



BIKE TO WORK DAY 2025

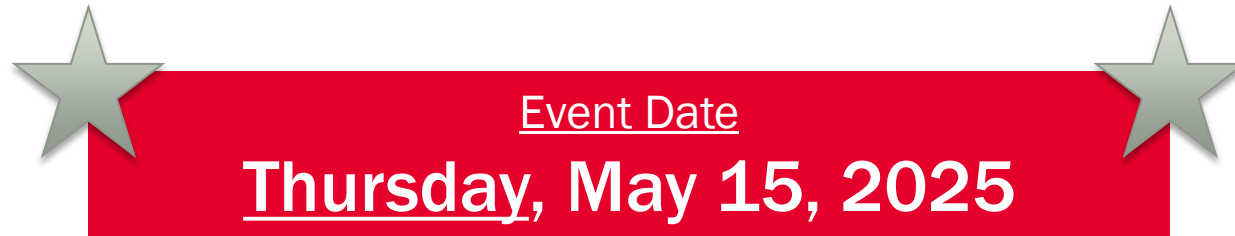
Event Overview and TPB Proclamation

Dan Sheehan
TPB Transportation Operations Programs Director

TPB Technical Committee
April 4, 2025

Background

- Regional event co-organized by Commuter Connections and WABA
 - TPB staff facilitate the Bike to Work Day Steering Committee with 200+ members
- Coincides with National Bike Month (May) and Bike to Work Week (May 12-18), as designated by [The League of American Cyclists](#)
- Celebrates bicycling as a clean, fun, and healthy way to get to work
 - Focus on bike commuting aligns with the Commuter Connections mission of promoting sustainable and efficient commute modes
- Grown to 100+ local “pit stops” since regional event launched in 2001



Local Pit Stop Events

- Participants cycle to a pit stop on their way to/from work
 - Receive free t-shirt, refreshments, raffle entries, bicycle literature, and other swag
- 108 pit stops for 2025 event
 - Located throughout 23 COG jurisdictions
 - Participants pre-register at biketoworkmetrodc.org
- Convoys led by experienced volunteer bicycle commuters help reduce barriers for first-time cyclists
- Many pit stops are located at employer sites
 - FDA, National Geographic, etc.



2024 NoMa Wunder Garten Pit Stop (NoMa)

Support for Cyclists

- Opportunity to promote resources and programs for bike commuters
 - Cycling classes
 - Bicycling to work guides
 - Online bicycle route finder
 - Regional bike map
 - Guaranteed Ride Home
 - CommuterCash Incentive Program



Cyclists pickup bike related literature and giveaways at the North Bethesda Pike & Rose Pit Stop (NBTMD, 2024)



2024 Eastern Market Pit Stop



2024 Greenbelt Aquatic & Fitness Center Pit Stop



2024 Alexandria City Hall Market Square Pit Stop





BIKE

TO WORK DAY

THURSDAY

MAY 15, 2025

FREE EVENT
BikeToWorkMetroDC.org
 Register for Free T-SHIRT*
 and BIKE RAFFLE!
 Free refreshments & giveaways at
 participating locations, while supplies last.





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 18,000 registrants.
 Pit stops in D.C., Maryland, and Virginia!

The Bike to Work Day event is a program of the
 Metropolitan Washington Council of Governments
 and is funded by DDOT, MDOT, VDOT, and USDOT.

#BTWD2025





DÍA DE LA

BICICLETA

PARA IR AL TRABAJO

JUEVES

15 DE MAYO DE 2025

EVENTO GRATUITO
CAMISETA GRATIS* Y EL
SORTEO DE UNA BICICLETA
REGÍSTRESE HOY EN
BikeToWorkMetroDC.org
 Refrigerios y obsequios en los lugares que
 participan hasta agotar existencias.





Regístrate gratis en
BIKETOWORKMETRODC.ORG
 800.745.7433

Visita biketoworkmetrodc.org para más información acerca de las
 paradas localizadas en la ruta y los horarios. *Camisetas disponibles en
 las paradas en la ruta a los primeros 18,000 participantes que se
 registren. Paradas en la ruta en D.C., Maryland, and Virginia.

