



National Capital Region
Transportation Planning Board
COMMUTER CONNECTIONS PROGRAM

Bike to Work Day 2025 Draft Event Report

Metropolitan Washington Council of Governments

*Prepared by:
Lindsay Haake, COG/TPB staff*



November 12, 2025

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Background / Executive Summary

Bike to Work Day (BTWD) 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 Planning Board’s (TPB) Commuter Connections program, housed at the Metropolitan Washington Council of Governments (COG), 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 throughout the region. In 2001, the expanded event created a greater awareness of bicycling to work as a viable commuting alternative.

Since that first regional Bike to Work Day, annual registrations have grown exponentially over the years. More than 12,700 participants registered for the May 15, 2025, event, which was held on a Thursday for the first time ever, to accommodate for those who would typically telework on Fridays and otherwise not participate. Each local pit stop offered free refreshments, T-shirts, and other giveaways to cyclists. Many pit stops had additional activities for bicyclists and are described later in this report.

Commuter Connections provided the following resources for Bike to Work Day 2025:

- Developed a comprehensive marketing effort that included a comprehensive paid media campaign, printed materials such as posters and rack cards, and email marketing to employers and previous participants. Vinyl banner artwork template was also created.
- Updated and maintained the official [event web site](#) and social media accounts.
- 18,000 free T-shirts for all registered participants.

Additional outreach for Bike to Work Day 2025 included:

- Promoting the event through WABA’s membership.
- Local marketing efforts by the pit stop managers.
- An earned media campaign to pitch news outlets and like-minded organizations through COG’s Office of Communications and WABA.
- Bicycles donated for the regional raffle from BicycleSPACE, Bikes@Vienna, and Handy Bikes.

Since 2000, the COG/TPB’s Commuter Connections program has worked to increase awareness of bicycling to work as a viable commuting option by joining with WABA in their efforts to promote and coordinate the region’s annual Bike to Work Day event. Although bicycling to work accounts for a small percentage of the overall regional commute mode split, the two-wheeled commute helps reduce traffic congestion, improves air quality, and provides a healthy travel alternative for commuters who choose to use it as a sustainable means of transportation to and from work.

2025 Registration Totals

| Pit Stop Name | Registrants |
|--|-------------|
| DC NE Anacostia Riverwalk Trail - River Terrace Park | 107 |
| DC NE Edgewood Bryant Street | 116 |
| DC NE Edgewood Metrobar | 74 |
| DC NE Fort Totten | 110 |
| DC NE Ivy City at BicycleSPACE | 28 |
| DC NE NoMa at Wunder Garten | 388 |
| DC NE Old City Market and Oven | 104 |
| DC NW Adams Morgan at Unity Park | 253 |
| DC NW Cathedral Heights at Conte's Bike Shop | 80 |
| DC NW Cleveland Park at Uptown Theater | 79 |
| DC NW Columbia Heights Plaza | 235 |
| DC NW Dupont Circle at American Geophysical Union | 154 |
| DC NW Franklin Park | 371 |
| DC NW Georgetown Waterfront Park | 450 |
| DC NW Golden Triangle - Farragut Square | 139 |
| DC NW Golden Triangle - L Street | 80 |
| DC NW Mt. Vernon Triangle at VIDA Fitness | 91 |

| | |
|--|-----|
| DC NW National Geographic Society | 150 |
| DC NW Shaw | 138 |
| DC NW West End at American College of Cardiology | 145 |
| DC SE Anacostia | 46 |
| DC SE Capitol Hill at Eastern Market | 297 |
| DC SE Capitol Riverfront at Canal Park | 180 |
| DC SE U.S. Coast Guard HQ | 75 |
| DC SW Capitol Hill at House Office Buildings | 92 |
| DC SW Southwest Business Improvement District | 94 |
| DC SW The Wharf | 170 |
| MD Charles Co Indian Head at Village Green Pavilion | 50 |
| MD Frederick Co Brunswick Train Station (MARC) | 32 |
| MD Frederick Co Frederick Downtown at Transit Center | 223 |
| MD Montgomery Co Bethesda - Downtown | 392 |
| MD Montgomery Co FDA White Oak | 151 |
| MD Montgomery Co Friendship Heights | 115 |
| MD Montgomery Co Gaithersburg Kentlands | 121 |
| MD Montgomery Co Gaithersburg Olde Towne Plaza | 46 |
| MD Montgomery Co Germantown at BlackRock Center | 61 |
| MD Montgomery Co National Institutes of Health | 227 |

| | |
|---|-----|
| MD Montgomery Co North Bethesda at Pike and Rose | 220 |
| MD Montgomery Co Rockville - Fallsgrove Thomas Farm Community Ctr | 194 |
| MD Montgomery Co Rockville - Town Square | 144 |
| MD Montgomery Co Rockville Twinbrook JBG Fishers Lane | 82 |
| MD Montgomery Co Silver Spring Downtown at Veterans Plaza | 324 |
| MD Montgomery Co Takoma Park Downtown/Old Town | 108 |
| MD Montgomery Co Takoma Park - Sligo Creek Trail | 44 |
| MD Montgomery Co Wheaton Downtown at Marian Fryer Town Plaza | 94 |
| MD Prince George's Co Berwyn Heights Town Center | 23 |
| MD Prince George's Co Bladensburg Waterfront Park | 49 |
| MD Prince George's Co Bowie City Hall | 32 |
| MD Prince George's Co College Park at City Hall Plaza | 126 |
| MD Prince George's Co Greenbelt Aquatic & Fitness Center | 91 |
| MD Prince George's Co Hyattsville at Driskell Community Park | 111 |
| MD Prince George's Co Largo/Kettering/Perrywood Community Center | 58 |
| MD Prince George's Co Mount Rainier Bike Co-op | 25 |

