

Bike to Work Day
Washington DC Metropolitan Region
May 17, 2013



Final Draft
Event Report

September 11, 2013

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National Capital Region Transportation Planning Board
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The 2013 Metropolitan Washington Bike To Work Day (BTWD) Pit Stop Managers consisted of the following individuals representing their respective organizations:

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Alison Hohler	Edens
Rick Holt	Prince William Trails & Streams Coalition, & GMU
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Gabriel Ortiz	City of Alexandria
Erikin Ozberk	City of Takoma Park
Jeff Palmer	Spokes Etc.
Joe Petty	Crystal City Business Improvement District
Dan Pittman	Prince William County
Frank Principi	Prince William County
Di Quynn-Reno	City of Greenbelt
Cindy Roeder	Town of Herndon
Bruce Sawtelle	Takoma Bicycles
Fred Shaffer	Maryland-National Capital Park & Planning Comm
Steve Simon	Van Eperen Co
Mark Sofman	Montgomery County Commuter Services
Frank Stevens	City of Bowie
Paul Stoddard	City of Falls Church
Charlie Strunk	Fairfax County
David Suls	Golden Triangle Business Improvement District
JoEllen Suter	Prince William County Public Schools
Gail Tait-Nouri	Washington Metropolitan Area Transit Authority
Phil Thomas	REI
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Lacy Wilhoit	Capitol Riverfront Business Improvement District
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Washington Area Bicyclists Association (WABA) staff included:

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Washington Metropolitan Area Transit Authority (WMATA) staff included:

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Virginia Department of Transportation

Maryland Department of Transportation

District Department of Transportation

U.S. Department of Transportation

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BACKGROUND and EXECUTIVE SUMMARY

Bike to Work Day has been held annually in the Washington metropolitan region for over a decade and was originally started by the Washington Area Bicyclist Association with a main rallying point or Pit Stop in downtown DC. In September 2000, the Commuter Connections program as a part of the Metropolitan Washington Council of Governments partnered with WABA to form a regional Bike To Work Day Steering Committee to examine the feasibility of adding additional Bike To Work Day pit stops or rallying points throughout the region in 2001, thus creating a larger awareness of using cycling to work as a viable commuting alternative. Since that first involvement with Bike to Work Day in 2001, registration for the event has grown with more participants signing up every year.

Bike to Work Day planning began in September 2012 for the May 17, 2013 event. The Steering Committee's goal for the event was set at 10,000.

The event generated 14,643 registrants from 72 pit stops, a 15% increase over the previous year. The approximate breakdown of registrants by pit stop was:

Pit Stop Name	# Registrants
DC - Adams Morgan Total	435
DC - Anacostia Total	37
DC - Buzzard Point-U.S. Coast Guard HQ Total	74
DC - Capitol Hill at Eastern Market Total	365
DC - Capitol Riverfront at Canal Park Total	229
DC - Columbia Heights Total	324
DC - Edgewood Total	40
DC - Freedom Plaza Total	917
DC - Georgetown Total	332
DC - Golden Triangle, Farragut Square Total	321
DC - Golden Triangle, L Street Total	228
DC - Golden Triangle, Murrow Park Total	89
DC - Mt. Vernon Triangle Total	304
DC - National Geographic Total	396
DC - NoMa Total	364
MD - Bethesda - Downtown Total	708
MD - Bowie Old Town Total	31
MD - Bowie Town Center Total	56
MD - Capitol Heights Total	17
MD - Cheverly Metro Station Total	15
MD - College Park - City Hall Total	139
MD - FDA White Oak Total	51

MD - Frederick Total	297
MD - Friendship Heights Total	75
MD - Gaithersburg Total	99
MD - Greenbelt Total	90
MD - Hyattsville - Magruder Park Total	106
MD - Indian Head Total	64
MD - National Institutes of Health Bldg One Total	477
MD - Naval Support Activity Bethesda Total	184
MD - North Bethesda - Nuclear Regulatory Commission Total	197
MD - Oxon Hill Total	66
MD - Rock Springs Business Park Total	118
MD - Rockville - Fallsgrove Total	219
MD - Rockville - Rockville Town Center Total	191
MD - Rockville – Tower Oaks/Wootton Total	41
MD - Rockville - Twinbrook Total	112
MD - Silver Spring - Discovery Place Total	314
MD - Silver Spring - East/West Hwy Total	62
MD - Takoma Park - Downtown/Old Takoma Total	149
MD - Takoma Park - Silgo Creek Trail Total	57
MD - Takoma/Langley Crossroads Total	4
MD - West Hyattsville Metro Station Total	23
VA - Alexandria - Carlyle Total	221
VA - Alexandria - Mark Center Total	124
VA - Alexandria - Old Town Total	621
VA - Arlington - Ballston Total	571
VA - Arlington - Crystal City Water Park Total	537
VA - Arlington - East Falls Church Total	142
VA - Arlington - Rosslyn Total	966
VA - Burke VRE Station Total	56
VA - Dumfries Total	11
VA - Fairfax City Downtown Total	78
VA - Fairfax Corner Total	136
VA - Falls Church Total	262
VA - Haymarket Total	9
VA - Herndon Total	303
VA - Leesburg Total	277
VA - Manassas - George Mason University Total	44

VA - Manassas - Kelly Leadership Center Total	21
VA - Manassas - VRE Station Total	45
VA - Merrifield - Mosaic District Total	40
VA - Merrifield - W&OD Trail Total	149
VA - Mt. Vernon - Collingwood Park Total	32
VA - Reston Total	478
VA - Rippon Landing VRE Station Total	10
VA - Springfield/Metro Park at Walker Lane Total	99
VA - Sterling Total	423
VA - Tysons Corner Center Total	83
VA - Vienna Total	361
VA - Woodbridge - Chinn Center Total	40
VA - Woodbridge - VRE Total	17

Bicyclists enjoyed free T-shirts, snacks, participated in prize drawings, heard live bands as well as music spun by DJs, and listened and talked to elected officials. Commuter Connections secured \$48,550 in cash sponsorship donations that went towards the overall regional marketing efforts.

The Steering Committee's resources to reach its registrant goal for Bike to Work Day 2013, 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.
- Providing links from the local Transportation Management Associations' (TMA) web sites to WABA's site.
- A radio and print media campaign by Commuter Connections.
- Outreach to employers through a direct mail marketing and email campaign by Commuter Connections.
- An article geared towards employers in the Commuter Connections newsletter.
- Local marketing efforts by the various pit stop managers.
- A direct e-mail solicitation and reminder to the previous year's participants to register and have others register as well.
- Banners designed and printed by Commuter Connections.
- A public affairs outreach effort through the Metropolitan Washington Council of Governments Public Affairs Office, Commuter Connections and WABA
- The design and distribution of free t-shirts by Commuter Connections
- Donated giveaway prizes obtained through City Bikes and BicycleSPACE.
- Half page display ad in the Express newspaper by Commuter Connections.

In addition, 16 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, snacks, t-shirts and other giveaways. Many Pit Stops had other activities for bicyclists and are described later in this report.

In 2000, the Metropolitan Washington Council of Governments Commuter Connections program chose to increase awareness of bicycling to work as a viable option by joining the Washington Area Bicyclist Association (WABA) in their efforts to promote and coordinate the annual Bike to Work Day event. Commuter Connections created a regional marketing effort that increased the number of cyclists participating in the yearly event nearly 30% from 2001 to 2011. Although it accounts for a small percentage of the overall regional commute mode split, bicycling helps reduce traffic congestion, improves air quality, and provides a healthy commute alternative for those commuters who choose to use it as a viable means of transportation to and from work.

In the Fiscal Year 2006 Commuter Connections Work Program, the Bike to Work Day Event was given a line item for the Commuter Connections budget. Commuter Connections is funded by the District of Columbia Department of Transportation and the Maryland and Virginia Departments of Transportation as well as the U.S. Department of Transportation.

SPONSORSHIPS



**Bike to Work Day 2013
Regional Sponsorship Declaration**

Please Return by December 31, 2012

Please check one of the following Sponsor Levels:

	Cash	In-Kind
GOLD SPONSOR LEVEL \$7,000 <i>Mentioned as major sponsor on approximately 75 Radio ads, plus all Silver and Bronze level items</i>	<input type="checkbox"/>	<input type="checkbox"/>
SILVER SPONSOR LEVEL \$4,000 <i>Logo on 12,000 T-Shirts plus Bronze level items</i>	<input type="checkbox"/>	<input type="checkbox"/>
BRONZE SPONSOR LEVEL \$1,000 <i>Logo on Website and 70,000 Brochures and/or Posters</i>	<input type="checkbox"/>	<input type="checkbox"/>

If In-kind donation, please describe: _____

Silver and Gold level sponsors must provide a minimum of 50% cash. Example: Silver sponsors may donate \$4,000 in cash or \$2k in cash and \$2k in accepted merchandise. Sponsor attendance at Bike to Work Day pit stop locations is separate from this regional sponsorship declaration and is typically available at no extra cost; certain locations however may require a fee.

Name : _____ Title: _____

Organization: _____

Address: _____

City, State, Zip: _____

e-mail: _____ Phone: _____

Fax: _____ Website: _____

Signature _____ Date: _____

Please make check payable to the **Metropolitan Washington Council of Governments**
 777 N. Capitol Street, Suite 300, Washington, DC 20002, ATTN: Douglas Franklin. Send logos to
dfranklin@mwkog.org in a high resolution format for quality reproduction by January 31, 2013.
 Preferred format is eps. Fax signed form to (202) 962-3203, or e-mail it to dfranklin@mwkog.org.
 Contact Doug at (202) 962-3792 with any questions.



Commuter Connections gained both monetary and in-kind sponsorships from a variety of organizations in the Washington metropolitan region. The following is a list of sponsors who graciously donated to the Bike to Work Day 2013 event:

Top Level Sponsors:

BicycleSPACE
Bike Arlington
Capital Bikeshare
City Bikes
Commuter Connections
goDCgo
ICF International
Local Motion Alexandria
Marriott
Twinbrook by Nature
WABA
Whole Foods

Other regional sponsors:

495 Express Lanes
AAA Mid-Atlantic
Abus
BicyclePass
Bike and Roll
Bikes@Vienna
Coalition Capital Crescent Trail
COG
CRYSTALride
DigitalGlobe
Green Guru
Jamis
Knog
OnGuard
Portland Design Works
Potomac Pedalers
Timbuk 2
Topeak

HIGHLIGHTS FROM AREA PIT-STOPPS

Adams Morgan: There were 435 registrants for the pit stop. The event was held from 7am to 9:30am at Unity Park. There was free water, fruit, juice, and coffee for participants. Music was provided by DJ Matt. Business cards were placed in a raffle for a free bike helmet and/or a fanny pack.