El evento del Día de la Bicicleta para ir al trabajo es un
 programa de Metropolitan Washington Council of Governments
 y está financiado por DDOT, MDOT, VDOT, y USDOT.

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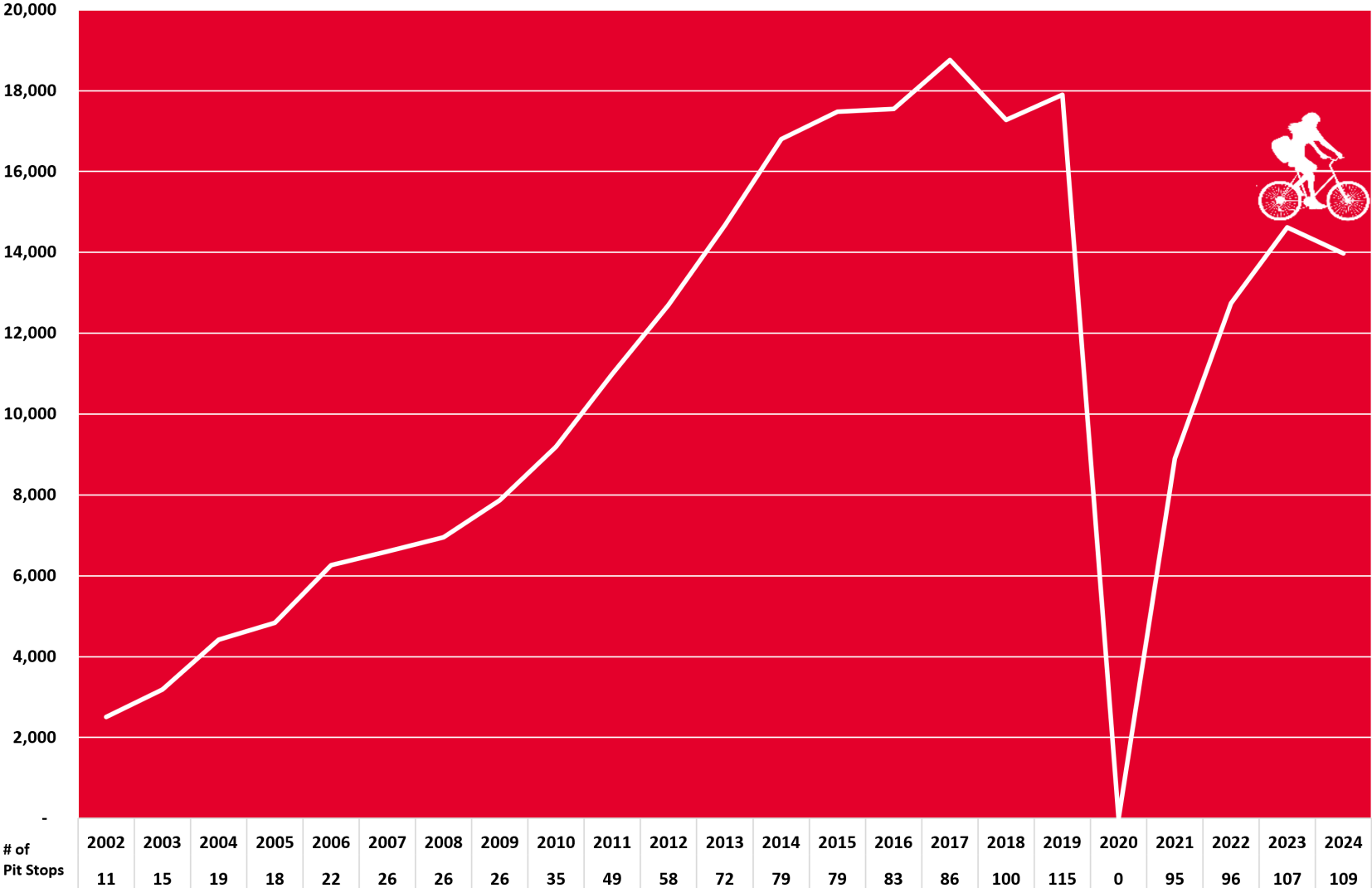
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Bike to Work Day
Registration By Year