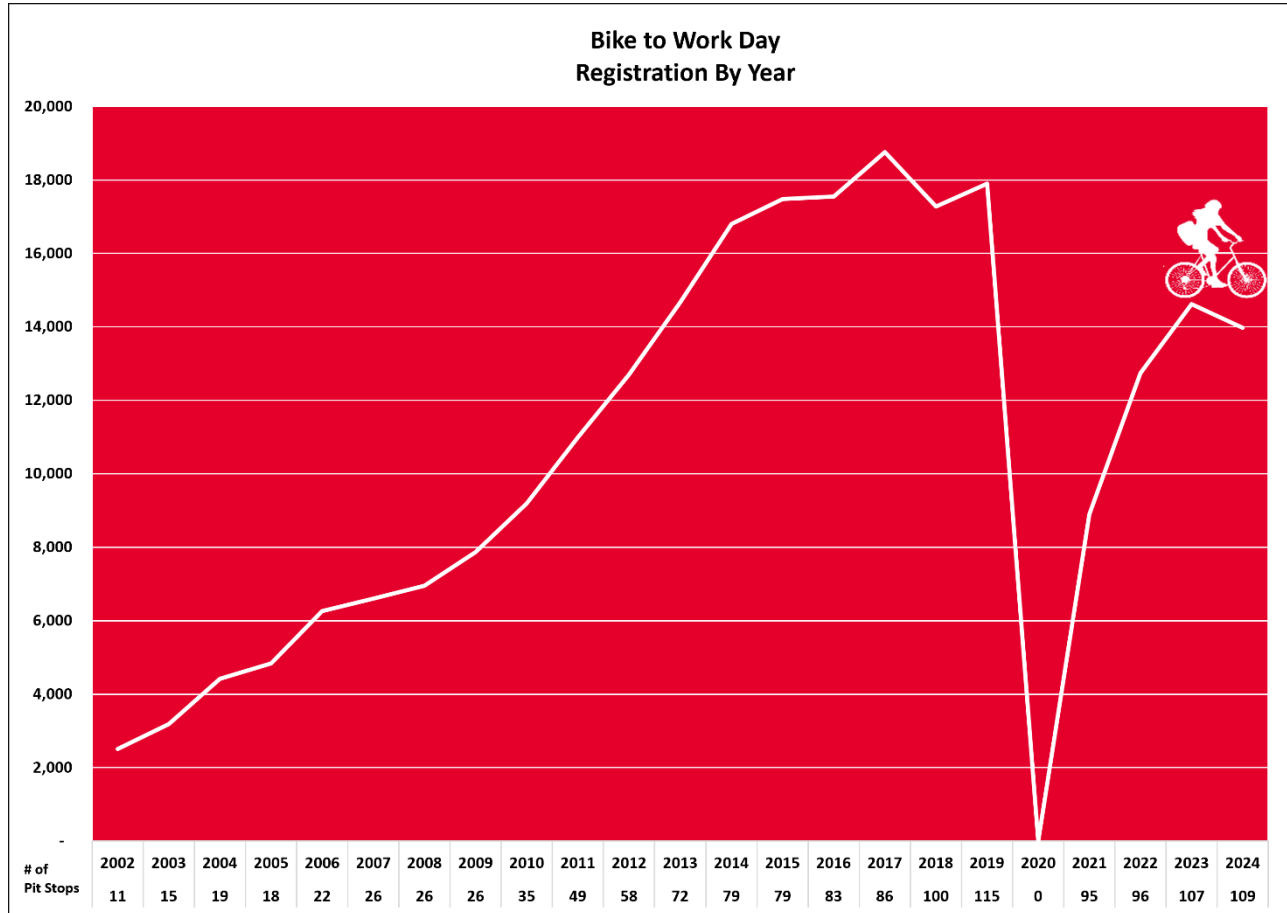
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|---|-----|
| MD Prince George's Co Oxon Hill/National Harbor | 27 |
| MD Prince George's Co Port Towns at Edmonston | 18 |
| MD Prince George's Co University of Maryland | 90 |
| VA Arlington Co Arlington Mill Community Center | 88 |
| VA Arlington Co Ballston | 493 |
| VA Arlington Co HQ National Guard | 47 |
| VA Arlington Co Langston Blvd | 69 |
| VA Arlington Co Met Park | 85 |
| VA Arlington Co National Landing at Water Park | 301 |
| VA Arlington Co Rosslyn at Gateway Park | 566 |
| VA Arlington Co Shirlington | 163 |
| VA City of Alexandria Del Ray at Colasanto Park | 141 |
| VA City of Alexandria Fairlington Centre | 28 |
| VA City of Alexandria John Carlyle Square Park | 398 |
| VA City of Alexandria Mark Center | 56 |
| VA City of Alexandria National Landing at APTA | 61 |
| VA City of Alexandria Old Town at City Hall | 269 |
| VA City of Fairfax Old Town Square | 96 |
| VA City of Falls Church | 320 |
| VA City of Manassas Park VRE Station | 11 |