Alexandria – Carlyle: There were 221 registrants for the pit stop. The event was held from 6:30am to 8:30am.

Alexandria – Mark Center: There were 124 registrants for the pit stop. The event was held from 7am to 9am. Duke Realty provided food and drink for cyclists.

Alexandria - Old Town: 2013 the City of Alexandria had 576 Bike to Work Day registrants, many of which showed up on the day of the event. In addition to bikers, the City had 12 City employees volunteer to help sign in bikers and help out the over 15 exhibitors that came to promote their products, services and organizations.

The weather for the event could have not been any better as bikers enjoyed food and snacks from MOM's Organic market, coffee from St. Elmo's Café, and great freebies from other exhibitors. Bikers were also treated to over 22 donated raffle prizes that were raffled off about 15 minutes. Prizes ranged from passes for the Potomac Riverboat, tune-ups from Bike and Roll and Bicycle Pro Shops to a weekend stay at the luxurious Hotel Monaco.

We were lucky to have Mayor Euille attend the event and address the crowd on the benefits of biking.

Below is a listing of all Exhibitors and Donators:

Exhibitors

Bicycle Pro Shop	Bike and Roll
BPAC*	Bruegger's
Eco City	Local Motion
Spokes	St. Elmo's
Team In Training-Leukemia and Lymphoma Society*	
Velocity*	Wheel Nuts

Donated Raffle Prize

Potomac Riverboat Company	Bicycle Pro Shop
Wheel Nuts	Bike and Roll
Spokes	Velocity

Anacostia: There were 37 registrants for the pit stop. The event was held from 7am to 8:30am.

Arlington – East Falls Church: There were 142 registrants for the pit stop. The event was held from 4pm to 7pm for commuters heading home from their worksites. The pit stop organizer Tri360 provided free water and snacks for returning bicycle commuters.

Arlington – Rosslyn and Ballston: Bike to Work Day 2013 was another great success. The weather was beautiful and there was a great turn out for the Rosslyn and Ballston pit stops and for the first time ever, the Rosslyn stop had the most registrations of any stop in the region! There were 965 registered riders for Rosslyn and 571 registered riders for the newer stop at Ballston.

The Rosslyn pit stop was again held at Gateway Park at the Ballston pit stop was held at Freshbikes bike shop. Radio station DC101 played a good set of upbeat music to keep the crowd pumped up as t-shirts were handed out at registration. An instant winner raffle/giveaway was implemented again this year with prizes for each cyclist. In addition to small prizes for everyone, more than 125 medium prizes valued at \$10-\$30 and 50 large prizes valued at \$30-\$75 were given out between both pit stops. The grand prize at both Rosslyn and Ballston was a brand new bike, which riders were automatically entered for a chance to win by signing up.

Refreshments included bagels and coffee from Java Shack, bananas from Whole Foods, and granola bars. Unicyclists dressed as Elvis and Michael Jackson entertained the crowd throughout the morning. Sign spinners directed cyclists to the pit stops. In attendance at Rosslyn was Arlington County Board member Walter Tejada who spoke on Arlington PAL program and bicycle friendliness. Ballston was graced by the presence of Arlington County Board member Jay Fiset.

Partner organizations on hand included, ACCOR, Arlington's Car Free Diet, Arlington County Police Department, the Arlington Initiative to Reduce Emissions, American Diabetes Association, Arlington Bicycle Advisory Committee, Arlington Transportation Partners, Ballston BID, Best Buddies, Car2Go, Chick-fil-a, Freshbikes, Kasper's Kargos, KIND, Kona Kase, Leukemia & Lymphoma Society, National MS Society, National Parks Service, Phoenix Bikes, REI, Revolution Cycles, Rosslyn BID, WABA, and ZipCar.

Bethesda: The Bethesda Pit Stop had over 458 participants check in on-site and 646 bicyclists pre-register.

MD State Delegate Ariana Kelly once again served as the official Bike to Work Day emcee, and a DJ entertained the crowd between all of the dignitary speeches and presentations. Proclamations from the State Comptroller, Montgomery County and the State of Maryland were read by County and State officials. Dignitaries present were:

- Maryland State Comptroller Peter Franchot
- Maryland State Delegate Susan Lee
- Michael Jackson, Director of Bicycle and Pedestrian Access for the Maryland Department of Transportation
- Ken Hartman, representing Montgomery County Executive Isaiah Leggett
- Montgomery County Council Member Roger Berliner
- Bill Nesper, Vice President, Programs of the League of American Cyclists
- Karen McManus, Deputy District Director for Outreach, Office of Representative Chris Van Hollen

Food and refreshments were donated from many different Bethesda businesses. Prize winners were announced every few minutes – dozens of prizes were donated and raffled off through free random drawings of tickets. Prizes included various gift certificates, bike accessories, and a bicycle donated by Griffin Cycle. Giveaways included water bottles and bike lights.

Several businesses were provided tables with representatives at the event, including: the Cystic Fibrosis Foundation, Best Buddies, Clean Currents, YMCA, ING Financial Partners, Rails to Trails, Zipcar, the Montgomery County Police, Equinox Fitness Clubs, Bethesda Green, the Lymphoma Research Ride and WABA, and Griffin Cycle was on site doing free bike maintenance checks and also gave out water bottles.

Honest Tea came out with staff to provide samples as well as full-sized bottles of tea and juices, and Whole Foods was there giving out fruit and other refreshments. Baked goods were donated by Bethesda Bagels and Spring Mill Bread Company, and Calvert provided coffee from Dunkin Donuts. DrinkMore Water donated jugs of water and lent out water dispensers, so participants could fill water bottles instead of picking up bottled water.

Delegate Kelly and BTS Director Kristen Blackmon presented Bethesda's 9th Annual Bicycle Commuter Spirit Awards. This year's winners were Robert Aceituno and Wayne Ctvrtnik. Both winners showed tenacious spirit and dedication in their long years of bike

Press coverage included Bethesda Now. Professional event photography was done by Daniel Peck of Peck Studios.

The complete list of Bike to Work Day event partners and sponsors for the Bethesda pit stop included:

All Fired Up	Assaggi Mozzarella Bar
Balance Bethesda	Bethesda Bagels
Bethesda Green	Bethesda-Chevy Chase Chamber of Commerce
Bethesda Court Hotel	Best Buddies Challenge
Bethesda Sport and Health	Blackfinn
Calvert	City Bikes
Clean Currents	Core Power Yoga
Cystic Fibrosis Foundation Cycle for Life	Dansez Dansez
DrinkMore Water	Equinox Fitness Clubs
Fitness Together	Griffin Cycle
Hard Times Café	Hilton Garden Inn
Honest Tea	ING
Kabob Bazaar	Lymphoma Research Ride
Mamma Lucia	Montgomery County Police
Original Pancake House	Rails to Trails
Regal Cinemas	Relay Foods
Spring Mill Bread Co	Tae Kuk Martial Arts
Unity Woods Yoga	Whole Foods
YMCA – Bethesda	Zip Car

Bowie Town Center: In its 10th year of participating, the Bowie Town Center pit stop had 50 pre-registrants, with 30 of those attending (60%). Participants at the Bowie Town Center pit stop included several riders from previous years, a young family, and a couple who rode their tandem bicycle. City Councilman Todd Turner, a member of the TPB, was also in attendance to greet the riders.

Bowie Old Town: Twenty-nine cyclists preregistered for the Old Town Bowie pit stop, in its 8th year; 16 of those rode to that location (55%). Five "walk-ups" also attended for a total of 21 participants.

Special thanks this year are again extended to The Simon Property Group for offering their site as a pit stop and for donating snacks and beverages for the riders, and to the firefighters at the Huntington Fire Station for allowing us to use their location for the event and assisting the pit stop manager.

Burke: Another successful year for Burke VRE Bike to Work Day, the riders count was 45. The bikelane mechanic provided bicycle maintenance. Food and drinks from Wegmans, and Fairfax Advocates for Better Bicycling (FABB), that gave support on that morning with so many questions from the riders.

Buzzards Point: There were 74 registrants for the pit stop. The event was held from 6am to 9am at the U.S. Coast Guard Headquarters.

Capitol Hill BID: The **Eastern Market** pit stop had 365 registrants. The event was held from 6:30am to 8am at the Eastern Market Metro Plaza.

Capitol Heights: Located at Maryland Park Bicycles, the Capitol Heights Pit Stop welcomed 18 cyclists. The pit stop was organized by John Epps, owner of Maryland Park Bicycles.

A total of 14 cyclists registered for the pit stop. Of those registered, 9 riders stopped by to pick up T-shirts, water bottles, granola bars and other giveaways. An additional 9 cyclists who did not register or registered with another pit stop dropped by to celebrate and to share their enthusiasm about having a more convenient pit stop along their route.

The Capitol Heights Pit-Stop turned out to be a convenient location for several riders with workplaces in Prince George's County, including 4 participants who rode in to the Suitland Federal Center, and two others to Upper Marlboro, and New Carlton.

In addition to the pit stop a convoy was also organized to lead riders from Capitol Heights to Freedom Plaza. A total of 5 riders participated in the convoy. The convoy was led by veteran bicycle commuters and local ride organizers, Kevin Ware, Ted Russell, and Doreen Osborne.

Capitol Riverfront: The pit stop had 229 registrants. The event was held from 7am to 9am. U.S. Department of Transportation Secretary Ray LaHood attended the event.

Cheverly Metro Station: The pit stop had 15 registrants. The event was held from 6:30am to 9:30am.

College Park: This year's event took place under blue skies; great weather for biking to work. Set up went smoothly with contributing food donations and volunteer area

businesses arriving bright and early around 6:00am. Mom's Organic Grocery generously donated a slew of bananas and other refueling health treats for hungry bikers. The Bagel Place provided a platter of assorted bagels as well as hot coffee and tea. Huge thanks are owed to College Park Bike Shop and Proteus Bikes for sending their team members down to provide free bike tune-ups for participants. Big thanks to the City of College park employees who manned the registration table and distributed shirts. This year, College Park livened things up with music and door prizes. Organizer, Jonathan Brown, welcomed arriving participants and oversaw the raffle of over 12 generously donated bike safety and commuter gear equipment (total value worth over \$200.00). Raffle items were popular and many participants stayed longer than planned hoping to win some of the best prizes raffled off every 10 to 15 minutes throughout the event. Participants, numbering over 100, were easily distinguishable in their bright blue shirts, a much lauded color choice this year. All remaining shirts had been claimed by the end of the event and we had great turn out.

Columbia Heights: The third afternoon event drew 100 local and commuting cyclists (from a total of over-250 registered, and an additional 50 signed-up on-site) who interacted with numerous neighborhood participants on a beautiful Spring early-evening in the Plaza at Columbia Heights. A handful of volunteers verified attendance, distributed T-shirts and give-aways, and co-ordinated the prize drawings on the quarter-hour. Wayne, from the *BikeRack*, once again shared his skills and knowledge through quick repairs and tune-ups. Representation of Police from the Third District and WABA staff added to the joyful atmosphere and provided a cheerful conclusion to a long, successful day, supporting bicycling throughout the District.

