023 event:

2023 Sponsors:

Sponsor	Level
All About Burger	Gold
GoAlex	Gold
ICF	Gold
Pedego	Gold
BicycleSPACE	Silver
BikeArlington	Silver
City Dental DC	Silver
Verra	Silver
American Association of State and Highway Transportation Officials	Bronze
bikes@vienna	Bronze
Fair Lakes League	Bronze
Giant Food	Bronze
goDCgo	Bronze
Maryland Department of Transportation	Bronze
Prince George's Vision Zero	Bronze
Virginia Department of Transportation	Bronze

HIGHLIGHTS FROM AREA PIT-STOPS

Adams Morgan: The event was held at Unity Park from 7:30am to 11am. There were 362 registrants for the pit stop.

Alexandria Carlyle Square: Bike to Work Day 2023 was a huge success for our 13th year as the Carlyle Pit Stop! Our registration was higher than in 2019! Our turn out was great, the weather was wonderful, and it was so great to have so many supportive sponsors on site and donate to our raffle. We are so thankful that everyone took the time to register and come out to support our pit stop! We had our live raffle every 15 minutes with three winners each time. Our Mayor, Justin Wilson, vice-mayor, Amy Jackson, Councilman Canek Aguirre, and Councilwomen Sarah Bagley stopped by to support and helped us with our raffle drawings! We are so grateful for the Alexandria Police Department and Sheriff Department for showing up early to support us with setting up their tables.

We cannot thank our wonderful sponsors below enough! They donated generous gift cards and gifts for the raffle! We are so thankful for all our wonderful businesses and group organizations for their support and time!

Alexandria Dog Walk
Alexandria Renew Enterprise
Alexandria Spokeswomen
Alexandria Police Department
Alexandria Sheriff Department
Bicycle & Pedestrian Advisory Committee
Burke & Herbert Bank
Carlyle Council
Carlyle Gateway
Club Pilates Alexandria
Conte's Bike Shop
Cowo & Crèche
Eisenhower Partnership
Frizzles Salon & Spa
Handy Bikes
Lost Boy Cider
Nando's- Carlyle Crossings

Panera Bread
Paradigm
Post Carlyle Square/ MAA
Pure Barre
Simpson Properties, Ltd.
Sweet Fire Donna's
Tequila & Taco
The Westin
WABA (Washington Area Bicyclist Association)
Wegman's
Whiskey & Oyster
Yoga 6

Alexandria: This year was a transitional year for the City of Alexandria’s Bike to Work Day. After a long hiatus due to COVID we finally were back at City Hall’s Market Square as the main Bike to Work Day pit stop. This allowed us to host a larger affair than we had in the last couple of years as COVID took us away from larger gatherings. While splitting participants up amongst smaller pit stops sustained us, the City’s bike commuters missed the fanfare and camaraderie that Market Square provided.

This year’s affair included a set by DJ Regy Reg, A 360 Photobooth experience with your bike, coffee, eats, on site tune-ups and of course tabling by our wonderful City partners, businesses and agency representatives and of course our giveaways and BTWD T-Shirts. We were grateful to finally have enough to not run out this year, although we did have requests for larger sized 4XL and 5XL shirts we could not accommodate. We added to our slate of sponsors this year with prizes, donations and giveaways provided by Wegmans, Athleta, the Water Taxi, ESP Tea and Coffee and so much more.

Despite competing with the opening of the brand-new Potomac Yards Metro Station we were still able to net appearances by several local officials including the Mayor, City Manager and local council members. We had 308 people register online and had more people show up and sign up. Between the 5 pit stops within the City of Alexandria we had over 1,100 registrations. Thanks to a strong push towards then end and a great interview on WUSA we saw another year of increased participation.

Alexandria Del Ray: The event was held at Colasanto Park from 6am to 9am. There were 212 registrants for the pit stop.

Alexandria National Landing at APTA: The event was held from 3pm to 6pm. There were 45 registrants for the pit stop.

Anacostia: The event was held by the Arts Center from 7am to 9 am. There were 51 registrants for the pit stop.

Anacostia Riverwalk Trail: The event was held from 7am to 9am. There were 129 registrants.

Annandale: The event was held at Wakefield Park/Audrey Moore RECenter from 6:30am to 9am. There were 51 registrants for the pit stop.

Annandale George Mason Library: The event was held from 6:30am to 9am. There were 17 registrants.

Arlington County Pit Stops and Number of Registrants

Arlington Rosslyn: The event was held from 6:30 am to 9:30 am. There were 631 registrants.

Arlington Ballston: The event was held from 6:30 am to 9:30 am. There were 435 registrants.

Arlington Columbia Pike East: The event was held from 6:30 am to 9:30 am. There were 159 registrants.

Arlington Clarendon: The event was held from 4:30 pm to 6:30 pm. There were 114 registrants.

Arlington Shirlington: The event was held from 4:30 pm to 6:30 pm. There were 133 registrants.

Arlington East Falls Church: The event was held from 6:30 am to 9:30 am. There were 194 registrants.

Arlington National Landing: The event was held from 7:00 am to 9:00 am. There were 304 registrants.

Arlington Columbia Pike West: The event was held from 7 am to 9 am. There were 114 registrants.

Arlington HQ National Guard: The event was held from 6:30 am to 10:30 am. There were 34 registrants.

Arlington Langston Blvd: The event was held from 3:00 pm to 6:00 pm. There were 51 registrants.

BikeArlington Pit Stop Sponsors

Piedmont Office Realty Trust

SuperPedestrian

Pit Stop Partners

Car Free Diet

Potomac Pedalers

Friends of Mount Vernon Trail

Washington Area Bicyclist Association

Sustainable Mobility for Arlington County

Arlington County Transportation

Bash Boxing

Arlington Art Truck
Trek Bikes
Bell Ringer
Mcdonalds Rosslyn – MCD Mateos
Kasper Cargo Bikes
Nandos
Rosslyn Bid
Ballston Bid
All About Burger
Friends of Washington and Old Dominion Trail
Arlington Families for Safe Streets
Lime
Pike Forward
Arlington Food Assistance Center
Car Free Diet
Eco Action Arlington
Museum of Contemporary Art Arlington

Arlington Mill: The Arlington Mill pit stop was held on the plaza of the Arlington Mill Community Center from 7-9am. Participation was strong for this first year of the stop with 112 registrants. In addition to claiming their free tee-shirt, riders enjoyed getting free bike safety checks from Phoenix Bikes mechanics, relaxing with chair massages from Elements Massage in Pentagon City, and browsing information from the Animal Welfare League of Arlington and Cyclebar Columbia Pike. Riders enjoyed hot coffee from Commonwealth Joe, delicious donuts from Good Company, cookies from Captain Cookie & the Milkman, and bananas from MOM's Organic Market in Arlington. Raffle prizes and give-aways including gift cards to a new tapas bar on Columbia Pike Sabores, a one-month Cyclebar pass, 60-minute massage from Elements Massage, and free trial passes to VIDA Fitness and Spenga in Ballston.

Bethesda: The event was held at the Capitol Crescent trail from 6:30am to 8:30am. There were 448 registrants.

Bladensburg Waterfront Park: The event was held at the Waterfront Park from 7am to 9am. There were 83 registrants for the pit stop.

Briggs Chaney Park & Ride Mobile Commuter Store: There were 20 registrants for the pit stop.

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

Burke: There were over 50 people who signed up, and over 30 came. There were a couple of “bonuses” supervisor Walkinshaw’s chief of staff, Frank Anderson, was a rider. And Lake Braddock Secondary School’s Safe Routes to School coordinator held an event early this morning at the school for teachers who bikes (with doughnuts - wheels for wheels) before she biked to the stop and took the VRE downtown for work.

The regional engineer for VRE was there (Dallas Rogers), talking with people about to bring bikes on VRE, and many people who weren’t biking came over and took info.

Capitol Hill Eastern Market: The event was held at the Eastern Market Metro Plaza from 7am to 9am. There were 382 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 48 registrants for the pit stop.

Capitol Riverfront: The event from 7am to 9am. There were 173 registrants for the pit stop.

Cathedral Heights: The event was held from 7am to 9am. There were 126 registrants.

Centreville/Clifton: The event was held from 6:30am to 9am. There were 15 registrants for the pit stop.

Chantilly Library: The event was held at the Chantilly Regional Library from 6:30am to 9am. There were 43 registrants for the pit stop.

Chantilly Sully: The event was held from 6:30 am to 9:30am. There were 16 registrants for the pit stop.

Coast Guard Headquarters: The event was held at US Coast Guard Headquarters from 6am to 9am. There were 54 registrants for the pit stop.

College Park City Hall: The City of College Park hosted its morning pit stop at City Hall Plaza from 6:30 to 8:30 am. There were 134 registrants.

Columbia Heights Plaza: 125 cyclists enjoyed a bright, sunny, warm May afternoon at the Columbia Heights Plaza in Northwest DC, for the annual “Ride Home from Bike to Work Day ‘23”. We were assisted by 8 loyal volunteers (Debra, Graham, Karen, Laurel (and baby), Max, Nathan, Phoebe, & Sarah), and joined by the “Book Bike” of DC Public Libraries (DCPL), WABA, the DC 3rd District community-service police officers, and the wildly-popular Leah Fantle of UpShiftDC for bike tune-ups. Councilwoman Brianne Nadeau brought her 2 daughters by bike early in the

afternoon, and ANC-1A members Jeremy Sherman and Max Ewart (also a volunteer) stopped by later.

300 pre-registered, and 36 registered on-site, supplemented by 2 (the lowest quantity in years!) from previous pit-stops. Giant donated \$50 for food (bananas, apples, mandarins) and water. Plenty of maps (DC, Regional, and Fairfax County) were distributed, and WABA and DCPL signed up a few new members.

Thanks to Park Triangle (sign display), Giant, District Bridges and DCPL for loaned tables, DC DPR, & DC Police and public officials.

Crystal City/National Landing: With over 300 registrants, the Bike to Work Day Pit Stop in Crystal City/National Landing was filled with energy. Conte's Bike Shop offered bike safety checks, a raffle for National Landing branded bike jerseys and backpacks, and a smoothie food truck, all with a DJ providing the tunes for a festive vibe. Looking forward to surpassing to building on this success for 2024!

Dumfries: The event was held at the Dumfries Town Hall from 7:30am to 9:30am. There were 12 registrants for the pit stop.

Dupont Circle: This year's AGU pit stop for Bike to Work Day (at Dupont Circle) — now our third year hosting! — was another spectacular success! Highlights in no particular order included:

- More than 250 riders from the DMV registered for our stop, and about that many visited us on the day of (whether registered or not).
- Neighborhood businesses partnered with us: Conte's Bikes did countless tune-ups on-site, and critical refreshments came courtesy of Call Your Mother Deli on P St and Dawson's Market next door.
- Advisory Neighborhood Commissioner (ANC 2B01) Meg Roggensack joined us, chatting with constituents, calling out door prize drawings, and making plans to bring lots of fellow ANC 2B commissioners in for building tours, and to start up community bike rides in our part of Ward 2.
- Riders clamored for building tours and wanted to come back with friends and colleagues to see our NetZero headquarters.
- We gave out snazzy science door prizes every few minutes, in the form of Science is Society t-shirts, glossy NASA calendars (both of these thanks to Vicky Thompson!), and gift cards from Conte's Bikes.

- Young minds were corrupted with science— small people were enchanted by our planet plaza and crawled across orbits not just of the rocky worlds but way out to the gas giants, and they took crayons to our AGU coloring sheets to produce technicolor volcanoes and outcroppings.
- AGU alums Chris McEntee and Cristine Gibney rode to our pit stop to bask again in our building's energy-efficient glow and to take renewed pride in talking about their work on the NetZero renovation with other riders.
- Current AGU staff came out to celebrate too: we were glad to see Asha Pinkney-Gillus, Mark Shimamoto, and veteran BTWD pit stop supporter Liza Lester, who cycled all the way from Takoma Park!
- Amazing volunteers made it all happen! Hearty applause goes out to AGU staff Michelle Brown, Matt Boyd, Sebastian Gominho, Neil Washington, Jeffrey Nguyen, and Emille Beller. We even had two fabulous non-AGU volunteers, Alan from Georgetown University and Alissa from the Metropolitan Washington Council of Governments.