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|--|-----|
| VA Fairfax Co Alexandria Mt Vernon/Hybla Valley/Ft Hunt | 31 |
| VA Fairfax Co Annandale Wakefield Park at Audrey Moore RECenter | 50 |
| VA Fairfax Co Burke Centre VRE Station | 38 |
| VA Fairfax Co Centreville/Clifton | 8 |
| VA Fairfax Co Chantilly - Stringfellow | 34 |
| VA Fairfax Co Chantilly - Sully Government Center | 28 |
| VA Fairfax Co Fair Lakes Center Count | 45 |
| VA Fairfax Co Falls Church - Culmore | 18 |
| VA Fairfax Co Fort Belvoir | 29 |
| VA Fairfax Co Herndon Innovation Center | 42 |
| VA Fairfax Co Herndon Town Hall Green | 325 |
| VA Fairfax Co Jim Scott Community Center | 30 |
| VA Fairfax Co Lorton at Workhouse Arts Center | 13 |
| VA Fairfax Co Monument Drive Commuter Parking | 45 |
| VA Fairfax Co Mosaic at Strawberry Park | 58 |
| VA Fairfax Co Newington - Saratoga Park & Ride | 20 |
| VA Fairfax Co Oakton at Oakmont RECenter | 25 |
| VA Fairfax Co Reston at The Bike Lane | 221 |
| VA Fairfax Co Springfield at South Run RECenter | 31 |

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|---|---------------|
| VA Fairfax Co Springfield Metro Park at Walker Lane | 51 |
| VA Fairfax Co Town of Vienna | 204 |
| VA Fairfax Co Tysons Corner Center | 56 |
| VA Fairfax Co Tysons Spring Hill Metrorail Station | 36 |
| VA Fairfax Co Tysons The Boro | 69 |
| VA Fairfax Co West Springfield Government Center | 20 |
| VA Loudoun Co Leesburg at Raflo Park | 189 |
| VA Loudoun Co Sterling | 171 |
| VA Prince William Co Dumfries at Simpson Community Center | 11 |
| VA Prince William Co Kelly Leadership Center | 12 |
| VA Prince William Co Manassas GMU at Freedom Center | 29 |
| VA Prince William Co Rippon Landing VRE Station | 13 |
| VA Prince William Co Woodbridge - Chinn Center | 36 |
| VA Prince William Co Woodbridge - Tackett's Mill | 14 |
| VA Prince William Co Woodbridge - VRE Station | 9 |
| Regional Registration Total | 12,777 |

Annual Registrations

2002 - 2024



Sponsor Drive

Commuter Connections concluded its annual sponsorship drive for the 2025 Bike to Work Day event in January with a total of \$50,150 in cash and \$6,949 of in-kind donations. Sponsor dollars were allocated toward the cost of procuring the event T-shirts.



Bike to Work Day - May 2025 Regional Sponsorship Declaration

Deadline - January 31, 2025

Please check one of the following Sponsor Levels:

Cash

In-Kind

GOLD SPONSOR LEVEL \$7,500

Mentioned as sponsor on hundreds of Radio Ads (traditional and/or internet radio), Social Media, plus all Silver and Bronze level items

☐☐

SILVER SPONSOR LEVEL \$4,500

Logo on thousands of T-shirts, Press Release, plus Bronze level items

☐☐

BRONZE SPONSOR LEVEL \$1,200

Logo on Website and thousands of Posters and Rack Cards

☐☐

If in-kind donation, please describe: _____

Sponsors must provide a minimum of 50% cash. Bicycle donors may however be 100% in-kind. Donated bicycles must be sized for winners, accordingly. Sponsor attendance at Bike to Work Day pit stop locations is separate from this regional sponsorship agreement and must be arranged with the independently managed local pit stop.

Name: _____ Title: _____

Organization: _____

Address: _____

City, State, Zip: _____

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

Website address for your sponsor logo: _____

Signature _____

Credit cards accepted. For checks, please make payable to: Metropolitan Washington Council of Governments and mail to 777 N. Capitol Street NE, 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, 2025. Contact Douglas at (202) 962-3792 with any questions. COG and WABA are 501(c)(3) nonprofits.



| BTWD 2025 Sponsors | Level |
|------------------------------|--------------|
| City of Alexandria (GO Alex) | Gold |
| ICF | Gold |
| Prince George's DPW&T | Gold |
| Prince George's Vision Zero | Gold |
| BicycleSPACE | Silver |
| BikeArlington | Silver |
| National Landing | Silver |
| AASHTO | Bronze |
| Bikes@vienna | Bronze |
| Capital Bikeshare | Bronze |
| DDOT (goDCgo) | Bronze |
| Fair Lakes | Bronze |
| Giant | Bronze |
| Handy Bikes | Bronze |
| MDOT | Bronze |
| Potomac Pedalers | Bronze |
| The Building People | Bronze |
| VDOT | Bronze |

BTWD Pit Stop Highlights

DC NE Anacostia Riverwalk Trail

The River Terrace Park BTWD pit stop was held outside the Arts Center from 7-9AM, with nearly 50 registered participants attending. Vendors included the DC Trail & Rangers, Metropolitan Police Department, and Trek Bicycle Repair Store.