Mad Momo's, a recently-opened restaurant on 14th Street, donated the grand prize: a dinner-coupon for their Himalayan-style cuisine, and the *Park Triangle* provided the location for the *Bike to Work Day* banner.

Crystal City: There were 537 registrants for the pit stop. The event was held from 7am to 9am. The 50 most frequent riders for the week (Crystal City held a bike to work week culminating on bike to work day) would receive a custom Crystal City wind jacket.

Dumfries: There were 11 registrants for the pit stop. The event was held at the Town Hall from 7:30am to 9am. Councilman Charles Brewer and Dumfries Business Association President Daniel Cosner welcomed the riders to the pit stop.

Edgewood Met Branch (DC): This was the first official Bike to Work Day pit stop for the Edgewood neighborhood and the Met Branch Trail, though in past years neighbors gathered to hand out cookies to morning riders. We were also the only new pit stop in DC and although the number of registrants, at 40, might appear low, we were impressed because as a residential neighborhood, we function as a starting or pass-through rather than an end point. An estimated 500 riders actually visited our stop (we lost count after the first couple hundred) and with a table sponsored by the neighborhood, the Rails-to-Trails Conservancy, BicycleSpace and WABA we had lots of great treats to thank current commuters and encourage future riders – water bottles, bike maps, free tune-ups, pant guards as well as water, cookies and granola bars.

Fairfax County Government Center-Fairfax Corner: There were 136 registrants for the pit stop. The event was held from 6:30am to 9am. REI sponsored some of the donated items.

Fairfax: The downtown pit stop had 78 registrants. The event was held from 6am to 9am. Raffle prizes were provided by local businesses like Twins Ace Hardware and Elevation Burger. The first 20 riders received a free water bottle from Tapit. Hudson Trail Outfitters provided tune-ups and coupons for riders.

Falls Church: There were 260 registrants for the pit stop, but far more bicyclists than that showed up for the event. Bikenetic, a local bike shop, was on hand once again to provide bike repairs and tune-ups. While the bikes were being tuned, Nourish Market helped the cyclists themselves with delicious smoothies. Local vendors Little River Yoga and Advantage Fitness provided promotional materials and fitness advice

Farragut Square: There were 321 registrants for the pit stop. The event was held from 7am to 9am.

Freedom Plaza (DC): The Downtown DC Business Improvement District (BID) hosted over 900 registrants at Freedom Plaza for this year's Downtown pit stop. Several partners helped to make the event a success, including BicycleSPACE, who provided free water bottles and tune ups, Whole Foods – P Street, who provided bananas and oranges, KIND, who provided snack bars, and DC Water, who provided free TapIt water bottles and drinking water. Attendees were treated to several prize drawings, which included a bicycle and accessories donated by BicycleSPACE, tune ups donated by Bike and Roll , Circulator Monthly Passes, Capital Bikeshare Annual memberships, and a ZipCar annual membership.

Several VIPs biked into the event and shared a few words of encouragement with the crowd, including FHWA Administrator Victor Mendez, GSA Administrator Dan Tangherlini, Mayor Vincent Gray, Councilmember Mary Cheh, Councilmember Muriel Bowser, Councilmember Tommy Wells, Councilmember Grosso, and DC Office of Planning Director Harriet Tregoning. In between speakers, prize drawings, and musical entertainment from the Tune Ups, attendees visited the event exhibitors while munching on KIND bars, fruit, and coffee. BicycleSPACE, the Washington Area Bicyclist Association, the League of American Bicyclists, Bike and Roll, goDCgo, AAA, and the DC Public Library were this year's exhibitors.

Frederick: Frederick had a very successful Bike to Work Day event in 2013, with 316 registered riders, 169 of whom rode in the ceremonial ride and/or stopped by the Pit Stop in the morning of May 17th. This was a 37% increase in participation over 2012, and a 24.5% increase in registration. The Pit Stop included food and drinks donated by Dublin Roaster's Coffee, The Fractured Prune, Giant Eagle, My Organic Market (MOM), The Common Market, and Dairy Maid Dairy. The Old Receiver Band played as the cyclists arrived, and the crowd was welcomed by Frederick Mayor Randy McClement after he dismounted his bike. The Parks & Rec department provided tables and chairs for food suppliers & vendors, which included The Bicycle Escape (who also donated a bike for our raffle), State Farm Insurance, and Frederick's Bicycle & Pedestrian Workgroup.

In order to boost participation and allow riders to get their shirts ahead of time, this year a pre-event Registration Celebration was held at Clemson Corner Shopping Center. The Bicycle Escape allowed us to set up a registration center at their store, and got Elevation Burger to provide drinks, cookies, and discount coupons to all who came in. The Frederick Wine House had wine and cheese tastings at their storefront just down from The Bicycle Escape, and many people went there after getting their shirts. Despite a huge storm hitting right in the middle of the event, we had more than 65 people attend, many of whom were first time Bike to Work Day participants.

There were teams of riders from several Frederick businesses, including Fort Detrick Campus (53 riders); Life Technologies (30); Frederick Memorial Hospital (25); City of Frederick (23); Wells Fargo (16); Frederick County (13), Frederick County Public Schools (7); State Farm (5); Hood College (4); Frederick Community College (2); Bechtel (2) and the AOPS (1).

Friendship Heights: Bike To Work Day 2013 was the kickoff of the new Friendship Heights (MD) pit stop, located on busy Wisconsin Avenue in Chevy Chase on Wisconsin Place plaza, at the Western Avenue District line. Seventy-five riders registered, and there was a robust walk up crowd as well.

Visiting VIPs included Montgomery County Councilmember Roger Berliner; Village of Friendship Heights Mayor Melanie Rose White; Town of Somerset Mayor Jeffrey Slavin; and Town of Somerset Councilmember Barbara Condos. Mayor Jeffrey Slavin provided MC support during the activities, giving a rousing pep talk to the crowd and calling attention to the vendors, exhibitors and donors.

Pit stop exhibitors and donors included:

- Le Pain Quotidien - coffee and assorted pastries
- Giant Food – bananas
- Whole Foods – energy bars and other snacks
- Drink More Water
- Chevy Chase Athletic Club – membership gift cards
- Montgomery County Dept. of Environmental Protection (MC DEP) – “Green Team”
- MC DEP – Solid Waste Services
- GEICO
- Wisconsin Place – water bottles
- All-In-One Entertainment – DJ
- Bike gear – The Bicycle Place, Silver Spring

Almost a dozen GEICO employees volunteered to help with registration, food tables, and giving items to riders. In addition to staffing a vendor table, GEICO sent an official photographer and the GEICO Gecko to greet riders and wave to commuters.

The event also drew volunteers from the Friendship Heights TMD Advisory Committee and host Wisconsin Place.

Prize drawings were about every 15 minutes and included bike helmets, locks, backpacks, safety items, and other bike gear. Vendors supplied gift cards and other items. Councilmember Berliner selected the Grand Prize Winner in the drawing. The Grand

Prize was a 24-speed Kona Dew hybrid bike from Just Riding Along Bicycle Shop in Laytonsville, Maryland.

Gaithersburg: There were 99 registrants for the pit stop. The event was held from 7am to 9am along Orchard Ridge Drive at Great Seneca Highway.

Georgetown (DC): The first ever Georgetown Bike to Work Day Pit Stop was a major success. Hosted by the [Georgetown Business Improvement District](#) along the scenic Georgetown Waterfront Park at Wisconsin Avenue & K Street, the Georgetown Pit Stop had 287 registered riders, though a total of 400 riders stopped in to enjoy the gorgeous weather and scenic backdrop, bike-related giveaways and snacks. Enthusiastic volunteers gave away 300+ Bike to Work Day t-shirts, Georgetown BID water bottles and bike bags. The Washington Area Bicyclists Association had a table with volunteers giving out prizes and brochures. Georgetown bike merchants Bicycle Pro Shop, Cycle Life, and Revolution Cycles were onsite offering free tune ups, and tech help. Georgetown's restaurants and cafes, including Baked and Wired, Dean and DeLuca, Farmers, Fishers, Bakers, PopChips, Sprinkles Cupcakes, and Starbucks Coffee, came out in support, giving away complimentary fuel for riders. Generous sponsors included the Bank of Georgetown and the American College of Cardiology, who were onsite giving away waters, and more. Local vendors Patagonia, Dumbarton House, Cycle Life, Baked and Wired, Bicycle Pro Shop, and Sprinkles Cupcakes, offered prizes during a raffle, including tire sets, tune ups, swag from Georgetown shops, cupcakes, and more! Check out the Georgetown Bike to Work Day Pit Stop video [here](#).

Golden Triangle – L Street (DC): There were 228 registrants for the pit stop. The event was held from 7:30am to 9am.

Golden Triangle – Murrow Park (DC): There were 89 registrants for the pit stop. The event was held from 7am to 9am.

Greenbelt: Bike To Work Day 2013 was the second year for the official Greenbelt Pit Stop. A committee of five City of Greenbelt employees organized the event in front of the Greenbelt Aquatic and Fitness Center. There were 90 bikers registered for the event which was an increase of 60% from 2012.

The committee was pleased with attendance of 70 bikers who passed through the stop. Approximately 15 cyclists joined the "convoy" to downtown Washington DC. The convoy was guided by Laurie and Jeff Lemieux of Proteus Bike Shop in College Park. Part way through the route the convoy split into two groups: an "express" route and "local" route.

The Pit Stop was visited by Mayor "J" Davis, Mayor Pro Tem Emmett Jordan and Council Member Leta Mach.

In addition to food and drinks, each rider received a t-shirt and mini-backpack filled with swag. Thanks to our sponsors for food, swag and raffle prizes: Anacostia Trail Heritage Area, Greenbelt COOP Grocery, Arrow Bicycle of Hyattsville, Proteus Bike Shop of College Park and Prince George's County Department of Public Works and Transportation. New this year was mechanical assistance provided by Arrow Bike Shop.

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

Herndon: Up about 9% from 2012, 303 riders registered with at least 216 checking in. The Herndon pit stop is hosted and staffed by A1 Cycling and Herndon Parks and Recreation Department, and included representatives from the Tour de Cure, Herndon Environmental Network, Mom's Organic Market, Fairfax Advocates for Better Biking, Green Lizard Cycling and the Herndon Pedestrian and Bicycling Advisory committee, among others. It was exciting when Adam Caskey of Channel 7's "Good Morning Washington" came and broadcast weather forecasts from the Herndon stop. We were on air in several segments from 5:15 to 6:55am.