Spirits were high across the board on this cool and sunny morning, and first-time riders especially were surprised at the joyful and supportive atmosphere! The plaza probably hasn't seen this much traffic since last year's Bike to Work Day, and the event is a great opportunity for us to engage with our neighbors and the city.

Many thanks again go out to all who participated in this year's Bike to Work Day in any capacity, and we hope even more of you will join in next year! Our small but mighty team has lots of ideas to make our bikes-and-neighborhood-and-science carnival even better and grander!

Edgewood at Metrobar: The event was held from 4pm to 8pm. There were 199 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 80 registrants for the pit stop.

Fair Lakes: The event was held Fair Lakes Center from 6am to 9am. There were 45 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. There were 52 registrants.

Falls Church: The event was held from 6:30am to 9am. There were 15 registrants.

Fort Belvoir: The Fort Belvoir Bike to Work Day pit stop attracted about 30 participants. Food and refreshments were donated from the Fort Belvoir Commissary. While picking up the Bike to Work t-shirts participants also had their choice of swag provided by the Fort Belvoir Installation Safety Office. Swag included drawstring bags, stress balls, water bottles, first aid kits, bike safety coloring books, chapstick, and sunglasses.

Franklin Park: The event was held from 7am to 9am. There were 288 registrants.

Frederick: The pit stop at the Transit Center in Downtown Frederick was a great success! More than 240 participants registered for the event.

Some highlights from this year's event include:

- A new and improved Ceremonial Ride route
- ASL interpreter and Certified Deaf Interpreter, to ensure full inclusion of our Deaf and hard-of-hearing cyclists and community members.
- Local elected officials participated, including City of Frederick Mayor Michael O'Connor, County Executive Jessica Fitzwater, and Aldermen Kelly Russell.
- There was 25+ participants from the City of Frederick and Frederick County Government Divisions.
- Vendors included: BGCF and TourDeFrederick, Pedego Frederick, Frederick Health, Bike Doctor Frederick, The Bicycle Escape, The Common Market, Key103, and MDOT/MTA

Friendship Heights: The 2023 Friendship Heights pit stop was at The Shops at Wisconsin Place, at the corner of Wisconsin Ave. & Western Ave. in Chevy Chase and ran from 6:30 – 9:00 AM. There were 207 riders at final registration. A total of 119 attended, including registrants and walk-ups. As in previous years, there were two new bike winners. This year, the bikes were from Happy Go Bikes. One winner had to be present to win, the other was selected from a randomized number listed on the registration:

Pit stop exhibitors and donors included:

- ☑ All-In-One Entertainment
- ☑ Happy Go Bikes
- ☑ Drink More Water
- ☑ Whole Foods
- ☑ Starbucks
- ☑ Wisconsin Place Recreation and Community Center
- ☑ GEICO – The Gecko was on hand to greet people
- ☑ District Taco
- ☑ Montgomery County Dept. of Environmental Protection

- ☒ Circle Yoga
- ☒ CorePower
- ☒ Haute Bodhi Yoga & Pilates
- ☒ WABA
- ☒ Parkinson's Foundation Mobile Unit

Gaithersburg Kentlands: The event was held on the corner of Great Seneca Highway and Orchard Ridge Drive from 7am to 9am. There were 183 registrants for the pit stop.

Gaithersburg Old Towne: The event was held in Old Towne, Gaithersburg from 4pm to 6pm. There were 63 registrants for the pit stop.

Georgetown – Meigs Park and Waterfront Park (DC): the was held from 7am to 9am. There were 487 registrants.

Golden Triangle – Farragut Square: The event was held at Farragut Square from 7am to 9am. There were 196 registrants for the pit stop.

Golden Triangle – L Street (DC): The event was held on the corner of 19th and L Streets NW from 7:30am to 9am. There were 114 registrants for the pit stop.

Greenbelt: Bike to Work Day 2023 was Greenbelt's 11th year. A committee of three City of Greenbelt employees organized the event in the City Hall parking lot. There were 143 bikers registered with 137 passing through. Jeff Lemieux led 15 bikers on a convoy to downtown Washington DC and a convoy of 29 passed through on their way to NASA in Greenbelt.

Our sponsors:

Anacostia Trails Heritage Area provided funding for breakfast snacks.

Heavenly Well led Stretching with Your Bicycle just prior to the convoy departure.

Proteus Bicycle mechanic provided light maintenance and safety checks.

Jersey Mike's Subs and Old Greenbelt Theatre provided raffle prizes.

Swag bags were provided to registered riders with items donated by the Greenbelt COOP Supermarket & Pharmacy, McCarl Dental Group and Jersey Mike's Subs.

Greenbelt Sunoco provided free coffee to bikers stopping at their shop.

Primo Water supplied a water dispenser which allowed the stop to improve sustainability.

Herndon Innovation Center: The event was held from 6:30am to 9am. There were 40 registrants for the pit stop.

Herndon Town Hall Green: Herndon Parks and Recreation Department staff planned and executed this year's pitstop. Riders did gratefully grab bottled water, fruits, and a variety of

different snacks. . All riders were very excited to get their T-shirts this year! We opened at our usually time at 5:30am but it was slow roll until later in the morning, Next year we will be looking at adjusting our start time. . With over 300 registered that were excited, grateful, and overjoyed to be a part of Bike to Work Day!

Hyattsville Driskell Park: The event was held at Driskell Park from 6:30am to 8:30am. There were 114 registrants for the pit stop.

Indian Head: The event was held from 6am to 11am. There were 53 registrants.

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

Kelly Leadership Center: The event was held from 6am to 9:30am. There were 22 registrants.

Largo: The Prince George's County Department of Public Works & Transportation in partnership with the M-NCPPC Department of Parks and Recreation, Prince George's County and the Prince George's County Bike and Pedestrian Safety Community Advisory Group co-hosted a Bike to Work Day Pit Stop at the Largo/Kettering/Perrywood Community Center in Upper Marlboro, MD on May 19th - Bike to Work Day. Vision Zero Prince George's and the Be Seen, Be Alert, Be Safe Campaign were proud Bronze Sponsors of Bike to Work Day!

There were 103 cyclists that registered for the Bike to Work Day pit stop in advance and 40 cyclists that signed up onsite to ride on Bike to Work Day. Cyclists from across Prince George's County, Maryland and around the Region were welcomed to the Largo/ Kettering/ Perrywood Community Center by Tiffany Jennings, Prince George Bike and Pedestrian Program Manager and Pit Stop Manager and Tedd Russell, Bike to Work Day Pit Stop Co-Manager. Special greetings were provided by Michael Johnson, Director of DPW&T; Bill Tyler, Director of M-NCPPC Department of Parks and Recreation; and by Wala Blegay, Prince George's County Council Vice-Chair and District 6 County Councilwoman. During the Bike to Work Day event, There were demonstrations for Cyclists on how to load and unload the bicycle on a bike rack on front of Prince George's County's TheBus. Additionally, Cyclists were provided information and giveaways by representatives from the following agencies, organizations, offices and businesses:

Prince George's County Department of Public Works & Transportation
TheBus
RideSmart
M-NCPPC Department of Parks & Recreation, Prince George's County
Prince George's County Executive
Prince George's County Council
M-NCPPC Park Rangers

Vison Zero Prince George's
Prince George's County Be Seen, Be Alert, Be Safe Bicycle and Pedestrian Safety Campaign
Prince George's County Bike and Pedestrian Safety Community Advisory Group
Capital Bikeshare
Prince George's County Office of Community Relations
PGC311
Maryland Highway Safety Office
M-NCPPC Seniors Cycling Club
Jafe Cycling
Beech Tree Pedalers
The Capital Market at Creative Suitland
Prince George's County Bike and Pedestrian Program
Capital Bikeshare
Bowie State University – Bowie Metropolitan Alumni Chapter
The Black Nurses Association of Southern Maryland

Leesburg: Staff from Loudoun County Transit and Commuter Services greeted more than 180 cyclists at Raflo Park in Leesburg on Bike to Work Day. After checking in and selecting their T-shirts, participants were able to refill their water bottles, enjoy coffee, Gatorade, bananas and an assortment of pre-packaged grab and go snacks.

Two Bike Loudoun volunteers were assisted at the pit stop. One remained busy making adjustments and simple repairs at his bike stand. Participants browsed literature and picked up water bottles from Equinix and Loudoun County Fire and Rescue. VDOT staff added flashing safety lights for cyclists to the assortment of available swag.

One month prior to the event, the Leesburg Pit Stop vinyl banner was displayed along the W&OD Trail, not far from the pit stop location. Posters and rack cards were shared with local bike shops, Bike Loudoun, and employers. Bike to Work Day registration was promoted at in-person events in late April and early May. The event was also publicized on Facebook, LinkedIn, through the employer newsletter and with a County-issued news release. For the first time ever, the Leesburg Town Council issued a separate Bike to Work Day proclamation.

During the event, staff from Loudoun County Public Affairs and Communication captured still photos and video. A highlight video was shared on social media and will be refreshed to help promote the 2024 event.

Lorton: The event was held 3pm - 7pm at the Workhouse Arts Center in Lorton, VA. There were 19 registered.

Manassas VRE: Bike to Work Day 2023 at the Manassas VRE Station pitstop was a great success! We had a total of 70 participants register for the event of which 39 attended. We were also able

to engage multiple commuters who were interested in registering for the event the day of. Some key highlights include the City of Manassas bike convoy which included over a dozen city employees and community members and a visit from the City of Manassas Mayor Michelle Davis-Younger. For refreshments we offered snacks, coffee, and water. A special thanks to Dan Donohue of NoVA Cycleworks for providing bike repair services for free to participants, and to the team at Historic Manassas, Holly Morello, and Allen Muchnick for helping to make the event a success!

Manassas Park VRE: There were 19 registrants and 4 walk-up bikers who visited.

Manassas GMU: A group from Aurora Flight Sciences based over at Manassas Airport come every year and I think this is the biggest group so far. We had 33 registered this year and 23 showed up so a pretty good %! There were 2 families that stopped by. One was on their way to Pennington Traditional School in Manassas and another family was going back home since they both work from home. They were pulling a trailer with a tandem with their 2 year old. We gave away almost all of the t-shirts so that was great. I took the 3 we had left over to the shop for a few of our skinnier mechanics!

McLean – MITRE: The event was held from 6:30am to 9am. There were 142 registrants.

Merrifield - Mosaic: The event was held from 4pm to 6:30pm. There were 87 registrants for the pit stop.

Mt. Rainier: For the Prince George's County Mount Rainier Bike Co-op stop, our third year was a success! The Mount Rainier Bike Co-op was freshly remodeled and open for tours and showed off the new bike repair stand available in front of the shop. We had a total of 48 registrants and 36 people who biked by to pick up their shirts, snacks, drinks, patch kits and bike maps!

Mt. Vernon – Belle View (VA): The event was held at Mount Vernon Rec Center from 6:30am to 9:00am. There were 35 registrants for the pit stop.

Mt. Vernon: The event was held at VIDA Fitness from 6:30am to 9:00am. There were 119 registrants for the pit stop.

Naval Support Activity: The event was held from 6am to 9am. There were 101 registrants for the pit stop.

National Geographic Society: The event was held from 8am to 10am. There were 246 registrants.

Newington: The event was held at South and C Streets SE from 6:30am to 9am. There were 14 registrants for the pit stop.

NIH: The event was held from 7am to 9:30am. There were 347 registrants.

NOMA: The event was held at Wunder Garten from 7:30am to 9:30am. There were 466 registrants for the pit stop.

North Bethesda: On Bike to Work Day, the North Bethesda Pit Stop and the North Bethesda TMD staff eagerly welcomed cyclists and participants at our location at Pike & Rose. The pit stop was located in the parking lot next to Bark Social and behind Pinstripes. Each registered participant received a Bike to Work Day t-shirt, towel, bike maps, and other goodies. They were treated to a variety of breakfast foods, giveaways, and information provided by our great sponsors who attended – Bender JCC of Greater Washington, Call Your Mother Deli, Office of Home Energy Programs, Onelife Fitness, Orangetheory Fitness, PetWellClinic, Pike District Partnership, REI, Strathmore/AMP by Strathmore, and WABA. Additional prizes and giveaways were generously donated by Bibibop Asian Grill, Central Farm Markets, and Nada. A very special thank you to our host, Pike & Rose, for all the support!