DC NE Fort Totten

WMATA hosted a BTWD pit stop at the Fort Totten Metro Station, along the Metropolitan Branch Trail. While 110 participants were officially registered, 300+ visitors stopped by for snacks, giveaways, and Compass Coffee. Metro staff members shared Better Bus Network info, highlighted Metro's bicycle and pedestrian initiatives, and even let participants practice loading their bikes onto bus front-mounted bike racks – a popular activity!



DC NW Adams Morgan at Unity Park

The Adams Morgan Partnership Business Improvement District (BID) hosted its BTWD pit stop in Unity Park from 7:30 - 9:30AM, with fresh bagels and Tryst coffee for 200 participants. Joined by neighborhood businesses, the BID raffled items from Pepco, Upshift Workshop, and Venture X. Ward 1 Councilmember Brianne Nadeau helped choose a few lucky raffle winners!



DC NW Cleveland Park at Uptown Theater

The Ward 3 Bike Advocates' first Cleveland Park pitstop was a resounding success! 80 participants cycled through, including Ward 3 Councilmember, Matt Frumin. The weather was perfect, and the Cleveland Park Streets Market supplied fruit and coffee. Raffle prizes included exercise classes from The Exercise Coach and a bike tune-up from Happy Go Bikes. Join the Ward 3 Bike Advocates to push for better and safer biking in Ward 3!



DC NW Columbia Heights Plaza

A cloudy and cool morning blossomed into a sunny and steamy afternoon for the Columbia Heights Plaza BTWD event! More than 230 riders schmoozed with WABA staff, and both DC Councilwoman Brienne Nadeau and ANC 1A rep Jeremy Sherman attended as well. Thanks to volunteers (Abigale, Carolina, Christian, David, Ginger, Jackie, Mitch, Rachel, Sasha, Steven, and Yongfei) and corporate sponsors Giant Food and District Bridges. A special shout out to the Adams Morgan pit stop for donating their extra T-shirts.



DC NW Dupont Circle

American Geophysical Union

The AGU at Dupont Circle pit stop had another great year. Call Your Mother Deli served bagels, while Dupont Coffee Collective offered fresh coffee. WABA representatives provided general information for biking in the D.C. area, and bicyclists were eager to win some AGU swag items. Overall, it was a fun morning of biking, refreshments, and good vibes!



DC NW Franklin Park

371 bicyclists registered for the Franklin Park BTWD event, with a final tally of 900 attendees!

The speaker lineup included Ward 2 Councilmember Brooke Pinto, District Department of Transportation (DDOT) Director Sharon Kershbaum, Washington Area Bicyclist Association (WABA) Executive Director Elizabeth Kiker, and DowntownDC Foundation Executive Director Rachel Hartman. Exhibitors included American Bike Ride, BellRinger, BicycleSPACE, Capital Bikeshare, Chick-fil A, Circle and Spoke, DC Public Library, Five Guys, Lime, Potomac Pedalers, Public Service Commission of the District of Columbia, US Park Police Central District, and the Washington Area Bicyclist Association (WABA).



DC NW Georgetown Waterfront Park

BellRinger took up the mantle to host the Georgetown Waterfront BTWD pit stop for the first time, partnering with the Georgetown BID to host 450+ participants from 7 - 9AM. Riders were greeted by cheering and ringing cowbells and enjoyed snacks, giveaways, and services from 13 vendors. There was also a raffle for a Nespresso donated Vélosophy bicycle, alongside fresh brewed coffee.



DC NW Shaw

The Shaw BTWD pit stop had a great turnout, with a wide mix of adults and kids. Solo riders and groups rolled through, creating a steady, cheerful environment throughout the morning. The most popular swag was the annual BTWD T-shirt, with folks also grabbing water, energy drinks, snacks, and bike maps. On average, visitors hung around for about five minutes, with around 10% saying it was their first time participating. The stop itself was spacious and welcoming, with plenty of room for riders to park and hang out.



DC NW West End

American College of Cardiology

The American College of Cardiology (ACC) hosted its 8th annual BTWD pitstop with more registrants than ever before! 76 cyclists signed up ahead of time, and an additional 69 cyclists and pedestrians stopped by. Participants received BTWD T-shirts and enjoyed complimentary sandwiches from Potbelly's, snacks from Trader Joe's, drinks, ACC swag, and a chance to win several raffle prizes. For the second year in a row, we also offered a free bike tune-up station.

New this year, South Block café served juice shots in a giant banana costume! Many thanks to the ACC team for contributing to a successful event. ACC is a strong supporter of BTWD, as it encourages cycling as a heart-healthy activity and eco-friendly mode of transportation.



DC SE Anacostia

The Anacostia pit stop was held outside the Arts Center from 7-9AM, with nearly 50 registered participants attending. Vendors included the DC Trail & Rangers, Metropolitan Police Department, and Trek Bicycle Repair & Store.