Hyattsville: There were 106 registrants for the pit stop. The event was held from 6:30am to 8:30am.

Indian Head: There were 64 registrants for the pit stop. The event was held from 6am to 11am. Tri county sponsored BTWD providing COG with an IPOD give away, the pit stop had the largest turn out this year, the county commissioner gave us a 2013 Proclamation, it was also attended by the mayor and vice mayor of Indian Head. There was a raffle for a boy and girl bike along with other bike gear to the Indian Head 5th grade class. The council also presented the Town of Indian Head a plaque for their continuing support for the last five years hosting BTWD. Thanks to our partners:

- Bicyclists from the Southern Maryland Region
- Bike Doctor, Waldorf, Maryland
- Charles County Department of Health
- Charles County Government
- Charles County Public Facilities, Parks Division
- Charles County Senior Show Troupe
- Charles County Sheriff's Office
- Chick-Fil-A Restaurant, La Plata, Maryland
- Commuter Connections
- Indian Head Elementary School – 5th Grade
- La Plata Fitness
- Maryland Department of Transportation
- Pinnacle Performance
- Southern Maryland Agricultural Development Commission (SMADC)
- The Henry E. Lackey AFJRROTC
- Town of Indian Head
- Volunteers/Citizens of Indian Head and Charles County Maryland
- World Gym of La Plata
- Up The Creek Kayak Rentals

Leesburg: Loudoun County staff greeted 206 participants in Leesburg with free T-shirts, water bottles and clip-on reflective safety lights. Everyone who stopped by was offered a variety of refreshments--coffee, fruit, juices, pastries and grab and go items. Clif bars and bananas were especially popular with cyclists. A large water cooler was kept well-stocked for participants and Bike to Work Day and Tap-It water bottles were available. The team from Bicycle Outfitters, a decade-long supporter of Loudoun pit stops, was on hand to make adjustments for cyclists, answer questions and show-off a new bike which

was raffled later in the day. Prior to the event, this bicycle was displayed at the Loudoun County government center to generate interest and further publicize Bike to Work Day. A BikeLoudoun volunteer shared information and offered guidance to new cyclists. A transportation-themed corn hole (bean bag toss) game was enjoyed by riders who had time to relax at the stop before continuing on to their workplaces. Throughout the morning, prizes, including restaurant gift cards and bike gear, were given to randomly selected participants. It was a great morning in Leesburg.

Manassas GMU: There were 44 registrants for the pit stop. The event was held from 6:30am to 9:30am.

Manassas Kelly Leadership Center: There were 21 registrants for the pit stop. The event was held from 6am to 9:30am.

Manassas VRE: There were 45 registrants for the pit stop. The event was held from 6am to 9am.

Merrifield - Mosaic: There were 40 registrants for the pit stop. The event was held from 6:30am to 9am. Freshbikes performed tune-ups and safety checks for riders.

Merrifield – W & OD: There were 149 registrants for the pit stop. The event was held from 6:30am to 8:30am. 495 Express Lanes hosted the pit stop.

Mt. Vernon Triangle (DC): There were 304 registrants for the pit stop. The event was held from 7am to 9am at Busboys and Poets. BicycleSpace provided tune-ups and safety checks.

Mt. Vernon – Collingwood (VA): There were 32 registrants for the pit stop. The event was held from 6:30am to 8:30am.

National Geographic Society: The beautiful weather definitely didn't hurt as the National Geographic Courtyard turned into a biker's paradise for the annual Bike to Work Day celebration. This was NG's second year serving as one of the official pit stops in Washington, D.C. Hundreds of bikers, including many NG staffers, took advantage of a variety of sponsor giveaways, ranging from free food and coffee, to complimentary bike tune-ups, body massages and more. Representatives from two fundraising rides, Best Buddies and Bike MS, were there spreading the word about their upcoming events. There were also several raffle drawings throughout the nearly 3-hour event, which included items such as NG Channel DVDs, tickets to the 9:30 Club, Dolcetta Gelato gift certificates, a Lululemon gift bag, a Nat Geo Live! gift certificate and much more.

NIH: NIH director, Dr. Francis Collins, bicycled to work again this year and attended the Building One pit stop with his wife, Diane, from North Bethesda. He spoke about the benefits of active commuting. "We are the National Institutes of *Health*, and it's great to see us exhibiting health in our own personal behavior."

Montgomery County Council Member Mr. Hans Roemer bicycled to the NIH and also spoke at the gathering. "I want to thank you all for changing the way that this county lives and the choices they're making," he said. "It's a great place to work and a great place to live, but not always a great place to bike...As we move to the future we've got to have

more people biking to work. Each of you is an ambassador of that future.” The second annual Carl Henn Bicycle Advocacy Memorial Award was awarded to Steve Friedman by Randy Schools of the R&W. Carl Henn of Rockville was president of the NIH Bicycle Commuter Club for several years and was tragically killed by lightning in the summer of 2010. Vernon Anderson, NIH Bicycle President spoke about Steve’s advocacy and accomplishments. NIH was honored to have Carl Henn’s widow Carol in attendance.

The Bicycle Place provided free safety checks for cyclists. Proteus Bikes graced the main campus pit stop again this year with their bicycle-powered blender that made delicious fresh fruit smoothies for all to enjoy! (Bicycle Place and Proteus honor NIH BCC Bike Bucks). The NIH/DEP Greenhouse Gas Program Manager provided a fun Bike Generator that generates electricity to power an iPod and small speaker system. We also had information booths about safety and bike routes in the county.

The 2013 Bike To Work Day was a wonderful success involving 477 **cyclists** participating and 4429 round-trip miles commuted this year!

Thanks again to our sponsors:

- | | |
|--------------------------|---|
| NIH Federal Credit Union | NIH Fitness Center |
| Surest Catering | NIH Recreation and Welfare Association |
| NIH Police Department | NIH Division of Amenities and Transportation Services |
| NIH (DEP) | Proteus Bikes |
| Clean Currents Inc. | The Bicycle Place |
| Hudson Trail Outfitters | Takoma Park Co-op |
| Giant Foods | |
| · Upper Crust Bakery | |

Naval Medical Center: There were 184 registrants for the pit stop. The event was held from 6am to 9am.

NOMA: There were 364 registrants for the pit stop. The event was held from 7:30am to 9:30am. The NOMA BID hosted the event and provided food and drink along with NOMA t-shirts. BicycleSpace provided tune-ups and safety checks for riders. Chuck Bean, the Executive Director the Metropolitan Washington Council of Governments attended and spoke at the pit stop.

North Bethesda: In order to prepare cyclists for Bike to Work Day, the North Bethesda TMD, in partnership with WABA and LCOR, hosted a Bicycle Commuter Skills Class. The class was instructed by Shane Farthing, WABA Executive Director, and was a great success. The 19 participants learned about bicycle choice, safety, route selection, lighting and much more. The hour long class, held at lunchtime, was enjoyed by all.

On Bike to Work Day, the North Bethesda Pit Stop and the North Bethesda TMD staff welcomed 197 eager cyclists beginning at 6:30 am at the US Nuclear Regulatory Commission Plaza (NRC). Each registered cyclist received a Bike to Work Day t-shirt, water bottle, bike maps and other goodies. They were treated to a variety of breakfast foods donated by our great sponsors – Enterprise Rideshare, LCOR, Retrofitness of Kensington & Rockville and Trader Joe’s. Prizes and gift certificates were generously donated by Bob’s Bikes, White Flint Partnership, Strathmore, The Dermatology Center and Silver Diner. A very special thank you to our host, NRC, for another great year!

Prizes, raffle drawings and announcements were made every 15 minutes by our DJ, George, who also provided great music throughout the event.

Bill Carey, Director of Donor and Community Relations at Strathmore and Dee Metz, White Flint Coordinator for the Montgomery County Executive’s Office participated as did David Meyer, Director of the Division of Administrative Services for NRC. They helped in presenting awards, the County’s Bike to Work Day proclamation, and announced the winner of the new bike. Pat Shepherd, Capital Project Manager for the Montgomery County Division of Transportation Engineering Bikeway Program, gave an update on bicycle improvements on Woodglen and Edson Lanes. The grand prize, a new bike, was presented to Lauren May Rose by Bob Mallasch, owner of Bob’s Bikes. An ecstatic Lauren won a Raleigh Cadent FT0 bike.

Oxon Hill: There were 66 registrants for the pit stop. The event was held from 6:30am to 8:30am.

Reston: 478 bicyclists registered to ride to the Reston Town Center to celebrate Bike to Work Day. They were treated to free breakfast from Great Harvest Bread Co., and Whole Foods Market and coffee from Community Canteen/MonAmi Gabi. Groups attending include, The Bike Lane, The Reston Bike Club, Friends of the W&OD Trail, Reston Association, the Y-Fairfax County Reston, Tour de Cure, LINK, and Fairfax Advocates for Better Bicycling had information tables and free items for cyclists. Larry Butler of Reston Association introduced Hunter Mill Supervisor Cathy Hudgins, Delegate Ken Plum and RA Board President Ken Knueven who addressed the crowd at 8 a.m. They all noted the importance of bicycling as a transportation option. Knueven rode from his home in the Lake Anne area. Reston Association’s Walker Nature Center brought out their energy cycle which, when pedaled, demonstrates how much energy is required to power a light bulb and how much more energy is required to power incandescent bulbs compared to fluorescent bulbs. There were over 100 door prizes given out throughout the morning.

Rock Springs: There were 118 registrants for the pit stop. The event was held at the Marriott International Headquarters from 6:30am to 9am.

Rockville Falls Grove: Bicyclists flooded through the Falls Grove Village Center on Bike to Work Day 2013 to visit the Falls Grove pit stop and pick up biking information, a t-shirt, refreshments, and free supplies from vendors. The pit stop had been held in the Falls Grove area in the past, but the 2013 event marked the first time it was located in the shopping center parking lot, along Shady Grove Road. A total of 199 people registered online in anticipation of the event and 152 attended and participated, including 20 walk-up registrants the morning of the event. Montgomery County Commuter Services and the

City of Rockville's Department of Public Works co-sponsored the event, under the coordination of the County's outreach contractor for the Greater Shady Grove Transportation Management District.

Avid biker and City of Rockville Council Member [Mark Pierzchala](#) attended the event and delivered remarks to the attendees about biking and the efforts of the County and City in encouraging more people to choose alternative means to get to work.

Employees of nearly 90 unique area employers were represented at the event, including the National Cancer Institute (NCI) and the Financial Industry Regulatory Authority (FINRA.)

The table was staffed by a number of volunteers and members of the Greater Shady Grove TMD outreach team. They offered visitors water and snacks, talked to them about resources for biking to work and handed out the official 2013 Bike to Work Day t-shirt to all who pre-registered for the event. DeeJay music was provided by All-in-One Entertainment.