Prizes, drawings, and “sponsor spotlights” were made every 15 minutes and music was provided throughout the event. Cyclists participated in various fun contests as well. Techs from REI performed checks on participants’ bicycles.

Councilmember Kate Stewart brought greetings from the Montgomery County council. She also spoke about the importance of bicycling in Montgomery County. Councilmember Laurie-Anne Sayles presented the Council’s Bike to Work Day proclamation, and spoke about the Council’s support of infrastructure projects.

The grand prize was a bicycle, from REI. REI staff helped with the drawing and congratulated the lucky winner. A second bicycle, also from REI, was awarded to another lucky winner after the event. Another successful year was enjoyed at the North Bethesda at Pike & Rose pit stop!

Oakton: The event was held at the Oak Mar RECenter from 6:30am to 9:00am. There were 15 registrants for the pit stop.

Old City Market and Oven: The event was held on the corner of 6th and K Streets NE from 7am to 9am. There were 119 registrants for the pit stop.

Oxon Hill: The event was held adjacent to Potomac Heritage Trail from 6:30am to 8:30am. There were 53 registrants for the pit stop.

Penn Quarter: The event was held from 7am to 9am. There were 74 registrants.

Providence Community Center: The event was held from 7am to 9am. There were 31 registrants for the pit stop.

Reston: The event was held at the Plaza from 6:30am to 9:30am. There were 271 registrants for the pit stop.

Riverdale Park Station: Bike to Work Day 2023 at Riverdale Park Station was a success and enjoyed by many! During our station time of 4pm – 6pm, we hosted about 75% of our registered participants. Lively music of all genres was paired with yummy snacks and great conversation. In addition to the Bike to Work t-shirts; we handed out hydration drinks and plenty of “The Station” merchandise. There were many passersby that inquired about obtaining information about the event and participating in next year’s Bike to Work Day.

Rockville: The event was held at TREK Bicycle from 8am to 11am and from 6pm to 7pm. There were 171 registrants.

Rockville Falls Grove: What a beautiful morning! Yes, the weather was perfect, and we had a terrific debut of our new pit stop location. Thomas Farm Community Center, nestled in Falls Grove Park and right on the Carl Henn Millennium Trail was such a welcoming venue for residents of the local community and commuters to the hundreds of businesses surrounding the Life Sciences Corridor. MCDOT Commuter Services and the City of Rockville co-sponsored the pit stop, as in years past and the MCDOT Greater Shady Grove TMD outreach team managed the event with the help of great volunteers. There were 257 participants registered for the early morning gathering to celebrate one of their favorite activities and means of commuting, general travel, and exercise. Casual bikers and cyclists, first-timers and seasoned commuters, even some little “future commuters,” sporting their training wheels, alongside mom and dad --all showed up to enjoy the camaraderie and our little party in the morning.

They arrived in waves throughout the morning, many hanging out for quite a while to enjoy the music, yummy snacks, and coffee from local businesses, and to check out the exhibitors with information, resources, and fun giveaways to share. All were greeted with smiles, Bike to Work Day t-shirts, towels, bicycle swag, and a chance to win some really cool raffle items. Bike Werks performed bike safety checks and simple maintenance repairs, while County and City agencies hosted information tables. Chris Conklin, MCDOT Director, started us off with a heartfelt greeting and the reading of a short version of the Bike To Work Day Proclamation, followed by the raffle kick-off and our first of two new bicycle giveaways provided by MCDOT. Our DJ rocked the morning, while our emcees engaged the crowd. and OneLife Fitness trainers led multiple mini stretching sessions to get everyone in motion, and ready to continue their ride. There were gatherings of friends, groups of work colleagues, and lots of individual riders, who likely met a few new like-minded commuters or even close neighbors. Tents were up, tables were full. Our

wonderful food supporters included: Krispy Kreme, Dunkin Doughnuts, Giant, Safeway, Harris Teeter, Pasion Bakery, Drink More Water, Smoothie King, Starbucks, and Chick-fil-A.

We ran the raffle throughout the morning, with winner after winner receiving great prizes from our super-generous local business sponsors. We concluded with the second grand prize bike drawing for a lucky winner. There were big cheers all around and special thanks to our location host the City of Rockville's Thomas Farm Community Center --and for our volunteers, raffle donors, and information exhibitors who contributed to making the event a great success: AT&T, Verizon, Art and Frame Depot, CAVA, Chipotle, Cooper's Hawk Winery & Restaurant, Copper Canyon Grill, Dick's Sporting Goods, REI, Mamma Lucia, MOM's Organic Market, MCDOT-Commuter Services and Capital Bikeshare, Montgomery County Department of Parks and Planning, Montgomery County Department of Environmental Protection: Division of Solid Waste Services, MyEyeDr., Nando's Per-Peri, Panera, PNC, Police Department Community Engagement Division, Potomac Pizza, Sandy Spring Bank, Ski and Bike Center LTD, Target, T-Mobile, Visit Montgomery, and WABA.

Shaw: The event was held from 7am to 9am. There were 130 registrants for the pit stop.

Silver Spring: The 2023 Bike to Work Day Silver Spring pit stop was held at Veterans Plaza and 394 individuals

registered online. There were 269 individuals that attended the event to enjoy music, raffles, and to get a BTWD t-shirt and other giveaways.

The Veterans Plaza pit stop was managed by Commuter Services. Contractor support was provided by Fovndry who secured donors, sponsors and exhibitors. Two additional volunteers helped at the registration and giveaway tables The Silver Spring Civic Building staff helped with event layout and rental equipment delivery logistics. The indispensable Silver Spring Urban District's Clean and Safe Team was on hand bright and early to assist with set up and with break down at the end of the event.

This year, State Delegate Lorig Charkoudian addressed the crowd and chose the winning ticket for the bike raffle.

Raffles, Exhibitors and Grand Prize Winners

Commuter Services purchased two bicycles from Silver Cycles for the raffle. This year's winners were Lee Goldberg (pictured below with Sande Brecher (MCDOT) and Del. Lorig Charkoudian) and Teresa Locke.

Bike, Health and Fitness Participants and Exhibitors

Silver Cycles performed bike checks. Planet Fitness demonstrated a pre-ride stretch. WABA, Friends of the Metropolitan Branch Trail and CCI Health attended.

Strong Business Participation and Support

We had a lot of donated raffle items and refreshments that provided prizes for multiple raffles throughout the morning. Breakfast treats including bagels, fruit, muffins and coffee. Downtown Silver Spring businesses, merchants and non-profits who supported the event included: The

Blairs, Chik-fil-A, Einstein Bagels, Giant Food, Nando's Peri-Peri, Peet's Coffee and Tea, Safeway, Starbucks, Silver Cycles, Whole Foods. All in One Entertainment was the DJ again this year for the event. In addition, other County and City agencies hosted information tables, along with other exhibitors.

Southwest Business Improvement District: The event was held at the BID from 8am to 10am. There were 51 registrants for the pit stop.

Springfield Metro: The event was held at the Springfield Metro Park from 6:30am to 8:30am. There were 48 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 30 registrants for the pit stop.

Sterling: More than 160 cyclists visited the Sterling Pit Stop overlooking the W&OD Trail at the Sterling Ruritan Club. It was a festive setting with five tents hosted by Loudoun County Transit and Commuter Services, Bike Loudoun, Friends of the W&OD Trail, Loudoun Water, and Trek Bikes.

Participants were offered water, coffee, Gatorade, bananas, and a variety of pre-packaged snacks. Bike Loudoun shared literature, including a new flyer detailing how to incorporate biking and transit in Loudoun County. A proclamation from the Loudoun County Board of Supervisors was read and presented by Loudoun County Supervisor Juli Briskman (Algonkian District).

A mechanic from Trek Bicycle of Leesburg served a steady stream of visitors requesting minor adjustments and repairs. Loudoun County staff and volunteers served refreshments and distributed T-shirts to participants.

To encourage participation, Bike to Work Day was publicized in variety of ways: a news releases, social media posts, newsletter article, communication with employers, posters, and rack cards. A large vinyl banner was installed near the pit stop site along the W&OD. Loudoun County Public Affairs and Communications staff captured photos and video, including Supervisor Briskman at the Sterling pit stop. A highlight video and assortment of photos will be incorporated into next year's promotional efforts.

Takoma Park – Downtown/Old Takoma: The event was held at Takoma Urban Park from 6am to 9am. Participants received bike safety swag, bicycle maps and resources, and breakfast snacks. There were 159 registrants for the event and at least 91 riders stopped by the pit stop, including 13 ride-ups.

Takoma Park – Sligo Creek Trail: The Sligo Creek Pit stop held the event from 6:30am to 9:30am. Participants received bike safety swag, bicycle maps and resources, and breakfast snacks. There

were 64 registrants for the event and at least 36 riders stopped by the pit stop, including 6 ride-ups.

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 7th Street Park from 7am to 9am. There were 166 registrants for the pit stop.

Tysons Corner: Tysons Corner Center operated our annual pitstop for Bike to Work Day 2023 on Friday May 19th. Participation in this national initiative supports our Development and ESG Goals, in addition to being a way for TCC to connect with the local community.

☑ Participating Retailers/Sponsors: Fabletics, Lush, Nordstrom, Therabody, Shotted.

☑ Collaboration with Access Tysons, FABB (Fairfax Alliance for Better Bicycling), Hines, and Tysons Community Alliance.

☑ Activities included: A deejay, branded TCC giveaways, Shotted coffee and assorted pastries, Nordstrom wellness beverages, Therabody treatments, snacks, and partner giveaways.

MARKETING

☑ Campus-wide event promotion to retailers, employees, VITA residents, Tysons Tower and 1861 tenants

☑ Instagram/Facebook posts and eblast inclusion including a link to register; total reach approximately 150K.

☑ Printed signage at Concierge and TCC event page

☑ Access Tysons social media and email communication

RESULTS

☑ Approximately 70 bikers visited our pit stop between 6:30 -10AM

☑ Over \$400 in giveaways donated by TCC sponsors and partners

☑ Positive feedback from attendees and appreciation for the recent opening of the Tysons/Old Meadow pedestrian bridge over 495

USDA Farmers Market: The event was held from 7:00am to 9:00am. There were 35 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 66 registrants for the pit stop.

Vienna: The event was held at the Town Green from 6:30am to 8:30am. There were 259 registrants for the pit stop.

West End at ACoC: On Friday, May 19th the ACC hosted its 6th Bike to Work Day pitstop, and out front of Heart House was a bustling and popular place to be! 58 bicyclists had officially registered for the pitstop, with an additional 26 people signing up in-person that afternoon. Visitors enjoyed free snacks, swag, music, & more to punctuate the work day and kickoff the weekend.

ACC continued to receive very positive feedback on hosting an afternoon pitstop, with cyclists feeling not as rushed and having more time to socialize, without the morning's pressure of getting to work on time. A company convoy of 9 bicyclists even stopped by! Special thanks to ACC's 6 staff volunteers for managing and coordinating the successful event.

Wheaton: The event was held from 7am to 9am. There were 79 registrants for the pit stop.

White Oak/FDA: The Office of Facilities Engineering and Mission Support Services' (OFEMS) Logistics and Transportation Management Branch (LTMB) sponsored a Pit Stop from 7:30 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 2023 BTWD T-Shirt. The first bicyclist arrived around 7:15 a.m. and eventually had 47 bicyclists used the pit stop. The final number of registered bicyclists for the White Oak/FDA pit stop was 99. 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 43 registrants for the pit stop.

Woodbridge - Rippon VRE Station: There were 19 registrants for the Rippon pit stop, and they signed up two more on-site, for a total of 21. Fourteen total riders actually showed up. I sent Doug some pictures of the downtown Manassas pit stop, and will send some from Rippon before the end of the day tomorrow.

Woodbridge – Tackett's Mill: The event was held from 6am to 9am. There were 7 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 7 registrants for the pit stop.

EMPLOYER PARTICIPATION

There were 391 Employers that had 5 or more employees registered for the event:

The winner of the Employer Challenge for the free luncheon was the National Institutes of Health.