DC SE Capitol Hill at Eastern Market

The Capitol Hill Eastern Market BTWD event was held at the Eastern Market Metro Plaza from 7-9AM. Nearly 300 people registered for the pit stop and 14 sponsors participated, including many Capitol Hill businesses. Bicyclists stopped by to enjoy bagels, fresh coffee, and goodies from local businesses. Participants were especially thrilled with the free swag, including Capitol Hill branded water bottles and mini bike locks!



DC SW Capitol Hill at House Office Buildings

It was a lively morning at the Capitol Hill pit stop, with nearly 100 cyclists in attendance. The House Center for Well Being handed out small portable tool sets, which was a popular swag item! And bicyclists enjoyed the beautiful spot overlooking the U.S. Botanic Garden.



DC SW Southwest Business Improvement District

The Southwest Business Improvement District (SWBID) hosted one of the busiest BTWD pit stops in its history along 4th Street SW, a bike-friendly corridor that links the residential Southwest neighborhood, the federal office enclave, and the National Mall. Nearly 100 riders from the neighborhood and across the city attended and enjoyed coffee and donuts from local neighborhood shops. WABA assisted with bike helmet fittings, while the Highway Safety Office, as part of the Drive Like You Give a Duck campaign, distributed bike safety equipment. Representatives from Virginia Railway Express and the Virginia Passenger Rail Authority were on site to engage with community members about the Long Bridge and L'Enfant Plaza station improvements.



MD Charles Co Indian Head Village Green Pavilion

More than 60+ bicyclists attended the Indian Head BTWD pit stop. Participants toured the Southern Maryland JobSource Career Mobile Center and lined up to have their bikes tuned by Trek Bicycle Shop of Waldorf. Employees from Charles County Government and the Indian Head Rail Trail passed out goodies, while staff from the Tri-County Council for Southern Maryland provided water and snacks. TCCSMD demonstrated free rides on a bicycle outfitted for riders with disabilities.



MD Frederick Co Brunswick Train Station

Brunswick's BTWD was a great success, with the event focused on community engagement and fostering connections among local cyclists! Even though the C&O Canal towpath was closed, due to recent heavy rains, there was continued enthusiasm at the pit stop. Both Mayor

Nathan Brown and city councilmember John Caves attended, along with local bike and pedestrian advocacy group members and students from a nearby high school. 32 bicyclists signed up to attend, setting a record for Brunswick and indicating growing interest in BTWD! While final attendance settled at a very respectable 19 participants, that number reflects a steady and positive trend in participation, building on the momentum from previous years.



Frederick Co Frederick Downtown Transit Center

The BTWD pit stop at the Transit Center in Downtown Frederick was a great success, with 100+ bicyclists participating in the ceremonial ride! Local elected officials participated as well, including City of Frederick Mayor Michael O'Connor, County Executive Jessica Fitzwater, Councilmember Kelly Russell, and Delegate Kris Fair. Other participants included employees from the City of Frederick, Frederick County, Frederick County Public Schools, the Frederick County Sheriffs Office, Frederick Health and Fort Detrick. Businesses in attendance included Key 103, the Bicycle Escape, United Way of Frederick County, and the Common Market.



MD Montgomery Co Downtown Bethesda

Nearly 400 bicyclists registered to attend the Bethesda BTWD pit stop! Officials from Montgomery County presented a proclamation from County Executive Marc Elrich. Maryland State Delegate Marc Korman served as pit stop Emcee, with Maryland State Senator Sara Love, Maryland State Delegate Sarah Wolek, Montgomery County Councilman Andrew Friedson, MDOT representative Drew Morrison and MCDOT Deputy Director Haley Peckett attending as well.

Bethesda Transportation Management District Advisory Committee Members volunteered at the event and Bethesda Transportation Solutions gave the Bethesda Bicycle Commuter Spirit “Golden Gear” Award to bicycle commuter and bike convoy leader Jennifer Longworth. Ms. Longworth has been participating in BTWD since 1983, serving as the Bethesda to D.C. bike convoy leader since 2001!