In-kind donations, gifts (i.e. gift certificates, prizes) and refreshments were provided by Drink More Water, Intercounty Connector, Just Riding Along Bicycles, Krispy Kreme, Lerner, Melt, Panera, Safeway, Smoothie King and Starbucks. Just Riding Along Bicycle Shop, located in Laytonsville, Md., offered a Grand Prize of a top-of-the-line bicycle which was won by Dr. Jan Woynarowski.

Exhibitors/vendors who staffed tables at the event included:

City of Rockville
Montgomery County Department of Environmental Protection, Division of Solid Waste
Drink More Water
Intercounty Connector
Just Riding Along Bicycles
Krispy Kreme
Lerner
Melt
Panera
Safeway
Smoothie King
Starbucks

Rockville Tower Oaks/Wootton: There were 41 registrants for the pit stop. The event was held by the Millennium Trail from 7:30am to 9:30am.

Rockville Town Center: The pit stop was in front of the Regal Theater located at 199 E. Montgomery Avenue. This year a total of 191 people registered online, 128 participated including 21 walk-up registrants the morning of the event. Montgomery County Commuter Services and City of Rockville Department of Public Works co-sponsored the event.

Ms. Carolyn Biggins, Division Chief, Montgomery County Transit Services, graciously accepted our invitation again to greet the bikers and help with prize drawings and promotional item giveaways throughout the event. Also attending and saying a few words

to the bikers was the City of Rockville Council Member [Mark Pierzchala](#) who is an avid biker himself.

In-kind donations, gifts (i.e. gift certificates, prizes) and refreshments were provided by Costco, Dawson's Market, Drink More Water, MOM's Organic Market, Starbucks, and Whole Foods. Additional refreshments were purchased from Costco. Additional prizes and giveaways were purchased at a discount from The Bicycle Place in Silver Spring. The Grand Prize bicycle was from one of Montgomery County newest bicycle shop called Just Riding Along Bicycle Shop in Laytonsville, MD and the winner of the bicycle was Ms. Erin Wilson.

Exhibitors/vendors who staffed tables at the event included:

City of Rockville

City of Rockville Police

Costco Wholesale

Dawson's Market

Montgomery County Commuter Services

Montgomery County Department of Environmental Protection, Outreach & Education (Green Team)

Montgomery County Silver Spring Urban District Red Shirt Team (setup and cleanup)

Montgomery County Department of Environmental Protection, Division of Solid Waste Services

Whole Foods

Rockville Twinbrook: There were 112 registrants for the pit stop. The event was hosted by Twinbrook Urban from 7am to 9am.

Silver Spring Discovery: Bike to Work Day 2013 was again staged on the plaza of Discovery Communications in downtown Silver Spring.

This year there were 266 online registrations, slightly greater than in 2011. 183 participants, including 60 walk-up registrants, attended the morning's event. Co-sponsors of the pit stop were once again Montgomery County Commuter Services and Discovery Communications.

Arthur Holmes, Jr., Director of the Montgomery County Department of Transportation, who has attended this event several times, graciously accepted our invitation to help greet the bikers. Serving as master of ceremonies was Sandra L. Brecher, Section Chief of Montgomery County Commuter Services. Making appearances as well as remarks about Bike To Work Day and the expansion of Capital Bikeshare to Montgomery County were County Council Members Valerie Ervin and George Leventhal.

County Council Member Valerie Ervin helped out with the Grand Prize bicycle drawing, sponsored by Discovery Communications. The winner of the Grand Prize bicycle is Janine Harris of National Oceanic and Atmospheric Administration (NOAA).

Continuing a competitive tradition dating back some years, the winner of this year's Bike To Work Day NOAA- Discovery Commuter Challenge was Discovery Communications. NOAA is looking forward to a rematch in 2014.

A special thank you goes out to the many employees from Discovery Communications, particularly Devin McDonough and Michael Price, and to Victor Salazar, Feddy Robinson and the Red Shirt Team from the Silver Spring Urban District and our volunteers Valerie Spencer and Arnetta Haines. Last but not least, thank you to Commuter Services and *TRiPS* Commuter Store staff for stepping up on a very busy day

In-kind donations, gifts (i.e. gift certificates, prizes) and refreshments were provided by Drink More Water, Caribou Coffee, Whole Foods and Costco. Additional refreshments were purchased from Costco and Caribou. The Grand Prize bicycle was generously donated by Discovery Communications

Exhibitors/vendors who staffed tables at the event included:

All-In-One Entertainment (DJ)	Bicycle Place
Clean Currents Inc.	Costco
Intercounty Connector Business Outreach Team	Montgomery County 3 rd District Police

Silver Spring East West Hwy: There were 62 registrants for the pit stop. The event was held from 7:30am to 9:30am.

Springfield: There were 99 registrants for the pit stop. The event was held from 6:30am to 8:30am. Give-away items were donated from sponsors such as Hilton, Performance Bicycle, Calibre, and Clarion Partners.

Sterling: It was a busy morning in Sterling with 313 cyclists checking in at the who checked in at pit stop. This marked the 10th consecutive year for Orbital Sciences Corporation to host the event. A wide array of refreshments including coffee, juices, fresh fruit, pastries and grab and go snacks were offered to participants. Orbital staff served as the “pit stop prize patrol” distributing gift cards and biking-related surprises to unsuspecting cyclists throughout the event.

Loudoun County staff gave away the T-shirts and clip-on reflective safety lights. A transportation-themed “corn hole” game (bean bag toss) was enjoyed by several cyclists. BikeLoudoun was on hand to offer support and helpful information to participants.

A team from Spokes Etc. of Ashburn provided bike adjustments and safety checks for riders. Spokes also provided a new bike which was raffled at the close of the event. Prior to Bike to Work Day, the bike was displayed at two different employment sites to encourage participation.

Staff from Loudoun Water distributed Tap-it and Bike to Work Day water bottles and kept water coolers well-stocked for cyclists.

This pit stop has experienced steady growth during the past decade. In 2014, it will remain in the same vicinity, but most of the activity will shift away from the W&OD Trail to the Sterling Ruritan Club.

Takoma Park – Old Takoma: In its second year, the Old Takoma pit stop attracted 149 registrants, with over 1/3 self-identified as first-time participants. Local champion of the Baltimore Kinetic Sculpture Race, "Eek", and artist Howard Connelly's giant tricycle were on display. The Takoma Park Safe Routes to School Coordinator and a representative from the League of American Bicyclists were on hand distributing safety and educational material. Four Takoma Park Police officers on bicycles visited Old Takoma on a circuit of

all three pit stops in the City. Newly printed 'Bike Takoma Park' maps distributed at the pit stop were a big hit. The pit stop was managed by Bruce Sawtelle of Takoma Bicycle.

Takoma Park – Sligo Creek: The Sligo Creek Pit Stop attracted over 25% more registrants in its second year, with 57 registered bike commuters. Four Takoma Park Police officers on bicycles visited Sligo Creek on a circuit of all three pit stops in the City. Newly printed 'Bike Takoma Park' maps distributed at the pit stop were a big hit. Staff from The Green Commuter bike shop provided bike tips and tune-ups. IHOP Takoma Park provided free juice, coffee, and snacks. The pit stop was managed by Erkin Ozberk of the City of Takoma Park, Housing & Community Development Department.

Takoma Park – Langley Crossroads: In spite of greater visibility, Spanish-language brochures, and targeted outreach by WABA, challenges remain for growing participation at the Takoma/Langley Crossroads pit stop. A mix of long-distance and local registrants stopped at Takoma/Langley Crossroads. Four Takoma Park Police officers on bicycles visited the Crossroads on a circuit of all three pit stops in the City. Newly printed 'Bike Takoma Park' maps distributed at the pit stop were a big hit. The pit stop was managed by Melanie Isis of the Takoma/Langley Crossroads Development Authority (CDA).

Tysons Corner: There were 83 registrants for the pit stop. The event was held at Tysons Corner Center from 6:30am to 10am. LL Bean provided tune-ups and safety checks. A bike jersey raffle was sponsored by Athleta. LL Bean also provided a bike raffle as well as a bike lock raffle. Food and drink was provided by La Sandia. Anne Brink won the bike raffle. Access Tysons had a goal of 100 visitors to their pit stop and since that goal was met and a new bicycle rack was donated and installed at Freedom Hill Elementary School.

Vienna: There were 361 registrants for the pit stop. The event was held at the Town Green from 6:30am to 8:30am. Bicycle tune-ups and safety checks were provided by Spokes.

West Hyattsville Metro: There were 23 registrants for the pit stop. The event was held from 6:30am to 9:30am.

White Oak/FDA: There were 51 registrants for the pit stop. The event was held at the FDA Historic Building from 7am to 9am.

Woodbridge Chin Center: There were 40 registrants for the pit stop. The event was held at the Chin Aquatics & Fitness Center from 6am to 9am.

Woodbridge Rippon VRE Station: There were 17 registrants for the pit stop. The event was held from 6am to 9am.

EMPLOYER PARTICIPATION

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

The winner of the Employer Challenge for a free luncheon was the US Department of Justice with 116 registrants.

Federal Employers

Architect of the Capitol	Bureau of Labor Statistics
Equal Employment Opportunity Commission	
Federal Aviation Administration	Federal Communications Commission
Federal Election Commission	Federal Highway Administration
Federal Trade Commission	Food and Drug Administration
Foreign Service Institute	General Services Administration
Internal Revenue Service	
Library of Congress	NASA
National Archives	National Capitol Planning Commission
National Institutes of Health	National Labor Relations Board
National Park Service	National Zoological Park
Naval Research Lab	NOAA
Office of Management and Budget	Securities and Exchange Commission
Smithsonian Institution	US Air Force
US Army	US Coast Guard
US Department of Agriculture	US Department of Commerce
US Department of Customs	US Department of Energy
US Geologic Survey	US Department of Health and Human Services
US Department of Homeland Security	US Department of Justice
US Department of Labor	US Department of the Interior
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

State and Local Governments

Arlington County	Charles County
City of Alexandria	City of Bowie
City of College Park	City of Falls Church
City of Frederick	City of Gaithersburg
City of Greenbelt	City of Hyattsville
City of Rockville	City of Vienna
DC Council	Fairfax County
Frederick County	Loudoun County
Montgomery County	Prince George's County
State of Maryland (including MDOT, MTA and others)	
Commonwealth of Virginia (including VDOT and VDRPT)	