Federal Employers

Administration for Children of Families
Architect of the Capitol
Bureau of Labor Statistics
CFTC
Defense Logistics Agency
FDIC
Federal Communications Commission
Federal Highway Administration
Federal Reserve
Federal Energy Regulatory Commission
Foreign Service Institute
Goddard Space Flight Center
Government Publishing Office
Fish and Wildlife Service
NASA
National Capitol Planning Commission
National Labor Relations Board
National Zoological Park
NOAA

Administrative Office for the U.S. Courts
Army National Guard
Bureau of Land Management
Consumer Financial Protection Bureau
EEOC
Federal Aviation Administration
Federal Election Commission
FEMA
Federal Trade Commission
Food and Drug Administration
General Services Administration
Government Accountability Office
Internal Revenue Service
Library of Congress
National Archives
National Institutes of Health
National Park Service
Naval Research Lab
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 Postal Service
US Senate	USAID
Veterans Affairs	FERC

State and Local Governments

Arlington County	Charles County
City of Alexandria	City of Bowie
City of College Park	City of Fairfax
City of Falls Church	City of Frederick
City of Gaithersburg	City of Greenbelt
City of Hyattsville	City of Manassas
City of Rockville	City of Vienna
DC Council	District of Columbia
Fairfax County	Frederick County
Loudoun County	Maryland- NCPPC
Montgomery County	Prince George's County
Prince William County	State of Maryland (including MDOT and MTA)
Commonwealth of Virginia (including VDOT and VDRPT)	
Town of Herndon	Town of Leesburg

Private/Non-Profit Sector Employers

10Pearls	10 th Street LLC
10xPrinciples	1200 Architectural Engineers
1450 Air Force Way	1Prospect Technologies LLC

3points Cycle	4 Ideal Design
5 Paws	5W Research
A Howard Real Estate	A neighbor, I walk the dog
A Tech	A. Morton Thomas & Associates
A/V	A+F Engineers
A1 Transportation	A2LA
A2Z Latino Services LLC	AAAS
AACOM	AAHIVM
AAMC	AARDA
AARP	AASHTO
ABC News	Abigail Rome
ABL, Inc	ABOD and Associates
ACDI	AECOM
Airbus Americas	ACHRI
Alarm.com	Amazon
American Airlines	
American Association for Laboratory Accreditation	
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
College Board
Conservation International
CoStar Group
CSRA
DAI
Deloitte Consulting LLP
Dewbury
Discovery Communications
Dun & Bradstreet
Eastbanc Technologies
Education Advisory Board
Embassy of Canada
Engility
Environmental Defense Fund
EVERFI
Fannie Mae
FHI 360
FiscalNote
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

Clark construction
Comcast
Consumer Financial Pro
Costco
CustomInk
Defenders of Wildlife
Destination Sales & Marketing Group
Dexis Consulting Group
DLR Group
Earthjustice
Economic Policy Institute
Embassy of Belgium
Embassy of Japan
Entheos
Esri
Evolent Health
Federal Realty Investment Trust
FINRA
Food & Water Watch
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

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
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
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
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 Collins
RTI
Salesforce
Save the Children
Scout & Molly's Boutique
Shalom Baranes Associates
Sierra Club

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
World Wildlife Fund

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
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

Earned and Social Media

Bike to Work Day 2023 Earned Media Placements

Bike to Work Day 2023 Media Coverage		
Television Interviews		
05/19/23	WUSA9	Cycling surges worldwide thanks to pandemic wusa9.com
Additional Radio/Television Coverage		
05/19/23	WUSA9	(Bike to Work Day: How you can celebrate the environmentally friendly way to commute -
05/18/23	WUSA9	Yes, protected bicycle lanes make streets safer for cyclists wusa9.com
05/19/23	Key 103 Radio	Bike to Work Day –Live Remote –WAFY– Myersville, MD
05/19/23	Fox 5 DC	-
Print/Online Coverage		
03/21/23	ActionNet	Join Us for Bike to Work Day 2023 - ActionNet
03/03/23	Active Rain	Bike to Work Day, Friday, May 19, 2023
05/02/23	Anacostia BID	Registration open for Bike To Work Day Anacostia Pitstop on May 19 —ANACOSTIA BID
05/02/23	Anacostia BID	DDOT Releases 2023 DC Bike Map in Celebration of National Bike Month — ANACOSTIA BID
04/07/23	Arlington Transportation Partners	Bike to Work Day 2023 Arlington Transportation Partners
03/31/23	Arlington VA	Earth Day 2023: Spring E-CARE, Sustainability Programs and More –Official Website of Arlington County Virginia Government
04/24/23	Axios	Bike to Work Day is back in D.C. - Axios Washington D.C.
05/11/23	Bell Ringer	Bike to Work Day 101 · BellRinger
05/09/23	Bristow Beat	OmniRide Encourages Residents to Bike to Work on May 19 - Bristow Beat
05/02/23	City of Alexandria	Bike to Work Day is Friday, May 19 City of Alexandria, VA

05/02/23	City of College Park	 City of College Park, Maryland (collegeparkmd.gov)
05/02/23	City of Takoma Park	Biking to Work on Friday, May 19 – TKPK Staff Will Be At Two Pit Stops – Starting at 6:30 am. City of Takoma Park
05/18/23	DCist	16 Things To Do Around DC This Festival-tastic Weekend DCist
05/02/23	District Department of Transportation	DDOT Releases 2023 DC Bike Map in Celebration of National Bike Month ddot
05/12/23	DMV Climate Partners	Resource for Residents: Bike to Work Day DMV Climate Partners
05/02/23	Downtown DC	DowntownDC Bike to Work Day 2023
04/04/23	Extra Space	Moving to Arlington? Here Are 11 Things to Know Extra Space Storage
05/02/23	Fairfax County VA	Bike to Work Day 2023 Transportation
05/08/23	Fair Lakes	Bike To Work Day Fair Lakes
05/15/23	Greater Greater Washington	Events: Celebrate the annual Anacostia River Festival – Greater Greater Washington
05/23/23	Loudoun County Transit and Commuter Services	Bike to Work Day Loudoun County, VA - Official Website
04/18/23	Loudoun Now	Loudoun to Host Pit Stops for Bike to Work Day Local News loudounnow.com
05/02/23	MCDOT	Maryland Marks Bike to Work Day - MDOT
05/02/23	Meet up - NoVA CBG	[FYI - NON CBG] Bike To Work Day - 2023
05/02/23	Meet up - Rockville Bike Hub	National Bike to Work Day, Fri, May 19, 2023,
05/02/23	Meet up - Vélocity	Volunteer at Velocity's Bike to Work Day Pit Stop, Fri, May 19, 2023
04/27/23	MidCityDC	Register for Bike to Work Day - MidCity DC News
03/29/23	Montgomery County Updates	Montgomery County Updates: County to Sponsor Seven Pit Stops During Washington Region's Annual 'Bike to Work Day' on Friday, May 19

05/04/23	Montgomery Parks	Montgomery Parks welcoming cyclists to a pit stop in downtown Wheaton on Bike to Work Day - Montgomery Parks
05/12/23	MSN	Bike To Work Day 2023 Includes 10 Arlington Stops
05/17/23	My MCM	Friday's Bike to Work Day Features Raffles - Montgomery Community Media
03/27/23	My MCM	Registration Open for Bike to Work Day; County Home to 13 Pit Stops - Montgomery Community Media
05/09/23	Northern Virginia	Bike to Work Day—What You Need to Know
05/11/23	Patch - Alexandria	Bike To Work Day 2023 Includes City Of Alexandria Stops Old Town Alexandria, VA Patch
05/12/23	Patch - Bethesda-Chevy Chase	Bike To Work Day 2023 Includes Stops In And Around Bethesda Bethesda, MD Patch
05/11/23	Patch - Falls Church	Bike To Work Day 2023 Includes Falls Church Area Stops Falls Church, VA Patch
05/12/23	Patch - Gaithersburg	Bike To Work Day 2023 Includes Stops In, Near Gaithersburg Gaithersburg, MD Patch
05/11/23	Patch - Greater Alexandria	Bike To Work Day 2023 Includes Greater Alexandria Stops Greater Alexandria, VA Patch
05/12/23	Patch - Herndon	Bike To Work Day 2023 Includes Stops In And Around Herndon Herndon, VA Patch
05/12/23	Patch - Kingstowne-Rose Hill	Bike To Work Day 2023 Includes Springfield Stops Kingstowne, VA Patch
05/11/23	Patch - Ashburn	Bike To Work Day 2023 Includes Loudoun County Stops Leesburg, VA Patch
05/11/23	Patch - Manassas	Bike To Work Day 2023 Includes Prince William, Manassas Stops Manassas, VA Patch
05/12/23	Patch - McLean	Bike To Work Day 2023 Includes Stops In And Around McLean McLean, VA Patch
05/12/23	Patch - Prince George's County	Bike To Work Day 2023 Includes Stops In Prince George's County Bowie, MD Patch
05/12/23	Patch - Reston	Bike To Work Day 2023 Includes Stops In And Around Reston Reston, VA Patch

05/12/23	Patch - Rockville	Bike To Work Day 2023 Includes Stops In And Around Rockville Rockville, MD Patch
05/11/23	Patch - Vienna	Bike To Work Day 2023 Includes Vienna Area Stops Vienna, VA Patch
05/12/23	Potomac Local News	OmniRide says ditch your car and ride your bike to work (potomaclocal.com)
05/02/23	Prince George's County, MD	Bike to Work Day Prince George's County, MD
05/17/23	Prince William Virginia	Celebrating Bike to Work Day on May 19
05/02/23	Stay Happening	Bike to Work Day, Alexandria City Hall, 19 May 2023
03/29/23	The Connection	'Bike to Work Day', Friday, May 19
04/12/23	The Connection	Montgomery County to Sponsor 7 Pit Stops During Bike to Work Day
05/18/23	The Georgetown Dish	Weekend Roundup, May 18 - 21 The Georgetowner
04/12/23	The Hill is Home	The Hill is Home The To Do List, Week of April 28, 2023 The Hill is Home
04/26/23	The Moco Show	Montgomery County to Sponsor Seven Pit Stops During Washington Region's Annual 'Bike to Work Day' on Friday, May 19 - The MoCo Show
05/08/23	The Zebra Press	Alexandria Registration and Information About Bike to Work Day, Friday, May 19
05/25/23	Thrillist	Things to Do in DC This Weekend: May 19-21, 2023 - Thrillist
-	Town of Herndon	Bike to Work Day Town of Herndon, VA
05/17/23	Washingtonian	Nervous About Biking in DC? These Tips From an Expert Cyclist Can Help. - Washingtonian
05/18/23	Washington Post	The 28 best things to do in D.C. this weekend and next week - The Washington Post
05/03/2023	WTOP	Get in gear for bike to work day 2023 - WTOP News
05/19/23	WUSA 9	Cycling surges worldwide thanks to pandemic wusa9.com
05/19/23	WTOP	Millions ditched cars for bikes during the pandemic. These cities want the habit to stick - WTOP News

Social Media		
05/10/23	Facebook - Adams Morgan	Adams Morgan Facebook
05/15/23	Facebook - All About Burger	All About Burger Facebook
05/11/23	Facebook - Ashburn Patch	Ashburn Facebook
05/18/23	Facebook - Arlington Transportation Partners	Arlington Transportation Partners Facebook
05/09/23	Facebook - Arch Street Communications	Arch Street Communications Facebook
05/19/23	Facebook - BicycleSPACE	BicycleSPACE - Facebook
05/11/23	Facebook - Bike Arlington	Bike Arlington Facebook
04/26/23	Facebook - Bike Arlington	Bike Arlington Facebook
04/03/23	Facebook - Bike Arlington	Bike Arlington Facebook
03/24/23	Facebook - Bike Arlington	Bike Arlington Facebook
-	Facebook - Bike to Work Day	Bike to Work Day Facebook
03/04/23	Facebook - Bikes@Vienna	Bikes@Vienna Facebook
04/03/23	Facebook - Capitol Hill BID	Capitol Hill BID Facebook
05/01/23	Facebook - Carlyle Council	Carlyle Council Facebook
05/03/23	Facebook - City of College Park	City of College Park Facebook
04/28/23	Facebook - Council Member Christopher Vigliotti	Council Member Christopher Vigliotti Facebook