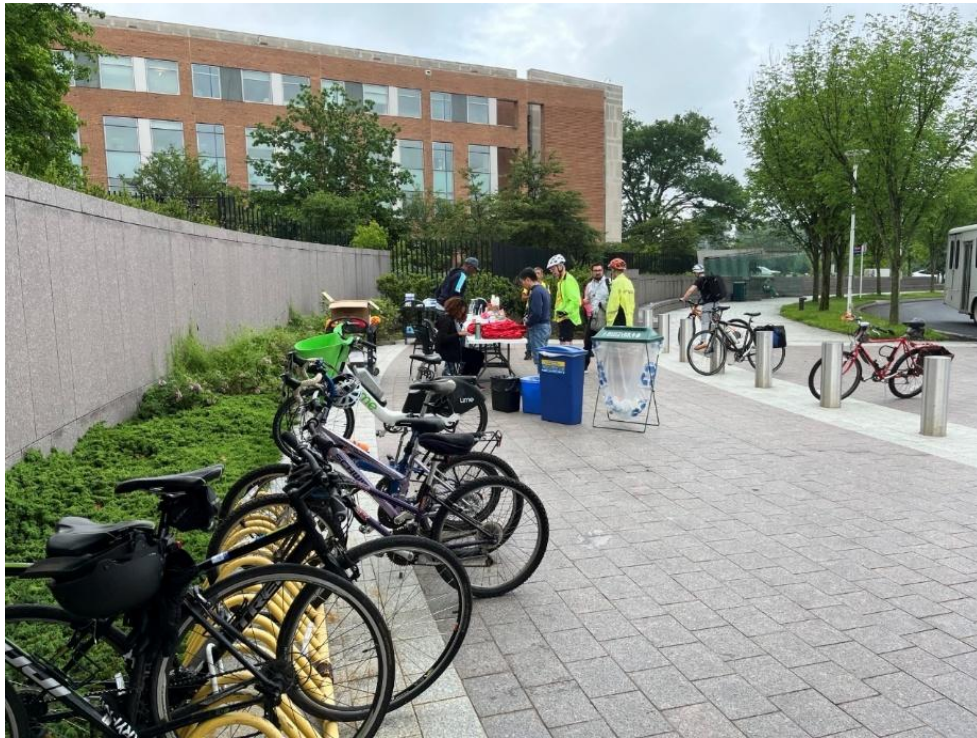
Raffle prizes were donated by local businesses, including a bike from Bethesda’s Griffin Cycle and a generous \$585 gift certificate to Bethesda Bike and Ski. Breakfast options included bagels donated by Bethesda Bagels, parfaits and coffee courtesy of Silver restaurant, Just Ice Tea from Eat the Change, and water from Drink More Water. Bethesda Transportation Solutions purchased bananas, apples, bars, and cookies for cyclists.

19 sponsors attended the event, including: BellRinger, Bethesda Bagels, Bethesda Bike and Ski, Cheltenham Interiors, Custom Ink Bethesda, Drink More Water, Eat the Change – Just Ice Tea, Griffin Cycle, HOTWORX, Mon Ami Gabi, Montgomery County Department of Transportation – Ride On, Montgomery Planning, One Life Fitness, Pedego Electric Bikes, Potomac Pedalers, Silver - New American Brasserie, Stage 2 Productions, The Coalition for the Capital Crescent Trail, and WABA.



MD Montgomery Co FDA White Oak

The U.S. Food and Drug Administration's Office of Facilities Engineering and Mission Support Services' (OFEMS) Logistics and Transportation Management Branch (LTMB) sponsored a BTWD pit stop from 7:30-9:30AM in front of historic FDA Building 1. LTMB provided refreshments, including water, coffee, juice, doughnuts, muffins, and fruit. 151 bike riders registered, with 76 participating in the event.



MD Montgomery Co Friendship Heights

The 2025 Friendship Heights pit stop was again hosted by The Shops at Wisconsin Place, at the corner of Wisconsin & Western Aves. in Chevy Chase and ran from 6:30-9AM. 115 riders registered, with 62 of the pre-registered attending, plus 53 additional walk-ups. Two bikes were donated from Griffin Cycle, Inc. in Bethesda. VIP guests included Montgomery Council President Andrew Friedson; Friendship Heights Village Councilmember Robert Pestronk; Maricela Cordova, DOT Special Assistant to the Director for Strategic Projects; and Wade Holland, MCDOT Vision Zero Coordinator.

Pit stop exhibitors and raffle donors included: All-In-One Entertainment – DJ and music, Amazon Fresh, Avalon Theater, Bethesda Fire Department Station 6, The Capital Grille, Chevy Chase Police Department, Chevy Chase Athletic Club, Child's Play Toys & Books, Clyde's of Chevy Chase, Conte's Bike Shop, Craft Beer & Wine, Crunch Fitness, Cultura Dermatology & Plastic Surgery, District Taco, Drink More Water, Eagle Bank, Friendship Heights Alliance, Friendship Heights Ambulatory Surgery Center, Friendship Heights/Tenleytown Library, Happy Go Bikes, GEICO, Lia's, Kaiser, Montgomery County Ride On, My Eye Doctor, Parkinson Foundation of the National Capital Area – Mobile Resource Unit, Potbelly Sandwich Shop, Potomac Pizza, Starbucks, T-Mobile, The Heights Food Hall, Washington Orthopaedics & Sports Medicine, Wisconsin Place Recreation and Community Center, and Zen Acupressure.



MD Montgomery Co Germantown Blackrock Center

The Black Rock Center for the Arts hosted the Germantown, Maryland BTWD pit stop for the second year in a row, from 7:30-9:30AM. 61 bicyclists registered, but the drizzly weather caused only 26 to brave the elements. Several dignitaries spoke, including Marilyn Balcombe, Montgomery County Councilmember - District 2; Linda Foley a Member of Maryland's House of Delegates from District 15; and Lily Qi a Member of Maryland's House of Delegates from District 15.

Wegman's of Germantown donated healthy snacks, Starbucks donated coffee, and two lucky raffle winners received bikes from All American Bicycles in Damascus. Other vendors included, Gaithersburg-Germantown Chamber of Commerce, Ride On Transit Services, Chick-fil-A of Germantown, BRT 355 Flash, MCDOT Commuter Services, WABA, Montgomery County Public Library Germantown, Montgomery County Department of Environmental Protection, and Club Pilates.