Town of Leesburg

Private/Non-Profit Sector Employers

AARP
Advisory Board
Airbus Americas
Alion Science & Technology
American Association for the Advancement of Science
American Association of University Women
American College of Cardiology
American Councils for International Education
American Institutes for Research
American Red Cross
Amtrak
Arnold & Porter
Association of American Medical Colleges
AT&T
Bechtel
Boeing
Bowie Gridley Architects
CA Technologies
CACI
CEB
CFPB
CH2M HILL
Children's National Medical Center
comScore
CSC
DAI
Dell
Deloitte Consulting LLP
Dickstein Shapiro
Discovery Communications
Downtown DC BID
Edelman
Esri
ExxonMobil
Finnegan
Geico
Gensler
HOK
Howard Hughes Medical Institute
Hughes Network Systems
IBM
IDA
Institute for Defense Analysis
Institute of Museum and Library Sciences
International Finance Corporation
International Foundation for Electoral Systems
Accenture
AECOM
AKQA
Alliance to Save Energy
American Chemical Society
American Geophysical Union
American Psychological Association
American Society of Civil Engineers
AOL
ASHA
Association of State and Territorial Health
BAE
Bloomberg BNA
Booz Allen
British Embassy
Cable News Network
Capital One
Center for Clean Air Policy
CGI Federal
Chemonics International
Comcast
Conservation International
CustomInk
Defenders of Wildlife
Deloitte
Deltak
DigitalGlobe
DMI
Eastbanc Technologies
Embassy of Japan
Evolent Health
Fannie Mae
Freddie Mac
General Dynamics
Hilton Worldwide
Host Hotels & Resorts
HP
IADB
ICF International
International Monetary Fund
Institute for International Education
Inter-American Development Bank
International Food Policy Institute
International Relief and Development

International Republican Institute
Jones Lange Lasalle
Kirkland & Ellis LLP
LCPS
Life Technologies
LMI
Management Sciences for Health
Marriott
McChrystal Group
Metron Aviation
Microstrategy
MITRE
Monumental Sports & Entertainment
National Cancer Institute
National Center for Missing and Exploited Children
National Education Association
National Gallery of Art
National Geographic Society
National Science Foundation
Natural Resources Defense Council
NeoNiche Strategies
Northrop Grumman
NPR
Oblon Spivak
Orbital Sciences
Pan American Health Organization
Pew Charitable Trusts
PricewaterhouseCoopers
Qvine
Raytheon
Results for Development Institute
Revolution Cycles
Rockwell Collins
RTI International
SAIC
SCS Engineers
Sierra Club
SmithgroupJJR
Spokes
SRA International
TASC
The Cadmus Group
The Kennedy Center
The Nature Conservancy
The Washington Post
Time Warner Cable
Towers Watson
United Nations Foundation
Verified Carbon Standard Association
Verizon

Jacobs
Kaiser Permanete
Landon IP
League of American Bicyclists
LivingSocial
Lockheed Martin
Mantech
Mathematica Policy Research
McKissack & McKissak
Metropolitan Washington COG
Migration Policy Institute
Monument Bank
National Alliance for Hispanic Health
National Center for Health Statistics
National Endowment for the Arts
National Geographic
National Parks Conservation Association
National Wildlife Federation
Navy Federal Credit Union
Noblis

NRECA
Opower
OTJ Architects
Parsons Brinckerhoff
Population Services International
Public Broadcasting Service
RAND Corporation
Reston Association
Retrofitfitness
Robert Silman Associates
RTC
Sabin Vaccine Institute
Scitor Corporation
Serco
Smart Growth America
Software AG
Sprint
SRI International
Tetra Tech
The JBG Companies
The National Academies
The Urban Institute
Thomson Reuters
Toole Design Group
Union of Concerned Scientists
URS
Verisign
Virginia Hospital Center

Voice of America
Wells Fargo
Westat
WMATA
World Learning
World Wildlife Fund

Universities and Colleges

American University
Galludet University
George Washington University
Marymount University
National Defense University
Strayer University
University of Maryland
Virginia Tech University

WABA
Wegman's
Whole Foods Market
World Bank
World Resources Institute
WRNMMC

Catholic University
George Mason University
Georgetown University
Montgomery College
NOVA Community College
Uniformed Services University
University of Virginia

MEDIA COVERAGE AND RADIO

Commuter Connections, through its contractor developed and implemented the radio advertising and media outreach for the event.

Radio advertising targeted adults ages 25-49, slightly skewed toward men, with a household income above \$30,000.

Press Releases

Bike to Work Day Breaks Regional Record with more than 14,500 cyclists

More than 13,000 cyclists region-wide registered for Bike to Work Day tomorrow May 17th

Bike to Work Day 2013 attracts more than 12,000 cyclists

More than 70 pit stops will host Bike to Work Day participants – Friday May 17

Registration opens for Bike to Work Day 2013



Print/Online Media

Date	Outlet	Title linked to URL
3/8/2013	FallsChurch Patch	BTWD Registration Open
3/8/2013	Notes on my Cycling Adventures	BTWD 2013
3/19/2013	Capitol Riverfront Blog	2013 BTWD Registration Now Open
3/27/2013	Connected Communities/Montgomery	Registration for BTWD 2013 Opens
3/28/2013	ARL Notes	Registration Open for BTWD
3/28/2013	About.com Washington, DC	Bike to Work Day in Washington, DC
4/2/2013	Southern Maryland News Net	Registration for BTWD 2013
4/2/2013	SMNNEWNET.com	Registration for Bike to Work Day 2013 Opens
4/3/2013	goDCgo	BTWD - Event Calendar
4/3/2013	NoMa	BTWD - Event Calendar
4/3/2013	The Bridging Nations Foundation	BTWD 2013 - Event Calendar
4/3/2013	Town of Herndon Virginia	Registration for BTWD 2013
4/3/2013	WABA	BTWD - Event Calendar
4/24/2013	Region Forward	BTWD on May 17 to Promote Bicycle Commuting
4/25/2013	Georgetown Patch	Bikeshare Adds Two Georgetown Stations
4/26/2013	GeorgetownDC	BTWD - Neighborhood Event
5/1/2013	Clean Currents	BTWD Demystified, Courtesy of WABA
5/1/2013	WABA	BTWD Problems? We've Got Solutions.
5/1/2013	PRTC Transit	Bike to Work Day is May 17
5/1/2013	The Frederick News-Post	Why You Shouldn't Ignore All That PR About BTWD
5/2/2013	Greenbelt News Review	Bike to Work – What's Not to

		<u>Like?</u>
5/2/2013	Sierra Club - Washington DC Chapter	BTWD - Event Calendar
5/6/2013	Bike Arlington	BTWD - Event Calendar
5/6/2013	Office of Research Services	NIH Bicycle Program - 2013 BTWD Event
5/6/2013	Potomac Pedalers	BTWD - Event Calendar
5/6/2013	Arlington Patch	Arlington Celebrates Bike Month in a Big Way
5/7/2013	Leesburg Patch	Early Bike to Work Registrants Receive T-shirts
5/7/2013	Clarendon-Courthouse-Rosslyn Patch	Arlington Celebrates Bike Month in a Big Way
5/7/2013	Yahoo News	Celebrating Nat'l Bike Month Around Washington DC
5/7/2013	Greater Greater Washington	Bike to work and school, and much more
5/8/2013	Georgetown Patch	Georgetown Hosting BTWD 'Pit Stop'
5/8/2013	WABA	Plan your BTWD Via Metro
5/8/2013	Georgetown Patch	Georgetown Hosting BTWD "Pit Stop"
5/8/2013	Connection Newspaper	Register for Bike to Work Day
5/9/2013	Connected Communities	More Than 70 Pit Stops Will Host BTWD Participants
5/9/2013	MWCOG.org	More Than 70 Pit Stops Will Host BTWD Participants
5/9/2013	MyMCMedia	Bike to Work in Gaithersburg
5/13/2013	DelRay Patch	BTWD is Friday
5/13/2013	FairfaxCity Patch	City to Host 'BTWD' Pit stop
5/13/2013	The Washington Post - Dr. Gridlock	The week ahead
5/13/2013	Department of General Services - DC	Bike to Work Day 2013
5/14/2013	Potomac Patch	BTWD Pit Stops Near You on Friday

5/14/2013	The Washington Post - Dr. Gridlock	Tips for Friday's BTWD
5/14/2013	Active Life DC	Featured Event: BTWD
5/14/2013	The Washington Post	Bike Commuting Way Up in DC
5/14/2013	CBS DC	10K Riders Expected for Bike to Work Day in D.C.
5/14/2013	Falls Church News-Press	F.C. Businesses Sponsoring Pit Stop for BTWD Friday
5/15/2013	Virginia Bicycling Federation	BTWD 2013
5/15/2013	The Washington Post	Wilson Bridge trail encourages bike commuting
5/15/2013	The Washington Post	Montgomery wellness calendar, May 16 to 23, 2013
5/15/2013	Vienna Patch	Friday is Bike To Work Day 2013
5/15/2013	The Hill is Home - Community News	Bike to Work Day — This Friday!
5/15/2013	The Wash Cycle.com	More than 12,000 Cyclists Region-wide Sign up for BTWD
5/15/2013	Air Force Association	Register for AFA's ... Gateway Park as Part of BTWD
5/15/2013	The Washington Post -Local	DC named sixth 'most bikeable' US city
5/15/2013	South Maryland Newspapers Online	Biking to work gets a boost with annual So MD event
5/15/2013	PR Newswire	Register for AFA's Cycling Classic as Part of BTWD
5/16/2013	ABC News Blog	Pro Tips for BTWD
5/16/2013	The Washington Post - Dr. Gridlock	Friday is BTWD
5/16/2013	SilverSpring Patch	BTWD Pit Stops Near You on Friday
5/16/2013	Arlington Patch	BTWD is Friday
5/16/2013	Inside No VA	Friday is 'BTWD'
5/16/2013	WABA	One Last BTWD Reminder...