05/02/23	Facebook - Department of Public Works and Transportation	Department of Public Works and Transportation Facebook
-	Facebook - DowntownDC	DowntownDC Facebook.com
05/10/23	Facebook - City of Greenbelt	City of Greenbelt Facebook
05/16/23	Facebook - goDCgo	goDCgo Facebook
05/05/23	Facebook - Langston Boulevard Alliance	Langston Boulevard Alliance Facebook
05/03/23	Facebook - Loudoun County Commuter Services	Loudoun County Commuter Services Facebook
05/18/23	Facebook - MDOT, State Highway Administration	MDOT, State Highway Administration Facebook
05/09/23	Facebook - MidCityDC	MidCityDC Facebook
05/16/23	Facebook - Pedego Alexandria	Pedego Alexandria Facebook
05/01/23	Facebook - Pedego Alexandria	Pedego Alexandria Facebook
05/18/23	Facebook - Pedego Bethesda	Pedego Bethesda Facebook
05/03/23	Facebook - Pedego Bethesda	Pedego Bethesda Facebook
05/02/23	Facebook - Pedego Bethesda	Pedego Bethesda Facebook
05/17/23	Facebook - Phoenix Bikes	Phoenix Bikes Facebook

04/24/23	Facebook - Prince George Vision Zero	Prince George Vision Zero Facebook
05/19/23	Facebook - Prince George Vision Zero	Prince George Vision Zero Facebook
05/19/23	Facebook - Prince George Vision Zero	Prince George Vision Zero Facebook
05/15/23	Facebook - Prince George Vision Zero	Prince George Vision Zero Facebook
05/12/23	Facebook - Prince George Vision Zero	Prince George Vision Zero Facebook
05/02/23	Facebook - Prince George Vision Zero	Prince George Vision Zero Facebook
05/16/23	Facebook - RideSmart	RideSmart Facebook
05/17/23	Facebook - The Neighborhoods of EYA	The Neighborhoods of EYA Facebook
05/10/23	Facebook - Virginia Department of Transportation, Northern VA	Virginia Department of Transportation, Northern VA Facebook
05/09/23	Facebook Group - DC Bike Talk	DC Bike Talk Facebook
05/09/23	Facebook Group - Bike to the Beach	Bike to the Beach DC Facebook
05/09/23	Facebook Group - Bike More Bmore	Bike More Bmore Facebook
05/08/23	Instagram - All About Burger	All About Burger Instagram/
04/12/23	Instagram - Adams Morgan	Adams Morgan Partnership /BID on Instagram
03/02/23	Instagram – A1 Cycling	A1 Cycling Instagram
04/24/23	Instagram - APTA	APTA Instagram

05/17/23	Instagram - Arlington Transportation Partners	Arlington Transportation Partners Instagram
05/16/23	Instagram - Arlington Transportation Partners	Arlington Transportation Partners Instagram
05/19/23	Instagram - Arlington Transportation Partners	Arlington Transportation Partners Instagram
05/19/23	Instagram - Bikes@Vienna	Bikes@Vienna Instagram
05/11/23	Instagram - Bike Arlington	Bike Arlington Instagram
05/05/23	Instagram - Bike Arlington	Bike Arlington Instagram
05/08/23	Instagram - Bike Arlington	Bike Arlington Instagram
05/01/23	Instagram - Bike Arlington	Bike Arlington Instagram
04/26/23	Instagram - Bike Arlington	Bike Arlington Instagram
04/10/23	Instagram - Carlyle Council	Carlyle Council Instagram
05/05/23	Instagram - City of College Park	City of College Park Instagram
03/22/23	Instagram - DowntownDC BID	Downtown DC BID Instagram
03/22/23	Instagram - Franklin Park DC	Franklin Park DC Instagram
05/16/23	Instagram - goDCgo	GoDCgo Instagram
05/05/23	Instagram - Langston Boulevard Alliance	Langston Boulevard Alliance Instagram
02/16/23	Instagram - MCDOT	MCDOT Instagram

05/01/23	Instagram - Pedego Alexandria	Pedego Alexandria Instagram
05/04/23	Instagram - Pedego Bethesda	Pedego Bethesda Instagram
05/03/23	Instagram - Pedego Bethesda	Pedego Bethesda Instagram
05/02/23	Instagram - Prince George Vision Zero	Prince George Vision Zero Instagram
05/19/23	Instagram - Prince George Vision Zero	Prince George Vision Zero Instagram
05/19/23	Instagram - Prince George Vision Zero	Prince George Vision Zero Instagram
05/12/23	Instagram - Prince George Vision Zero	Prince George Vision Zero Instagram
05/18/23	LinkedIn – Arlington Transportation Partners	Arlington Transportation Partners LinkedIn
05/17/23	LinkedIn – Arlington Transportation Partners	Arlington Transportation Partners LinkedIn
05/19/23	LinkedIn – Foursquare Integrated Transportation Planning	Foursquare Integrated Transportation Planning LinkedIn
05/16/23	LinkedIn - goDCgo	goDCgo LinkedIn
05/19/23	LinkedIn – Jarred Toups	Jarred Toups LinkedIn
05/16/23	LinkedIn – Monica Reyes	Monia Reyes LinkedIn
05/19/23	LinkedIn - Trish Alatorre-Ridings	Trish Alatorre-Ridings LinkedIn

06/01/23	TikTok - vikonthemove	Vikonthemove TikTok
05/15/23	TikTok - Your DC Bestie	Your DC Bestie TikTok
05/21/23	TikTok - webbiefoot	Fwebbiefoot TikTok
05/17/23	TikTok - Arch Street Communications	Arch Street Communications TikTok
05/19/23	TikTok - defendourfuture	Defendourfuture TikTok
05/19/23	TikTok - goldsgym_dcmetr o	Golds Gym TikTok
05/19/23	TikTok - The City of Frederick	The City of Frederick TikTok
05/11/23	Twitter – Alexandria Patch	Alexandria Patch @AlexandriaPatch
04/27/23	Twitter - Alexandria Transportation & Environmental Services	Alexandria Transportation & Environmental Services @AlexandriaVATES
05/03/23	Twitter - Arlington Department of Environmental Services	Arlington Department of Environmental Services @ArlingtonDES
05/04/23	Twitter - Arlington Transportation Partners	Arlington Transportation Partners @ATPcommutes
05/01/23	Twitter - Bike Arlington	Bike Arlington @BikeArlington
05/19/23	Twitter - Bike Arlington	Bike Arlington @BikeArlington
05/19/23	Twitter - Bike Arlington	Bike Arlington @BikeArlington
05/09/23	Twitter - Brian Mitchell	Brian Mitchell @BMitchliveNBCS
05/09/23	Twitter - Capital Community News	Capital Community News @capitalcommnews

05/11/23	Twitter - Carlyle Council	Carlyle Council @carlylecouncil
05/03/23	Twitter – City of College Park	City of College Park @CollegePark_MD
05/10/23	Twitter - City of Greenbelt	City of Greenbelt @CityofGreenbelt
05/19/23	Twitter - Commuter Connections	Commuter Connections @BikeToWorkDay
05/10/23	Twitter - Council Vice-Chair Wala Blegay	Council Vice-Chair Wala Blegay @CMWalaBlegayD6
05/19/23	Twitter - DDO TDC	DDO TDC @DDOTDC
05/11/23	Twitter - Falls Church Patch	Falls Church Patch @FCPatch
05/04/23	Twitter - Franklin Park DC	Franklin Park DC @FranklinPrkDC
05/16/23	Twitter - GoDCGo	GoDCgo @goDCgo
05/19/23	Twitter – Joe McAndrew	Joe McAndrew @Joe_McAndrew
03/24/23	Twitter - MCDOT	MCDOT @MCDOTNow
05/18/23	Twitter – MDOT, State Highway Administration	MD State Highway Adm @MDSHA
05/19/23	Twitter - MD_MVA	MD_MVA @MD_MVA
05/19/23	Twitter - MDOTMTAHolly	Holly Arnold @MDOTMTAHolly
05/19/23	Twitter - MDOTMTAHolly	Holly Arnold @MDOTMTAHolly
05/20/23	Twitter - MDOTNews	MDTransportationDept @MDOTNews
05/19/23	Twitter - MDOTNews	MDTransportationDept @MDOTNews
05/19/23	Twitter - MDOTNews	MDTransportationDept @MDOTNews
05/19/23	Twitter - MDSHA	MD State Highway Adm @MDSHA
05/19/23	Twitter - MDSHA	MD State Highway Adm @MDSHA

04/13/23	Twitter – Metro Forward	Metro Forward @wmata
05/09/23	Twitter - MidCityDC	MidCityDC News @MidCityNews
05/19/23	Twitter – MTA Maryland	MTA Maryland @mtamaryland
04/12/23	Twitter - MWCOG	COG @MWCOG
05/02/23	Twitter – Prince George Vision Zero	PGCountyDPWT @PGCountyDPWT
05/19/23	Twitter – Prince George Vision Zero	PGCountyDPWT @PGCountyDPWT
05/19/23	Twitter – Prince George Vision Zero	PGCountyDPWT @PGCountyDPWT
05/09/23	Twitter - Prince William County Green Business Council	Prince William County Green Business Council @pwegbc
05/03/23	Twitter - Sarah for Alexandria	Sarah for Alexandria @SarahforALX
05/09/23	Twitter - South Fairfax Chamber of Commerce	South Fairfax Chamber of Commerce - SFCC @SouthFairfax
04/15/23	Twitter - SR 244	SRtwo fourfour @SRtwo fourfour
05/11/23	Twitter - TakomaParkMD	TakomaParkMD @TakomaParkMD
05/19/23	Twitter – VDOT Northern VA	VDOT Northern VA @VaDOTNOVA
05/19/23	Twitter - VDOT Northern VA	VDOT Northern VA @VaDOTNOVA
05/16/23	Twitter - VDOT Northern VA	VDOT Northern VA @VaDOTNOVA
05/03/23	Twitter - Vélocity	Vélocity Bicycle Co-op @velocitycoop
05/11/23	Twitter - Vienna Patch	Vienna Patch @ViennaPatch

05/20/23	Twitter - WalkCycleMD	WalkCycleMD @WalkCycleMD
05/05/23	Twitter - WHS Transportation	WHS Transportation @WHS_Transport
05/19/23	Twitter – Zach Wild Places Print	(2) Zach Wild Places Prints @ZZZZach89
05/01/23	YouTube - Commuter Connections	YouTube - Commuter Connections
04/04/23	YouTube - City of Fairfax	YouTube - City of Fairfax
05/19/23	YouTube - DDOT	YouTube - DDOT
05/19/23	YouTube - Downtown DC BID	YouTube - Downtown DC BID
05/18/23	YouTube - WUSA9	YouTube - WUSA9

Calendar Listings

A-1 Cycling	DC News Now	Patch - Arlington
Adams Morgan Partnership BID	District of Columbia Public Service Commission	Patch - DC
Afro American Newspaper	District Wharf	Petworth News
Alexandria Times	Dulles Moms	PoPville
Alexandria Living	Eventbrite - Bike Arlington	Southern Maryland News
All Events - Arlington	Eventbrite - Metrobar	The Frederick News Post
All Events - Metrobar	Eventbrite - National Landing Business Improvement District	Southern Maryland Chamber of Commerce
AllEvents - Greenbelt	Events.com	The Zebra Press
ALX Now	Fairfax Alliance for Better Bicycling	Town of Leesburg
Arlington's Car-Free Diet	Friendship Heights	DC Military
ARL Now	Georgetown BID	Patch - Old Town Alexandria
Baltimore Sun	Georgetowner	DC Inno

Bethesda Transport Solutions	goDCgo	One Montgomery Green
Bike Arlington	Greater Greater Washington	National Landing
Capital Gazette	Greenbelt MD	City of Rockville
Capital Hill BID	Keep Prince Williams Beautiful	City of Hyattsville
Carlyle Council	Key 103 Radio	Mount Vernon Triangle DC
Central Fairfax Chamber of Commerce	Langston Boulevard Alliance	Mommy Poppins
Charles County Chamber of Commerce	Launch Workplaces	City of Fairfax
WARK	Greater Washington Women's Network	

Social Media Highlights Earned Media Highlights

Major/Local Media




WUSA 9 News Weather Sports VERIFY WUSA 9

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ENVIRONMENT

Here's how cycling improved worldwide thanks to the pandemic, eco-friendly thinking

During the worst of the pandemic, outdoor recreation surged as people took up pursuits to escape isolation. For many, that meant getting on a bicycle.