MD Montgomery Co North Bethesda Pike and Rose

On BTWD, 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 behind Pinstripes. Each registered participant received a BTWD 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, Bethesda Green, Call Your Mother Deli, Montgomery County Ride On, Office of Home Energy Programs, Onelife Fitness, Pike District Partnership, REI, Strathmore, Sweathouz, and WABA. Additional giveaways were generously donated by Caruso's Grocery and Owen's Tavern & Garden. A special thank you to our host, Pike & Rose, for their continued 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.

Richard Dorsey, Division Chief for Highway Services for the Montgomery County Department of Transportation, presented a proclamation declaring May 15, 2025, as Bike to Work Day in Montgomery County. He was joined by Paul Ellis from Councilmember Kate Stewart's office, Pete Fosselman and TJ Dant from the Bethesda-Chevy Chase Regional Services, and Andrew Shulman from the Pike District Partnership.

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!



MD Montgomery Co Rockville

Falls Grove Thomas Farm

We started with looming rain clouds on a misty morning at the Rockville-Falls Grove 2025 BTWD pit stop at Thomas Farm Community Center, located in Falls Grove Stream Valley Park and right on the Carl Henn Millennium Trail. Spirits were high and we were excited to welcome residents of the local community and commuters to businesses surrounding the Life Sciences Corridor. Many ventured out, even with the threat of rain, some coming from as far away as downtown DC and Silver Spring. There were 110 in attendance, including casual bicyclists and cyclists, first-timers, and seasoned commuters –all gathered to celebrate one of their favorite activities and means of commuting, general travel, and exercise.

MCDOT Commuter Services and the City of Rockville co-sponsored the pit stop and the MCDOT Greater Shady Grove TMD outreach team managed the event, with the help of great volunteers. Our DJ rocked the morning, while participants enjoyed yummy snacks and coffee from local businesses, picked up their Bike to Work Day T-shirts, towels, bicycle swag, and checked out the exhibitors with information, resources, and fun giveaways to share. Cool Breeze Bicycles performed bike safety checks and simple maintenance repairs, while County and City agencies hosted information tables, and OneLife Fitness trainers led mini stretching sessions to get everyone in motion and ready to continue their ride. Our speakers engaged the crowd, offered information and fun facts about bicycling, and updates about County and regional support for bicycling. They included MCDOT Director, Chris Conklin, and Rockville Councilmember, Barry Jackson, who also participated in awarding winners of our raffle.

Everyone had a chance to win cool prizes donated from area businesses for the free raffle that ran throughout the morning, and two lucky winners were selected in random drawings for the beautiful Trek bikes, provided by MCDOT. 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, food sponsors and information exhibitors who contributed to making the event a great success. They included: Starbucks, Krispy Kreme, Bethesda Bagels, Dunkin', Safeway, Giant, Harris Teeter, Amazon Fresh, Costco, Drink More Water, Nando's Per-Peri, Panera, Mama Lucia, Charlie Prime, St. Veg, Copper Canyon Grill, Yard House, Dick's Sporting Goods, MyEyeDr, MOM's Organic Market, Restore Hyper Wellness, Dave & Buster's, Senz Spa, Cooper's Hawk Winery, Sandy Spring Bank, Dick's Sporting Goods, REI, WABA, Rockville Bicycle Advocacy Committee, Visit Montgomery, MCDOT-Commuter Services, Cool Breeze Bicycles, MCDOT-Division of Transit Services, Ride On, Montgomery County Department of Environmental Protection: Waste Reduction and Recycling Section, Police Department Community Engagement Division, and the City of Rockville Traffic and Transportation Division.



MD Montgomery Co Rockville Town Square

This year's BTWD event brought new energy and excitement to the Rockville Town Center pit stop, which was held for the first time within the vibrant Rockville Town Square Plaza. Despite early forecasts predicting rain, the weather held up beautifully, allowing participants to enjoy their morning rides and arrive safely and dry to the event. Upon arrival, cyclists were warmly greeted and received official BTWD T-shirts, hand sanitizers, rain ponchos, and a variety of other giveaway items as tokens of appreciation for their participation. Registrants were also entered into a series of raffles held throughout the morning, with the grand prizes being two brand-new bicycles from TREK Bikes.

The event was further energized by the presence of community-minded vendors and partners. Rockville Bike Hub was onsite offering bike diagnostics and quick fixes, helping riders get back on the road safely. Onelife Fitness joined to promote health and wellness. Several dignitaries attended, including Councilmember Sydney Katz, City of Rockville Mayor Monique Ashton, and Emil Wolanin, Deputy Director for Operations with the Montgomery County Department of Transportation. A special thank you goes to the City of Rockville for making the use of Rockville Town Square possible. Their support created a safe, welcoming, and engaging pit stop in the heart of the city.



MD Montgomery Co Rockville Twinbrook JBG Fishers Lane

The pit stop was co-hosted by JBG SMITH and GI Property Management at 5625 Fishers Lane in Rockville. There was a great turnout, despite the weather. TREK provided bicycle tune-ups and bicyclists were served breakfast burritos, fruit, and fresh coffee from Travelin' Tom's Coffee truck.