5/16/2013	Best of Washington	12,000 Commuters Will Bike to Work Friday
5/16/2013	WABA	What Is Your Elected Official Doing for BTWD?
5/16/2013	The Washington Post	D.C. community calendar, May 16 to 23, 2013
5/16/2013	The Washington Post	Montgomery community calendar, May 16 to 23, 2013
5/16/2013	About.com - Washington, DC	Bike to Work Day in Washington, DC
5/16/2013	Bike and Roll, Washington, DC	Rent a Bike for BTWD! Rent a Bike for Bike DC!
5/16/2013	US Environmental Protection Agency	Bike to Work
5/16/2013	Maryland Dept of Transportation	Participate in National BTWD on May 17, 2013!
5/16/2013	Washington Post – Ashley Halsey III	Bike commuting increases in D.C
5/16/2013	ABC News.com	PM Note: Pro Tips for Bike to Work Day
5/16/2013	Huff Post Green	Bike To Work Day 2013: Tips For A Green Commute
5/16/2013	Leesburg Today	Bike To Work Day Scheduled Tomorrow
5/16/2013	Virginia Connection Newspapers	Brief: Bike to Work Day Is May 17
5/16/2013	Maryland Dept of Transportation	Participate in National BTWD on May 17, 2013!
5/17/2013	The Washington Post - Dr. Gridlock	BTWD in Pictures
5/17/2013	Georgetown Patch	In Georgetown, a 'Bike Hub', Every Day is BTWD
5/17/2013	BLT: The Blog for Legal Times	Lawyers Saddle Up for BTWD
5/17/2013	DC List	You Can Now Bike From D.C. to Pittsburgh
5/17/2013	Riverdale Park-University Park Patch	Many cyclists joined a convoy from Greenbelt to DC

5/17/2013	Baynet.com	Share the Road
5/17/2013	Clarendon Courthouse Rosslyn Patch	DC Ranked Among Most Bikeable Large Cities
5/17/2013	Georgetown Patch	In Georgetown, a "Bike Hub", Every Day is BTWD
5/17/2013	The Washington Post -Local	Thousands participate in Bike to Work Day
5/17/2013	The Washington Post -Local	BTWD - A Day in Pictures
5/17/2013	Gazette.net	Bike to Work Day 2013 draws record crowds in D.C. area
5/17/2013	Potomac Local News	2013 Bike to Work Day
5/17/2013	Fairfax County Virginia.gov	Fairfax County Rides on Bike to Work Day 2013
5/17/2013	DES, Arlington Co. Commuter Services	Bike to Work Day 2013
5/17/2013	Transportation nation	DC Makes Progress on Bike Lanes...
5/18/2013	The Frederick News-Post	Hundreds gather for Bike to Work Day
5/18/2013	Washington Post – Ashley Halsey III	Safety Reminders for BTWD
5/19/2013	Standards Speaker.com	BTWD touts cycling's benefits
5/19/2013	Downtown DC.org BID	Bicyclists Turn Out in Force for Bike to Work Day
5/20/2013	League of American Bicyclists	Bicyclists Take to the Streets in Celebration of BTWD
5/20/2013	Georgetown Patch	DC Ranked 6th Most Bikeable Large City
5/20/2013	US DOT - Fast Lane	BTWD, Big and getting bigger
5/20/2013	Washingtonian	BTWD Breaks Ridership Record (Slideshow)
5/20/2013	Georgetown Patch	DC Ranked 6th Most Bikeable Large City
5/21/2013	Mother Earth News	Bike Commuting Grows by Leaps and Bounds

5/22/2013	Connected Communities - Springfield	Springfield Joins BTWD
5/23/2013	Belvoir Eagle	Bike to Work Day celebrates commuting alternative
5/23/2013	Greenbelt News Review	Greenbelt Cyclists Join Bike to Work Convoys
5/24/2013	South Maryland Newspapers Online	2 wheels good, 4 wheels bad: Bicyclists go to work
5/24/2013	South Maryland News Net	Letter from Tri-County Council on Bike to Work

Television

Date	Outlet	Title linked to URL
5/15/2013	WUSA CH9 W/Monika Samtani	Bike To Work Day Is Friday
5/17/2013	ABC7 Good Morning Washington 5:45 AM	Bike to Work Day Today
5/17/2013	ABC7 Good Morning Washington 6:15 AM	Bike to Work Day Today
5/17/2013	ABC7 Herndon Local News	Bike to Work Day Today, Maryland and Virginia
5/17/2013	WUSA CH 9	DC Bike To Work Day Hits Record Attendance

Radio

Date	Outlet	Title linked to URL
5/16/2013	WAMU	Friday Marks BTWD in DC
5/17/2013	Total Traffic (Network)	Sound bites and text may be found on page 5 of this report
5/17/2013	WAMU	DC Makes Progress on Bike Lanes

WEB SITE



bike to work day
2013

BIKE TO WORK DAY
MAY 17
2013

HOME | EMPLOYER RESOURCES | EVENT INFO | FIRST TIME RIDER INFO | SPONSORS | REGISTER NOW



Bike to Work Day

On Friday May 17, 2013 Commuter Connections and the Washington Area Bicyclist Association invites you to join over 10,000 area commuters for a celebration of bicycling as a clean, fun and healthy way to get to work. Attend one of 70 pit stops throughout D.C., Maryland, and Virginia to receive refreshments, and be entered into a raffle for a free bicycle!! Sorry, we have reached 12,000 registrations and can no longer guarantee T-shirts going forward. Check with your pit stop event on Bike to Work Day for possible extra shirts.

REGISTER NOW



PIT STOPS

Seventy pit stops will host Bike to Work Day events throughout D.C., Maryland and Virginia. Take a break at a pit stop on your way to work for lots of food, fun and prizes. Register now, it's free!

[Read more](#)

COMMUTER CONVOYS

Bicycle commuter convoys are forming now for Bike to Work Day on May 17th. All bicyclists are welcome to join the free convoys and there's no need to sign up. Convoys are led by experienced bicycle commuters. [Read more](#)

FIND A RIDE BUDDY

Use the Washington Area Bike Forum to find a ride buddy for Bike to Work Day or join an online discussion about bicycling in the Washington, D.C. area.

[Read more](#)

EVENT POSTER

[Download a PDF](#) of the Bike to Work Day 2013 event poster. Email it to your family, friends and co-workers.

SPONSORS

Bike to Work Day organizers wish to thank our generous sponsors who help make this regional event possible. Please visit our sponsor page and find out more about these great organizations.

[Read more](#)

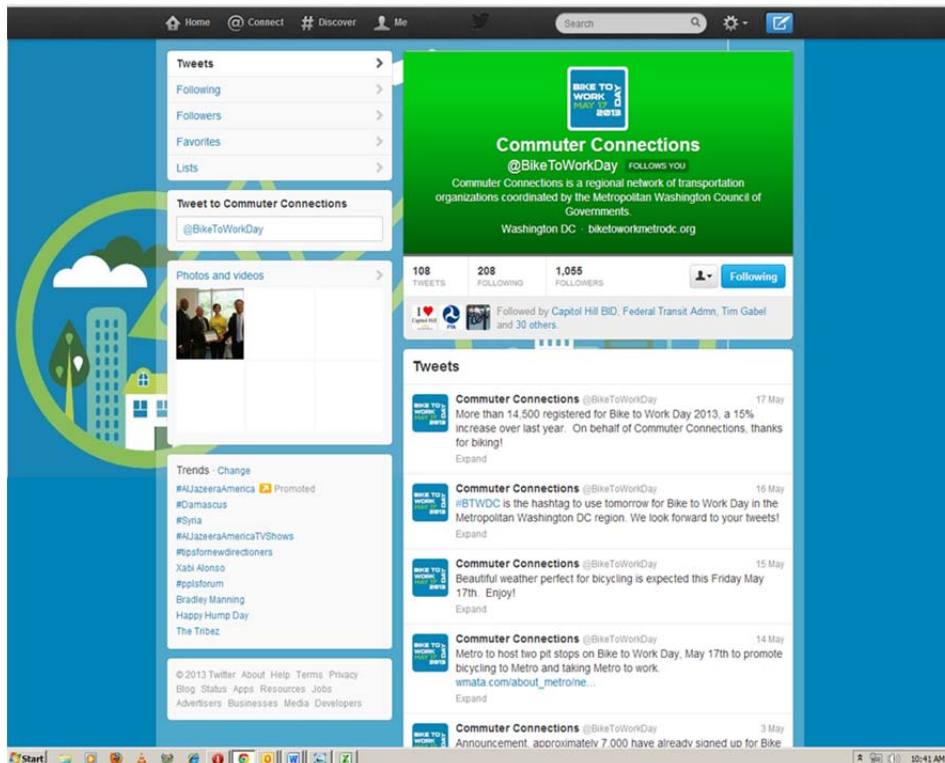
INCREASE YOUR BICYCLING SKILLS

WABA's adult bicyclist education opportunities are available for a wide range of skill sets from beginner to advance throughout the Washington region. There are also seminars for commuting to work.

[Read more](#)

SOCIAL NETWORKING

A Facebook group and Twitter account along with the Bike to Work Day website were maintained for Bike to Work Day. The Facebook page garnered 1,040 likes. Twitter had a more active involvement in the week immediately preceding the event resulting in a following of just over 1,000 riders. Most of the tweets on the day of the event were enthusiastic and supportive and seemed to reflect a very successful event.



PROCLAMATION SIGNING



The Proclamation was signed by TPB Member, Patrick Wojahn City of College Park Councilmember. In attendance was Nicholas Ramfos, Director, Commuter Connections, and Greg Billing, Advocacy Coordinator Washington Area Bicyclist Association.

The National Capitol Region Transportation Planning Board at COG issued a regional proclamation on April 17th, 2013 designating May 17th as the Regional Bike To Work Day. The proclamation discussed the benefits of bicycling for the region, individual communities and commuters. It also acknowledged that the month of May is Clean Air Month and National Bike Month. Additional proclamations were made by the Commonwealth of Virginia, District of Columbia, the State of Maryland as well as some of the individual jurisdictions that hosted pit stops.



Proclamation

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 employee health and fitness; reduced commuting and parking costs; and

WHEREAS, increasing numbers of employers have installed bicycle parking and shower facilities to help 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, Capital Bikeshare's regional bike sharing system has reached the milestone of 200 stations within the District of Columbia, Alexandria and Arlington, and is poised for continued expansion into more jurisdictions.

WHEREAS, the TPB through its Commuter Connections program promotes bicycling and organizes Bike to Work Day along with the Washington Area Bicyclist Association; and

WHEREAS, the week of May 13th 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 17, 2013 as Bike to Work Day throughout the Washington 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.