AXIOS D.C. News Things to Do Politics Development Food and Drink

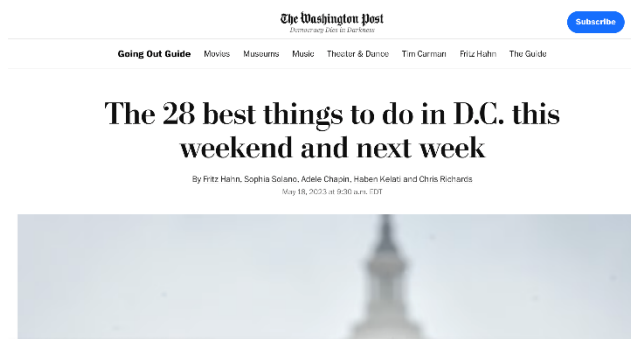
Apr 24, 2023 - News

Bike to Work Day is back in D.C.

Cuneyt Dil



Biocyclists on the Key Bridge. Photo: Amanda Volzard/The Washington Post




The Washington Post
Premium Edition Available

Going Out Guide Movies Museums Music Theater & Dance Tim Carman Fritz Huhn The Guide

The 28 best things to do in D.C. this weekend and next week

By Fritz Huhn, Sophia Solano, Adele Chapin, Haben Kelasi and Chris Richards
May 18, 2023 at 9:30 a.m. EDT




GREATER GREATER WASHINGTON
The Washington, D.C. region's premier planning and policy magazine

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Events: Celebrate the annual Anacostia River Festival

EVENTS by [Kerly Meyer](#) (Engagement Fellow) May 15, 2023



Anacostia River, SE DC by the Waterfront under Creative Commons

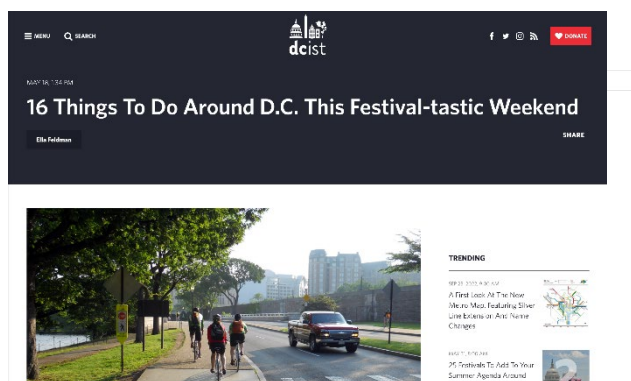
ALSO OF INTEREST

- DEVELOPMENT OPINION: How Cleveland Park's getting its groove back
- PUBLIC SPACES OPINION: Downtown DC's recovery hinges on one word
- PLANNING SCRATCH POLICY: A plan to make this Montgomery County neighborhood less boring
- PUBLIC SPACES OPINION: The fate of two trail projects in southeast DC is too uncertain

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BEST OF NOVA BEST RESTAURANTS TASTE OF NOVA IN THIS ISSUE



dcist

16 Things To Do Around D.C. This Festival-tastic Weekend

Ella Feldman



TRENDING

- WASH STATE NEWS: A First Look At The New Metro Music Featuring Silver Line Extension And Name Changes
- WASH DC NEWS: 25 Festivals To Add To Your Summer Agenda Around DC



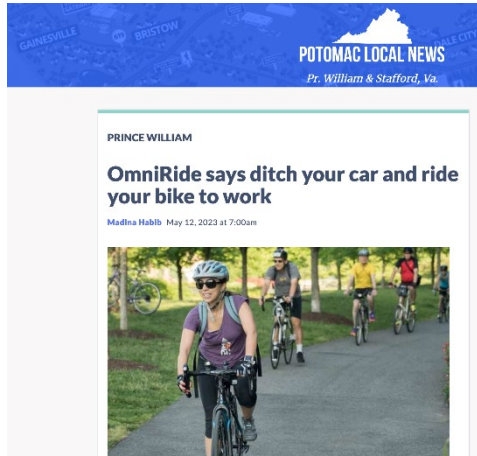
Northern Virginia

HOME / FITNESS FEATURES / BEST OFF-YOUR-HELMETS: BIKE TO WORK DAY IS MAY 19



TRENDING IN NOVA

- What's Happening at Ocean City, Bethany, and Rehoboth Beaches in 2023
- 8 Rooftop Bars Where You Can Enjoy Cocktails and Sunsets
- Fairfax Corner Announces IKEA Location, New Retail Building
- Have Fun in the Sun at NoVA's Water Parks



Media Calendar Listings

The Frederick News-Post

ePages Classifieds Jobs Member Center Subscribe

News Opinion Sports Hot Topics Calendar Classifieds Specials Voters Guide

This event has passed

FOR KIDS ALL AGES FAMILY FRIENDLY FOR TEENS RSVP REQUIRED CONTRIBUTED FREE

Bike to Work Day 2023

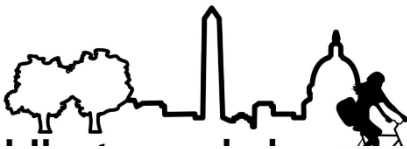
This event occurred on Friday, May 19th, 2023 — all day

Over 100 Pit Stops Located Across the Metropolitan DC Area (777 North Capitol St NE)

Free

<http://bit.ly/BTWD-2023>

Facebook Twitter Email Print



Bike to Work Day 2023

Fri May 19th

Over 100 Pit Stops Located Across the Metropolitan DC Area, 777 North Capitol St NE [map](#)



Bike to Work Day 2023—Join thousands of area commuters for the free 22nd annual event celebrating bicycling as a fun, low-cost, healthy, and environmentally friendly way to get around!

Riders can find Bike to Work Day pit stops around the metropolitan region in DC, Suburban Maryland, and Northern Virginia. The first

15,000 to register and attend one of the pit stops will receive a free Bike to Work Day T-shirt. Pit Stop information is available at bit.ly/BTWD-2023

This year's Bike to Work Day event provides an opportunity for DC-area commuters to be part of the growing trend of bicycling, all while participating in a fun and free event that helps save commuters money, reduces traffic congestion, and improves regional air quality. Commuter Connections, hosting the event with the Washington Area Bicyclist Association (WABA), and a variety of local pit stop organizers and sponsors, hope to reconnect residents with bicycling as a form of commuting, exercise, and a way to encourage mental well-being.

Join a free bike convoy, find a ride buddy, or ride solo this Bike to Work Day, and stop by one of our over 100 pit stops for free giveaways, food, and beverages, while supplies last, plus a chance to win raffle prizes. For free registration and event updates, please visit bit.ly/BTWD-2023. Follow Commuter Connections on Twitter at [@BikeToWorkDay](https://twitter.com/BikeToWorkDay) and use #BTWD2023 or #BTWD.

Welcome to our Baltimore-area event calendar

[Click or tap here](#) to submit an event. Powered by CitySpark, our event listings are a free service for finding and sharing virtual and in-person events. How do I list or promote an event? What if it's virtual? [View answers to frequently asked questions.](#)

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May 19

Bike to Work Day 2023

Fri at 12:00AM - 11:58PM

777 North Capitol St NE of
777 North Capitol St NE
Washington, DC 20002



Facebook Twitter Email Print

Bike to Work Day 2023—Join thousands of area commuters for the free 22nd annual celebration of bicycling as a fun, low-cost, healthy, and environmentally friendly way to get around!

Bike to Work Day 2023—Join thousands of area commuters for the free 22nd annual event

MORE DETAILS



The card displays the event title "Bike to Work Day 2023", the date and time "Friday, May 19, 2023, 12:00am-11:58pm", and the location "Washington Metropolitan Area, 777 N. Capitol St NE, Washington, DC 20002-7433". It includes a "Description" section with the event details and a "Directions" link. A map at the bottom shows the event location in Washington, DC.

Home

All Events

This event has passed.

BIKE TO WORK DAY 2023

May 19, 2023

Join thousands of area commuters for the free 22nd annual event celebrating bicycling as a fun, low-cost, healthy, and environmentally friendly way to get around!

Riders can find Bike to Work Day pit stops around the metropolitan region in DC, Suburban Maryland, and Northern Virginia. The first 15,000 to register (link below) and attend one of the pit stops will receive a free Bike to Work Day T-shirt. Pit Stop



Bike to Work Day 2023

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This year's Bike to Work Day event provides an opportunity for DC-area commuters to be part of the growing trend of

Bike to Work Day 2023

Moses Rifkin, Neighbor

MAY 19



Event Details

Fri, May 19, 2023 at 12:00 AM Add to calendar
Metropolitan DC Area
More info here

Bike to Work Day 2023—Join thousands of area commuters for the free 22nd annual event celebrating bicycling as a fun, low-cost, healthy, and environmentally friendly way to get around!

Riders can find Bike to Work Day pit stops around the metropolitan region in DC, Suburban Maryland, and Northern Virginia. The first 15,000 to register and attend one of the pit stops will receive a free Bike to Work Day T-shirt. Pit Stop information

Support Local Journalism Newsletters

MAY 19



Bike to Work Day 2023

Fri at 12:00AM - 11:59PM

777 North Capital St NE #2
777 North Capital St, NW
Washington, DC 20002

MORE DETAILS

Bike to Work Day 2023—Join thousands of area commuters for the free 22nd annual celebration of bicycling as a fun, low-cost, healthy, and environmentally friendly way to get around!

Bike to Work Day 2023—Join thousands of area commuters for the free 22nd annual event



Social Media Highlights
Public Official Social Posts

Council Member Christopher Vigliotti

April 28 · 🌐

Register for a chance to win a thing, and (my favorite part) ride down to the train station and say hi to the folks working the bike to work tent (usually includes a gift bag).



Tweet



Holly Arnold
@MDOTMTHolly

It was great to join @LtGovMiller, @MayorBMScott, @BmoreCityDOT, @MDOTNews, @Joe_McAndrew, my councilman @ElectRyanDorsey & many more for #BikeToWorkDay this morning! Biking and transit go great together! 🚲🚇🗺️



10:22 AM · May 19, 2023 · 2,454 Views

← Tweet

Council Vice-Chair Wala Blegay
@CMWalaBlegayD6

May 19 is Bike to Work Day! Make sure you register at biketoworkmetrodc.org



BIKE TO WORK DAY 2023
BIKE TO WORK DAY
 Friday, May 19, 2023
 7:00 AM - 10:00 AM
BIKE TO WORK DAY PIT STOP:
 Largo/Kettering/Perrywood
 Community Center (parking lot)
 431 Watkins Park Drive
 Upper Marlboro, MD 20774

Co-Hosts
 Prince George's County Department of Public Works & Transportation
 M-NCPPC Department of Parks & Recreation, Prince George's County
 Prince George's County Bicycle & Pedestrian Safety Community Advisory Group

REGISTER IN ADVANCE FOR BIKE TO WORK DAY AT:
www.biketoworkmetrodc.org

Council Member Christopher Vigliotti
May 5

Even if you "ahem" work from home you should register, ride down and say hi. See you there



BIKE TO WORK DAY
 FRI. MAY 19
 6:30 - 10:30 AM
 Register at
www.biketoworkmetrodc.org/

← Tweet

Holly Arnold
@MDOTMTAHolly

Happy #BikeToWorkDay! Team @mtamaryland and @MDSHA are at the SHA pit stop this morning with some fun giveaways.