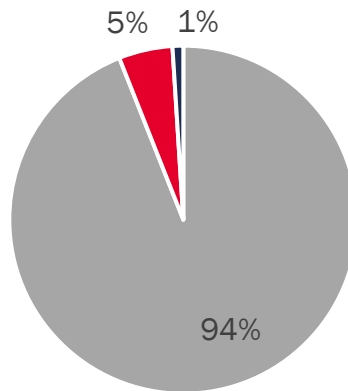
Participation Metrics

- 2017: 18,700 (peak)
- 2024: 14,000
- 2025: 15,000 (goal)

Notable Findings from 2022 Participant Survey

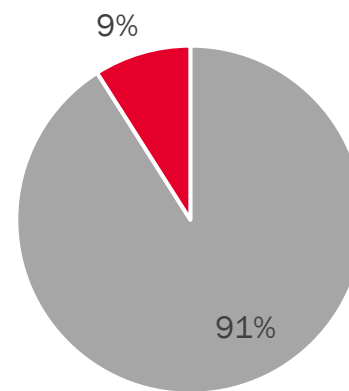
- Prior to event, 14% of respondents never commuted by bicycle
- Following event, 20% of respondents started bicycling to work or increased frequency
- Cyclists' favorite aspect of event experience is "Sharing ride with other cyclists" (27%)

Bike Ownership



■ Personal Bike ■ Capital Bikeshare ■ Other

Bike Type

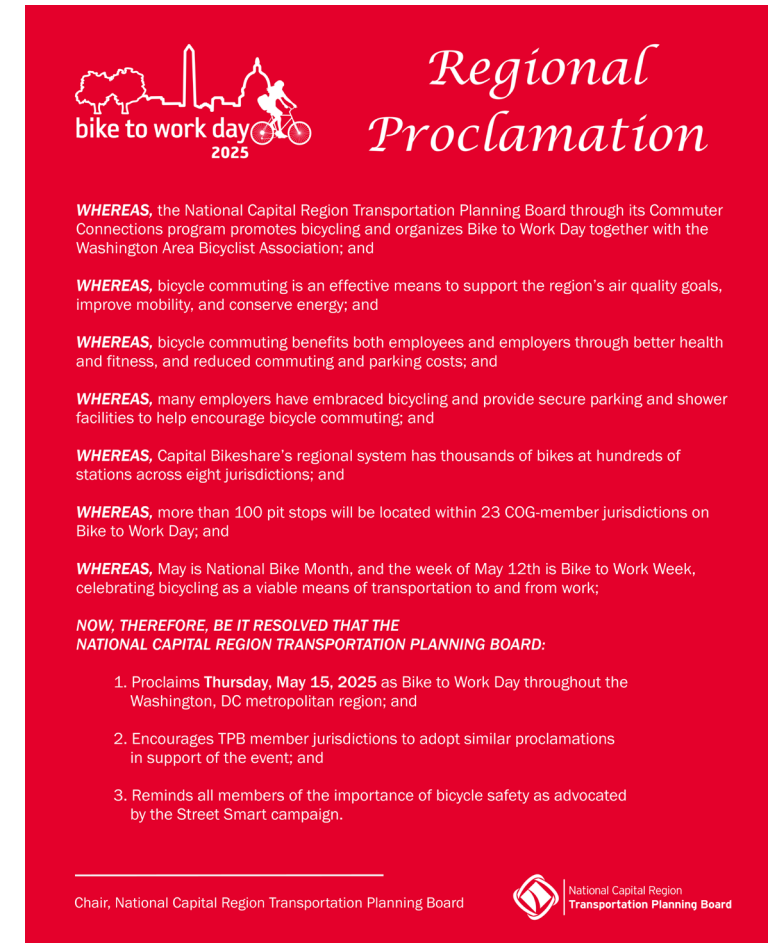


■ Traditional Pedal Bike ■ Electric Bike

View/download the full set of 2022 Bike to Work Day Participant Survey results at commuterconnections.org

TPB Proclamation

- TPB staff will recommend the TPB proclaim **Thursday, May 15, 2025** as Bike to Work Day
 - Action item on April TPB Agenda
- Supports regional cohesion by honoring one event date
- Generates media awareness for news stories
- Inspires local jurisdiction proclamations
- TPB members invited to attend local pit stops



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