TPB Chair Signature

MARKETING MATERIALS

The Bike To Work Day 2013 marketing materials used included the following items:

Rack cards 3¾ x 8½" (40,000)

Posters 8½" x 11" (35,000, plus 500 were in Spanish)

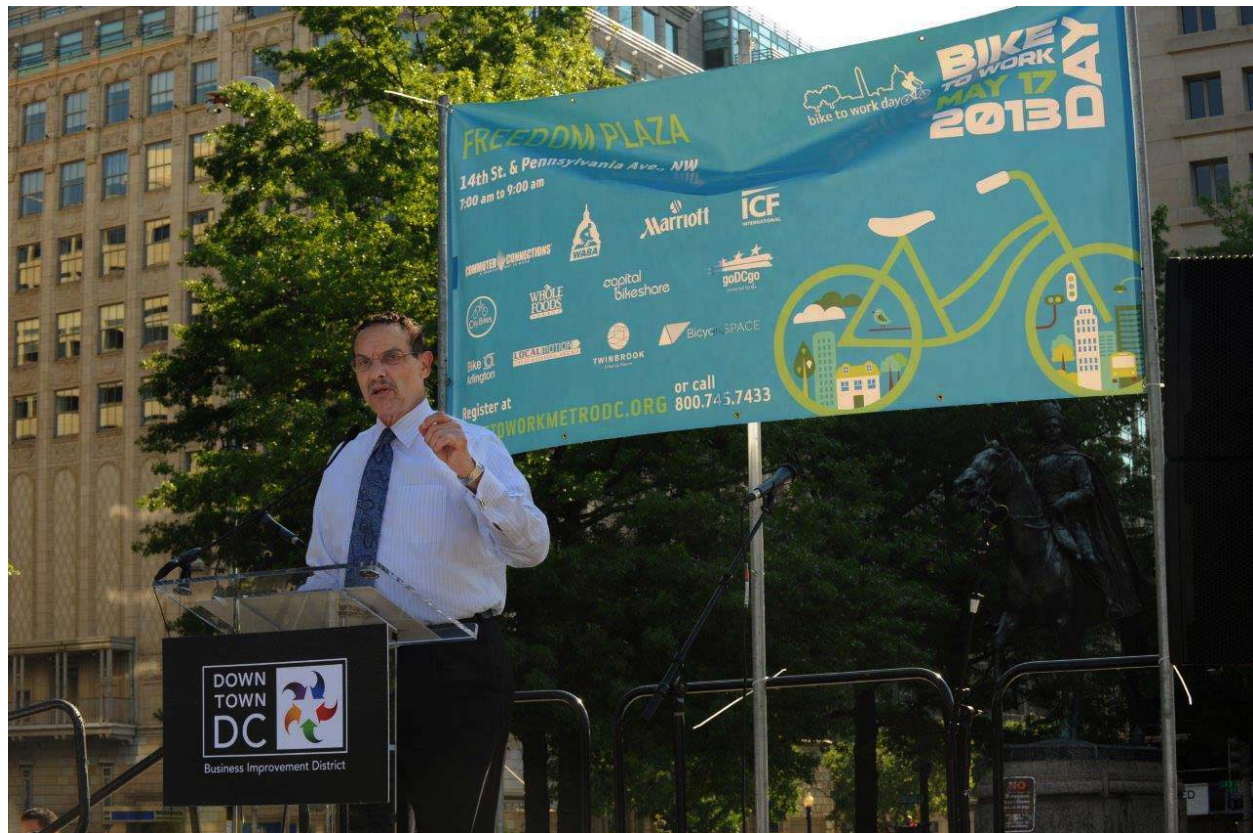
T-Shirts (12,000)

Banners 8' x 4' for 69 out of 72 pit stops

Water bottles with the BTWD logo were coordinated by BicycleSPACE and made available for each pit stop for purchase.

The marketing materials used for the 2013 BTWD campaign were targeted to employers and cyclists in chosen markets through the region. The rack cards and poster materials were distributed to employers and building sites through concierge services to a majority of the region's bicycle shops through WABA, and through a direct e-mail campaign that led to a customized web site. The direct e-mail was sent to the 2012 registrants as a reminder. The radio campaign highlighted personal and tangible benefits a commuter would realize by bicycling to work.

Vinyl Banners



Poster

BIKE TO WORK DAY 2013 FRIDAY

MAY 17

REGISTER AT BIKETOWORKMETRODC.ORG OR CALL 800-745-7433

Pre-Register by May 10 for Free T-Shirt* and Bike Raffle!

FREE FOOD, BEVERAGES AND GIVEAWAYS AT ALL LOCATIONS


Visit biketoworkmetrodc.org for specific pit stop locations and times.
*T-Shirts available at pit stops to first 12,000 who register.

70 Bike to Work Day pit stops located in D.C., Maryland, and Virginia

Bike to Work Day is also funded by the District of Columbia, Maryland, Virginia and U.S. Departments of Transportation.

Printed on recycled paper

Rack Card



bike to work day
2013


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BIKETOWORKMETRODC.ORG
OR CALL 800-745-7433

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in D.C., Maryland, and Virginia



**BIKE
TO WORK
MAY 17
2013 DAY**



T-Shirt



Other Marketing Items

Washington Post Express Advertisement

If you are not a U.S. citizen
• Candidates must be DC certified

Candidates **MUST** be available to work at least 24 hrs/week
If successfully hired, you may be eligible for a \$50 signing bonus.

Candidates with these qualifications
are welcomed to stop by our office at
1420 K Street, NW 7th Floor,
Washington, DC 20005.

ASAP
SERVICES COOPERATION
Home Health Division

In the deadliest of the three attacks, a suicide bomber on a motorcycle detonated his explosives near a vehicle carrying a candidate from a hard-line Islamist party, killing 12 people and wounding 35. The Jamiat Ulema-e-Islam People's Party. The blast killed the leader, Zahir Shah, officials said. The Pakistani Taliban have claimed responsibility for many of the attacks in the run-up to Saturday's national elections, including the attack on Shah. (AP)

GOV. JOEY SALCERA, DISCUSSING ON TUESDAY HOW ONE OF THE PHILIPPINES' MOST ACTIVE VOLCANOES RUMBLED TO LIFE, SPENDING ROOM-SIZE ROCKS TOWARD NEARLY 30 SURPRISED CLIMBERS. FIVE HIKERS WERE KILLED BY THE ERUPTION AT THE MAYON VOLCANO.

DC Rider
METRO NEWS ON YOUR IPHONE AND ANDROID — DOWNLOAD FREE

21 The number of officials punished by the Communist Party in China over a scandal in which they allegedly were extorted by real-estate developers after being secretly filmed in liaisons with hired women, the official Xinhua News Agency said Tuesday. (AP)



Over 70 Bike to Work Day pit stops located in D.C., Maryland, and Virginia

Pre-Register by May 10 for Free T-Shirt* and Bike Raffle

Free Food, Beverages and Giveaways at All Locations



BIKE TO WORK DAY 2013 FRIDAY MAY 17

REGISTER AT BIKETOWORKMETRODC.ORG OR CALL 800-745-7433









Also funded by the District of Columbia, Maryland, Virginia and the US Dept of Transportation

*T-Shirts available at pit stops to first 12,000 that register

Washington Examiner

statement and Fed Chairman Ben Bernanke holds another news conference. — AP

NEWSMAKER

J. SCOTT TARRANT
Tarrant was promoted to president of RRD International, a Rockville biotech-product-development company. He has been chief business officer since 2010, when he joined the company. Previously, Tarrant was executive vice president of global sales and marketing for Xceleron.

RECOVERY

Retail sales jump 0.6 percent in May with help from autos

By Martin Crutsinger
The Associated Press

Americans stepped up purchases at retail businesses in May, spending more on cars, home improvements and sporting goods. The gain shows consumers remain resilient despite higher taxes and could drive faster growth later this year.

The Commerce Department said Thursday that retail sales increased

0.6 percent in May from April. That's up from a 0.1 percent gain the previous month and the fastest pace since February.

The April gain was led by a 1.8 percent jump in auto sales, the biggest increase in six months. Excluding volatile autos, gas and building supplies, core retail sales rose 0.3 percent. That's slightly higher than the 0.2 percent April increase.

Sales increased at hardware and

general merchandise stores, but fell at furniture and appliance stores.

Separately, the Labor Department said the number of Americans seeking unemployment benefits dropped 12,000 last week to a seasonally adjusted 334,000. The decline suggests steady job gains will endure.

The retail sales report is the government's first look each month at consumer spending which drives 70 percent of economic activity.

The local cuts are among about 1,800 nationally, which will be spread across several JPMorgan mortgage servicing offices.

Homestead to be bought by Omni Hotels

By the start of next month, one of Virginia's most renowned and historic resorts is set to change hands.

Omni Hotels & Resorts announced Wednesday it has reached a definitive agreement to acquire and operate five properties affiliated with the owner of the Homestead in Bath County.

THANK YOU FOR MAKING BIKE TO WORK DAY 2013 A SUCCESS, WITH OVER 14,500 PARTICIPANTS!

SEE YOU NEXT YEAR!













BIKE TO WORK DAY 2013

Also funded by the District of Columbia, Maryland, Virginia and the US Dept of Transportation

DOJ ONE OF TOP BIKE TO WORK DAY EMPLOYERS



Held on May 17th, this year's Bike to Work Day (BTWD) event saw more than 14,500 registered bicyclists leaving their cars at home and riding to work; an increase of 15% over 2012!

One of the employers helping to lead the way was the United States Department of Justice (DOJ) with 116 riders, 29 percent of them being first time Bike to Work Day participants.

Additionally, DOJ employees and contractors attended 28 of the 72 pit stops throughout the Washington, DC area. The top three most attended pit stops for DOJ employees were:

- Freedom Plaza in the District, with 32 DOJ cyclists
- Old Town Alexandria, with 10
- Silver Spring at Discovery Communications, with 7

By having such terrific passion and enthusiasm for bicycling, DOJ and a few other federal agencies have become a model for other agencies," said Nicholas Ramfos, Director of Commuter Connections. "And, for that matter, a leader among all employers in the Washington metropolitan region."

DOJ joins three other federal employers in the top five for this year, including the National Institutes of Health, the Environmental Protection Agency, and the U.S. Department of State. Also in the top five was Orbital Sciences, a

L to R: R&W President Randy Schools; Office of Research Services Director, Dr. Alfred Johnson; Tom Hayden, Associate Director, Program and Employee Services, ORS, and Acting Director of the Division of Amenities and Transportation Services; Dr. Diane Bolton of the NIH Bicycle Commuter Club and Nicholas Ramfos, Director of Commuter Connections.

private-sector company. In honor of their efforts, DOJ bicyclists won the Commuter Connections 2013 Bike to Work Day Employer Challenge and were treated to lunch on June 21st.

The continued success and growth of BTWD can be attributed to the influx of new riders each year. Ramfos continued, "Bicycling to work has a lot of potential to grow as the average bike commute in the Washington metropolitan region is 3.4 miles each way, and 17% of all Washington area commuters live less than 5 miles from work."

Bicycling to work is not something one has to do every day. In fact, the average number of days per week for bicycle commuting in the Washington, D.C. region is 3.

So, plan on encouraging your employees to participate next year and see if you can be one of the top regional employers for BTWD 2014!

Watch for more information on BTWD 2014 at www.biketoworkmetrodc.org.

2013 Grand Prize Winners!

Joe Eisch won a Giant Escape Bicycle from **City Bikes**



Vanessa Patterson won a Globe Daily 2 bicycle from **City Bikes**.



Christina Gebhard and husband, Brian Schmidt, with new Jamis Coda Sport, courtesy of **BicycleSPACE**



Greg Pursifull won a Tern Link folding bicycle from **bikes at vienna**



PHOTOS FROM A SAMPLING OF PIT STOPS

DC – Columbia Heights



DC – Freedom Plaza



DC – National Geographic Society



DC - NoMa



MD - Bowie



MD – Capitol Heights



MD – FDA White Oak



MD – Gaithersburg



VA – George Mason University Manassas



VA- Rosslyn



VA - Springfield



VA - Sterling