8:17 AM · May 19, 2023 · 1,860 Views

5 Retweets 17 Likes

← Tweet

Sarah for Alexandria
@SarahforALX

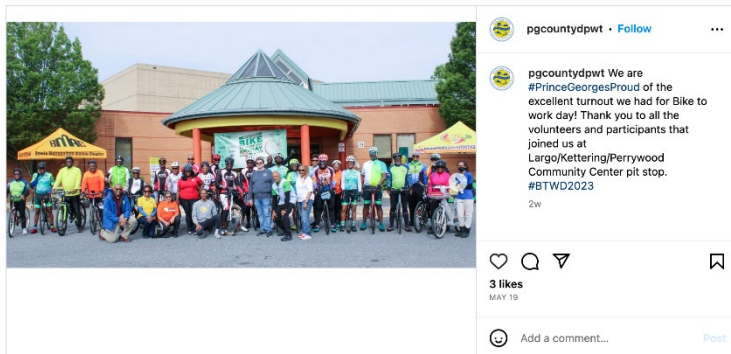
Spotted on my way across town today! Join these great sponsors like @carlylecouncil @LostBoyCider @AlexandriaRenew @WABADC @ALXDogWalk and @AlexandriaVATES for #BikeToWorkDay on May 19! Say hi if you see me at Carlyle or Market Square events! #AlexandriaVa



10:39 AM · May 3, 2023 · 330 Views

3 Retweets 11 Likes

Organization/Government Social Posts



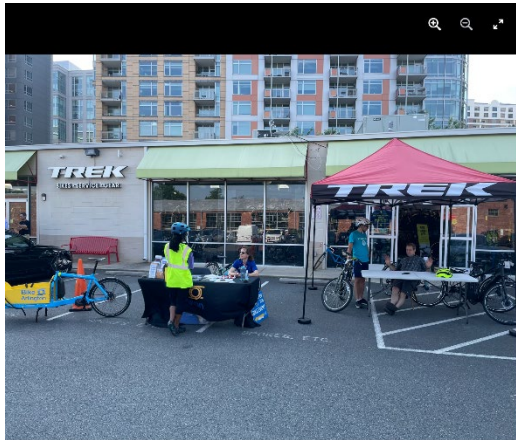
pgcountypwt · Follow

pgcountypwt We are #PrinceGeorgesProud of the excellent turnout we had for Bike to work day! Thank you to all the volunteers and participants that joined us at Largo/Kettering/Perrywood Community Center pit stop. #BTWD2023

2w

3 likes
MAY 19

Add a comment... Post



BikeArlington
 May 11 at 5:18 PM

Swing by Trek Bikes Ballston. We have free safety checks and answering all of your Bike to Work Day questions. We will be here til 7 PM.

5 likes

Like Comment Share

Write a comment...



atpcommutes · Follow

atpcommutes Bike to Work Day is in TWO days - time to gear up! 🚲👉 Join us and BikeArlington as we celebrate the highly anticipated event. 🚲 Are you ready for it? #BTWD2023

2w

2 likes
 MAY 17

Add a comment... Post

Arlington Transportation Partners + Follow

326 followers
 2w

Just ONE more day until Bike to Work Day! Can't tell you how excited we are to see you and your team there.

This year's giveaway item is a BikeArlington rally towel! Only available at the 5 BikeArlington pitstops.

There's still time to register! #BTWD2023
<https://bit.ly/3pDbAGL>

3 likes
 1 repost

Foursquare Integrated Transportation Planning + Follow

2,109 followers
 2w · Edited

What a #FunFriday we're having! It's #BikeToWorkDay and the grand opening of Washington Metropolitan Area Transit Authority (WMATA) Potomac Yard station! Foursquare ITP staff loves multi-modal travel.

with David Miller and 11 others

41 likes
 1 comment · 11 reposts



atpcommutes · Follow

atpcommutes Bike to Work Day is this Friday, May 19! 🚲🌞 Celebrate the annual event with us - sign up for a pit stop, enjoy fun giveaways, and make sure you pick up your Bike to Work Day t-shirt on the big day. There's still time to register, link in our bio.

2w

1 like
MAY 16

Add a comment... Post

← Tweet

DDOT DC @DDOTDC

Get on two wheels for #BikeToWorkDay & meet us at the #FranklinPark pit stop today until 9 AM. Guaranteed to boost your energy 🌱! #bikeDC #BTWD2023 🚲🌞



bikesatvienna · Follow

bikesatvienna Bike to Work Day is off to a good start. Stop by the Vienna Town Green and say hi.

2w

17 likes
MAY 19

Add a comment... Post



langstonblvdalliance · Follow

langstonblvdalliance Bike to Work Day is Friday, May 19, 2023. Join us at a pit stop on Langston Boulevard! Hop on a bike and ride with us and our partners at BikeArlington this Bike to Work Day (BTWD). Whether you're working from home or commuting to the office, join people all over the region in celebrating this fun, healthy, and sustainable activity.

This free event is open to everyone. Pre-register for a convenient pit stop and be sure to pick up your Bike to Work Day t-shirt on the big day.

The Langston Boulevard Pit Stop is:
Lyon Village Shopping Center
3123 Langston Blvd
9:00 – 6:00 p.m.

1 like
MAY 5

Add a comment... Post

Participant Social Posts/Video

Following For You
Bike out to Northern Virginia with me for Bike to Work Day.
D. & things

got the helmet on.
Washington D.C.

Webb1e0t
Wow! the bike trails out in VA were so lovely to ride on, I think I want to... more
Yacht Club · @MusicBox

Tweet
Joe McAndrew
@Joe.McAndrew

Congratulations to all celebrating @Bike2WorkMD @BikeToWorkDay this day, and every day. Big thanks to @mtmaryland and @MDOTMTAHolly for the great lift these days

Trish Alatorre-Ridings · 3rd
Customer of Legal Solutions | Connector | Mentor | Exec...
Celebrating Bike to Work Day today, even though I rode my bike around my area, it beats the commute.

4 comments

Jarred Toups · 3rd
Enthusiast for Transit, Data, and Design
Today was a two-fer for transportation in D.C. - National Bike to Work Day AND the opening of the new Potomac Yard Metrorail Station! Blessed to have coworkers at FourSquare Integrated Transportation Planning who are passionate/nerdy enough to celebrate both on a Friday morning!

1 with Paul Vigeland, ACP and 10 others

1 comment

Proclamation



Proclamation

WHEREAS, the National Capital Region Transportation Planning Board through its Commuter Connections program promotes bicycling and organizes Bike to Work Day together with the Washington Area Bicyclist Association; 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, and reduced commuting and parking costs; and

WHEREAS, many employers have embraced bicycling and provide secure parking and shower facilities to help encourage bicycle commuting; and

WHEREAS, Capital Bikeshare's regional system has 700+ stations across seven jurisdictions; and

WHEREAS, 108 Bike to Work Day pit stops will be located within 22 COG member jurisdictions; and

WHEREAS, the week of May 15th 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 19, 2023 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.

Chair, National Capital Region Transportation Planning Board



National Capital Region
Transportation Planning Board

Proclamation Signing



MARKETING MATERIALS

Rack cards 3¼ x 8½" (40,000)

Flyers 8½" x 11" (24,300) plus 1,000 Spanish

Posters 22" x 28" (300)

T-Shirts (14,800)

The marketing materials used for the 2022 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.

Flyer English

FREE EVENT
BIKE TO WORK DAY
FRIDAY
MAY 19, 2023

Pre-Register by May 12 for
FREE T-SHIRT* & BIKE RAFFLE
REGISTER TODAY AT
BikeToWorkMetroDC.org
Free refreshments & giveaways at
participating locations, while supplies last.

COMMUTER CONNECTIONS.
A SMARTER WAY TO WORK.

WABA
WASHINGTON AREA
BIKEWAY ASSOCIATION

GO Alex

PEDEGO
ELECTRIC BICYCLES
ALZAMORA & BROTHERS

ICF

ALL ABOUT
ARLINGTON

Bike Arlington

VERRA
Standards for a
Sustainable Future

BICYCLE SPACE

City Dental DC
serving over 30 years

AASHIO

FAIR LAKES

goDCgo
powered by

VDOT

MDOT
MARYLAND DEPARTMENT
OF TRANSPORTATION

Giant

VISION ZERO
prevention. protection. people.

Safe Trip

BIKES@VIENNA

Register for free at
BIKETOWORKMETRODC.ORG
800.745.7433

Visit **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!

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

bike to work day
2023

Rack Card

Pre-Register by May 12 for
FREE T-SHIRT* & BIKE RAFFLE

REGISTER TODAY AT
BikeToWorkMetroDC.org

FREE EVENT
BIKE
TO WORK DAY
FRIDAY
MAY 19, 2023

**Free refreshments
& giveaways at
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BIKETOWORKMETRODC.ORG
800.745.7433

  #BTWD2023



Rack Card Back

COMMUTER CONNECTIONS.
A SMARTER WAY TO WORK

WABA
WASHINGTON AREA
BICYCLIST ASSOCIATION

GO Alex

PEDEGO
ELECTRIC BIKES
ALEXANDRIA & BETHESDA

ICF

ALL ABOUT BURGER

Bike Arlington

VERRA
Standards for a Sustainable Future

BICYCLE SPACE

City Dental DC
serving over 20 years

AASHIO
AMERICAN ASSOCIATION
OF STATE HIGHWAY AND
TRANSPORTATION OFFICIALS

FAIR LAKES

goDCgo
powered by d.

VDOT
Virginia Department of Transportation

MDOT
MARYLAND DEPARTMENT
OF TRANSPORTATION

BIKES@VIENNA

VISIONZERO
prince georges

Scan Alert Safe

Giant

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

Printed on recycled paper

T-Shirt





NEWS RELEASE

Ready to Roll: Bike to Work Day 2023 Registration Now Open

Apr 13, 2023



Bike to Work Day participants.

Bike to Work Day (BTWD) is rolling full speed ahead, as warm weather, a sense of community, and a chance to win a free bicycle will attract thousands of commuters to participate in metropolitan Washington's regional event on Friday, May 19. [Registration](#) for the free, fun, and eco-friendly event is now open.

Commuter Connections and the Washington Area Bicyclist Association (WABA) co-organize the celebration of bicycling as a green, low-cost commuting option. This year's event features 108 pit stops in Washington DC, Suburban Maryland, and Northern Virginia offering raffles, food, and giveaways—and a free Bike to Work Day T-shirt for the first 15,000 registrants to attend.

It's fast, free, and easy to register at www.biketoworkmetrodc.org. To find your local participating pit stops and plan your route, check out our [Find Your Pit Stop](#) map.

"Bicycling makes the daily commute more sustainable, whether you go to an office one day a week or five," said Nicholas Ramfos, Director of Commuter Connections, a regional network of transportation organizations coordinated by the Metropolitan Washington Council of

The generosity of regional sponsors makes this year's Bike to Work Day event possible, with Gold Sponsors ICF, All About Burger, GO Alex, Pedego Electric Bikes Alexandria & Bethesda; Silver Sponsors BikeArlington, BicycleSPACE, Verra, City Dental DC.

MORE: Free registration for Bike to Work Day is available at www.biketoworkmetrodc.org or by calling (800) 745-RIDE. Follow Commuter Connections on Twitter at [@BikeToWorkDay](https://twitter.com/BikeToWorkDay) and Facebook at [@BikeToWorkDayMetroDC](https://www.facebook.com/BikeToWorkDayMetroDC) and use #BTWD2023 or #BTWDC.

Contact: **Lindsey Martin**
Phone: **(202) 962-3209**
Email: lmartin@mwkog.org

Photos and other promotional items

Capitol Riverfront



Ft. Belvoir



The Town of
Leesburg,
Virginia

PROCLAMATION

Bike to Work Day

WHEREAS, this year Friday, May 19 is Bike to Work Day; and

WHEREAS, Bike to Work Day is an event open to riders of all levels, from first-time riders to the most experienced cyclists; and

WHEREAS, the event's goal is to bring attention to the numerous cycling benefits for riders and for the environment; and

WHEREAS, cycling helps with stress reduction, cardiovascular health, and weight management; and

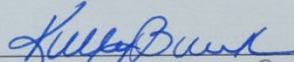
WHEREAS, bicycling to work contributes to air pollution reduction and decreases automobile traffic congestion; and

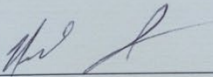
WHEREAS, there will be over 100 pit stops located throughout the Washington Metropolitan Area; and

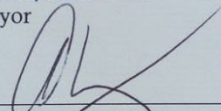
WHEREAS, Leesburg residents can join the event at the Raflo Park pit stop by the W&OD Trail.

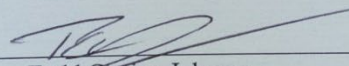
THEREFORE, PROCLAIMED, that the Mayor and Council of the Town of Leesburg in Virginia recognize May 19, 2023, as Bike to Work Day and encourage residents to join one of the convoys, bike alone or find a riding partner to participate in this fun event.

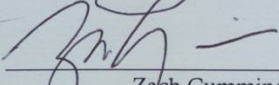
PROCLAIMED this 9th of May 2023.

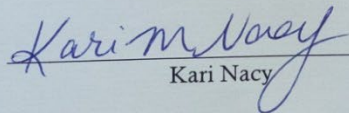


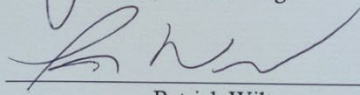
Kelly Burk, Mayor

Neil Steinberg, Vice Mayor

Ara H. Bagdasarian

Todd Cimino-Johnson

Zach Cummings

Kari Nancy

Patrick Wilt

Loudoun Proclamation

LOUDOUN COUNTY, VIRGINIA

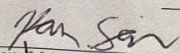
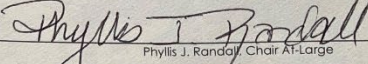
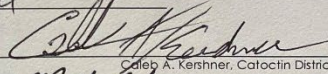
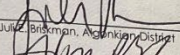
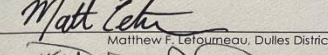
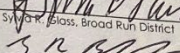
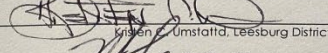
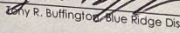

PROCLAMATION

- WHEREAS** Bicycle travel is an alternative to automotive travel that improves air quality, reduces traffic congestion, and conserves energy; and
- WHEREAS** Bike commuting encourages an active lifestyle that benefits public health; and
- WHEREAS** Encouraging bicycle commuting brings benefits to employers and employees alike, through reduced healthcare costs, decreased absenteeism, increased productivity, reduced parking costs, and increased corporate social responsibility; and
- WHEREAS** Multi-modal transportation options like bicycling are an essential strategy to reduce greenhouse gas emissions; and
- WHEREAS** Bike to Work Day is organized at the regional level by Commuter Connections at the Metropolitan Washington Council of Governments and the Washington Area Bicyclist Association (WABA); and
- WHEREAS** Loudoun County Commuter Services is hosting two Bike to Work Day pit stops, in partnership with Bike Loudoun and Friends of the W&OD Trail, along the Washington and Old Dominion Trail in Sterling at the Sterling Ruritan Club and in Leesburg at Raflo Park;

In NOW THEREFORE BE IT RESOLVED that the Loudoun County Board of Supervisors does hereby proclaim May 19, 2023, as

Bike to Work Day

in Loudoun County and encourages residents to bike to work.

 Karan T. Salnes, Vice Chairman, Sterling District	 Phyllis J. Randall, Chair At-Large	 Caleb A. Kershner, Catactin District
 Julie Birkman, Acquia District	 Matthew F. Letourneau, Dulles District	
 Sylvia K. Glass, Broad Run District	 Kristen C. Umstatta, Leesburg District	
 Cary R. Buffington, Blue Ridge District	 Michael R. Turner, Ashburn District	

Loudoun County Board of Supervisors
May 16, 2023



Search our archive!



The paper, published by the Greenbelt Cooperative Publishing Association, Inc., was established in 1937 shortly after the construction of Greenbelt, one of The New Deal Green Towns. It has been published weekly without interruption since that time and is delivered free to most Greenbelt residents.

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Greenbelt a Premier Pit Stop For Bike to Work Day 2023 25 MAY 2023

by Jerril Pompi

Greenbelt was bustling with bicycles on Friday, May 19, as local riders of all ages converged at Roosevelt Center for Bike to Work Day, which expected to see around 14,000 commuters participating across the region this year at 107 pit stops.

This is the 11th year the city has hosted a pit stop, and more than 140 people signed up to stop by, according to Di Quynn Reno, the Community Center supervisor. Greenbelt’s pit stop is fully sponsored – participants received a free T-shirt and were treated to muffins, fruit and a free coffee as well as raffle prizes. The city also set up a water station for those passing through could refill. “Greenbelt is one of our premier pit stops,” said Nicholas Ramfos, director of Commuter Connections at the Metropolitan Washington Council of Governments, which organizes the regional event in the Washington Area Bicyclist Association.

A first convoy of about 15 bikes left Greenbelt for D.C. at 7 a.m. after a series of stretches led by Sage Garretson. The convoy was led by Proteus Bicycles’ Jeff Lemieux, and Paul and Priya Lemieux, also from Proteus Bicycles, were on hand performing free tune-ups and checks for anyone interested.

Residents and local officials expressed a variety of reasons for using bicycles as transportation, but most agreed that the best benefits were cost savings, reduced traffic congestion and improved health.

“Bike to Work Day is such an important regional event where we can take time out and enjoy the outdoors. It also relieves congestion, is good for the environment and has many health benefits,” said Greenbelt Mayor and cyclist Emmett Jordan, who left with the 7 a.m. convoy.

Jan-Michael Archer, who had his bike tuned up at the pit stop, commutes by bike to College Park most days because of its sustainability, and for the exercise.

Archer’s sentiment was echoed by Jackson Tan, a member of the GHI Bicycle Committee, who bikes to work from Greenbelt to the Goddard campus two or three times a week. “It’s a friendly way to commute and also saves money and keeps me healthy,” said Tan.

Aileen Kroll, who moved to the D.C. metro area in 2008 because she wanted to live a car-free lifestyle, said, “I bike everywhere because my bike is my car!”

District 22 Delegate Ashanti Martinez, himself an avid cyclist, stopped by to encourage bike commuters and support alternative forms of transportation. “Bike to Work Day is a great opportunity to speak about the importance of multimodal transportation and investments in infrastructure that all people can feel safe using,” Martinez said.

Safety was also on the mind of Kiara Thomas, who commutes most days from the area near Eleanor Roosevelt High School to her job in Beltway Plaza on her Jetson e-bike. She usually uses Spellman Overpass and cuts through Old Greenbelt to avoid as much of Greenbelt Road as she can, because even with the bike lane, “It’s a little scary,” she says. When asked what she’d like motorists to know about sharing the road with cyclists, she said, “Don’t speed up when you pass us because the gust of wind from the car can throw you off balance. Slow down, and then speed up once you pass us.”

But, overall, Thomas loves commuting by bike. “My commute is more relaxed, and you get to see more of your neighborhood,” she said.

Manassas VRE



Montgomery County Proclamation



Proclamation

Montgomery County Maryland

WHEREAS, bicycle commuting is an effective means to improve air quality, reduce traffic congestion and noise, conserve energy, and promote sustainability; and

WHEREAS, bicycle commuting benefits both employees and employers through reduced transportation, parking and health care costs; lower employee absenteeism and turnover; increased employee productivity; and better employee health and fitness; and

WHEREAS, increasing numbers of businesses have installed bicycle parking and other facilities to help employees and customers commute by bicycle; and

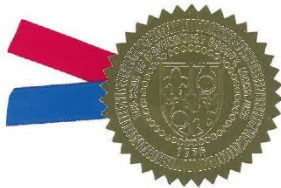
WHEREAS, Montgomery County has installed bikeshare stations in many areas of the county to facilitate biking for short trips and as a way to connect home and work with transit; and

WHEREAS, the month of May is "Clean Air Month" promoting air quality, and May is also "National Bike Month" which promotes bicycling as a means of transportation and recreation.

NOW, THEREFORE, DO I, Marc Elrich as County Executive hereby proclaim Friday, May 19, 2023, as

BIKE TO WORK DAY

in Montgomery County. I urge all our residents to examine transportation choices available in the county and to choose, whenever possible, alternatives to the single occupant auto. I commend our residents who bicycle and use commuting alternatives for their contributions to reduce traffic congestion and improving the health and welfare of the community.



Signed this 19th day of May in the year 2023

MARC ELRICH
County Executive

The Maryland General Assembly



Official Citation

Be it hereby known to all that
sincerest congratulations
are offered to

*Tri-County Council for Southern MD in Partnership
with the Commuter Connections Program*

in recognition of

*Bike to Work Day as an effective and convenient means of
transportation that lowers carbon emissions, conserves energy,
reduces traffic congestion and provides immediate mental and physical benefits.*

Presented on this 19th day of May 2023

on behalf of the Southern Maryland House Delegation



Edith Patterson
Delegate Edith J. Patterson, Ed.D.
Chair

Charles County Proclamation



County Commissioners of Charles County

PROCLAMATION 2023-45

National Bike to Work Day

WHEREAS, bicycle commuting is an effective means to improve air quality, reduce traffic congestion, and conserve energy; and

WHEREAS, bicycle commuting benefits both employees and employers through better health and fitness, reduced parking and health care costs; and

WHEREAS, increasing numbers of Transportation Planning Board (TPB) member jurisdictions have added or improved bicycle paths and trails; and

WHEREAS, increasing numbers of businesses have installed bicycle parking and shower facilities to encourage employees to commute by bicycle; and

WHEREAS, the federal bicycle commuter benefit can be used by employers to assist employees with bicycle purchases, improvements, repair and storage; and


WHEREAS, biking to work or to school can help develop good exercise habits, lessen car traffic, reduce pollution and make a difference for your health and our community; and

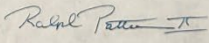
WHEREAS, the Transportation Planning Board (TPB) through its Commuter Connections program promotes and organizes the annual Bike to Work Day event along with the Washington Area Bicyclist Association and supports bicycling through its Employer Outreach program.

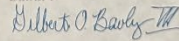
NOW, THEREFORE, BE IT RESOLVED THAT THE COUNTY COMMISSIONERS OF CHARLES COUNTY, MARYLAND, do hereby proclaim May 19, 2023 as **National Bike to Work Day** in Charles County, Maryland, and encourage residents to participate and support this environmentally friendly, healthy and fun event.

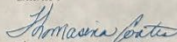


COUNTY COMMISSIONERS OF
CHARLES COUNTY, MARYLAND

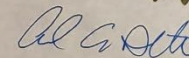

Reuben B. Collins, II, Esq., *President*



Ralph E. Patterson, II, M.A., *Vice President*
District 4


Gilbert O. Bowling, III
District 1


Thomasina O. Coates, M.S.
District 2

Attest:


Carol A. DeSoto, Clerk to the Commissioners


Amanda M. Stewart, M.Ed.
District 3



County of Fairfax, Virginia

To protect and enrich the quality of life for the people, neighborhoods and diverse communities of Fairfax County

Joint Board Matter
Chairman Jeff McKay
Hunter Mill District Supervisor Walter Alcorn
Providence District Supervisor Dalia Palchik
April 11, 2023

Bike to Work Day is Friday, May 19

Background:

Mr. Chairman, less than two weeks after the upcoming Tour de Hunter Mill is another great cycling event, Bike To Work Day, which takes place on Friday, May 19. Fairfax County, the Fairfax County Department of Transportation, Commuter Connections, the Washington Area Bicyclist Association (WABA) and neighboring governments are hosting the 22nd annual event. It is a great opportunity to enjoy a healthy and environmentally friendly commute to work and enjoy some of our scenic roads and trails. Even if a resident is working from home, they can participate by biking to one of the many pit stops across the county to get out of the house and enjoy the fun. And residents with longer commutes should consider biking as a first and last mile to a bus or train stop. The Fairfax County Department of Transportation has great resources including maps and how to register on their web page at fairfaxcounty.gov/transportation/bike-work-day-2023.

Motion:

Therefore, Mr. Chairman, I move that the Board of Supervisors proclaim Friday, May 19, 2023 as Bike to Work Day. In addition, I ask that the Fairfax County Department of Transportation and the Office of Public Affairs promote Bike to Work Day to our residents and businesses.

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Walter L. Alcorn, Supervisor
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Fairfax County Board of Supervisors
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Dupont Circle



Frederick



College Park



Alexandria - Carlyle



Capitol Hill BID



Tyson's Corner



Largo



Silver Spring