MD Montgomery Co Silver Spring Veterans Plaza

The Veterans Plaza BTWD pit stop saw a strong turnout from the community. 324 participants registered online, with 246 individuals attending, where they enjoyed music, raffles, giveaways, and the highly anticipated BTWD T-shirts. The Montgomery County Department of Transportation (MCDOT) Commuter Services Section organized and staffed the pit stop. Fovndry provided contractor support for the event, coordinating sponsors, exhibitors, and raffle donors. The Silver Spring Urban District (SSUD) Clean and Safe Team played a key role in setting up the venue early in the morning and helping with breakdown after the event concluded.

Raffles, Exhibitors, and Grand Prizes Commuter Services sponsored two bicycles purchased from Silver Cycles for the main raffle. Kristin Bateman and Tumelo Nteso were the lucky winners. In addition to the bicycles, the event featured a wide variety of raffle prizes and giveaways, made possible by generous community sponsors. Breakfast items—such as bagels, fruit, pastries, protein bars, and coffee—were provided by several community partners.

Participating supporters included Downtown Silver Spring businesses, merchants, and nonprofits such as The Blairs, Einstein Bagels, Giant, Nando's Peri-Peri, Nike, WABA, CCI Health, Dave & Buster's, Silver Cycles, Whole Foods, and Amazon Fresh. Entertainment was once again provided by All-in-One Entertainment, returning as the event DJ. In addition, several county agencies hosted information tables, alongside other community exhibitors who helped promote biking, wellness, and sustainable transportation.



MD Montgomery Co Takoma Park Downtown / Old Town

The Downtown Takoma Park BTWD pit stop buzzed with excitement! The event was held at Takoma Urban Park from 6:30AM – 9AM and cyclists were welcomed with snacks and giveaways from local sponsors in front of Takoma Bicycle and Takoma Park Silver Spring Co-Op. Participants received bike safety swag, bicycle maps, BTWD T-shirts, and biking resources. 108 registered riders this year included 19 new registrants. 95 visitors stopped by throughout the morning, and many expressed gratitude that BTWD was held on a Thursday, as Friday is a popular telework day.



MD Montgomery Co Takoma Park Sligo Creek Trail

The Sligo Creek BTWD pit stop was held from 7 – 9:30AM. The DC Tutoring & Mentoring Initiative attended, along with 63 cyclists. Bicyclists were provided free on-the-spot bike tune-ups, snacks from Takoma Park Silver Spring Co-op, and giveaways, such as bicycle maps, BTWD T-shirts, and bike safety resources. Bicyclists expressed their gratitude that BTWD was changed to a Thursday.



MD Prince George's Co Bladensburg Waterfront Park

Department of Parks and Recreation, Prince George's County staff at Bladensburg Waterfront Park hosted the pitstop near the B&O Historic Caboose along the Anacostia River Trail. Between official pitstop registrants and bike-ins, we hosted around 50 participants total. The overcast morning didn't dissuade the infectious joy of the day. With upbeat music and donuts, fruit, coffee, juice, and other snacks, the pitstop was popping all morning long. We provided park info, including bike safety brochures, as well as Dunkin Donuts gift cards for mailing list registration. And the raffle for free kayak rental passes was a big hit! From trail discussions and successes to requests and updates, the local Prince George's County and Washington D.C. biking community came together for a great day at the park.



MD Prince George's Co Bowie City Hall

Cyclists from all around the city and county came out to celebrate National Bike to Work Day at the pit stop behind Bowie City Hall. The event was a great success with 25 enthusiastic participants joining to promote sustainable commuting and healthy transportation choices. Feedback from attendees was overwhelmingly positive, with many expressing interest in future bike and pedestrian initiatives and advocacy efforts. A special “Thank You” goes out to our vendors Harris Teeter, State Farm Agent Cinaway D. Elivert, and Family Bike Shop.



MD Prince George's Co College Park City Hall Plaza

The College Park BTWD was a well-attended and successful event, demonstrating significant community engagement and support for sustainable transportation. The event featured a variety of vendors including Veo, WABA, Proteus, and College Park Bicycles, all contributing to a vibrant atmosphere and offering valuable resources to participants. Several esteemed Councilmembers were present, underscoring College Park's commitment to promoting cycling and community events. Bagels and Grinds catered, providing refreshments for participants. Overall, it was a positive event that highlighted College Park's dedication to active living and community initiatives.



Md Prince George's Co Hyattsville Driskell Community Park



MD Prince George's Co Largo/Kettering/Perrywood

It was another very successful BTWD at the Largo/Kettering/Perrywood Community Center pit stop! The Prince George's County Department of Public Works & Transportation in partnership with the M-NCPPC Department of Parks and Recreation and Prince George's County co-hosted the BTWD pit stop at the Community Center in Upper Marlboro, MD on Thursday, May 15, 2025. Capital Bikeshare, DPW&T and Vision Zero Prince George's and the Be Seen, Be Alert, Be Safe Campaign were Gold Sponsors of BTWD 2025 and Capital Bikeshare was a bronze sponsor!

Cyclists from across the County and throughout the region came out to the pit stop to celebrate BTWD. Additionally, seniors biking the nearby trail and students and teachers from the Perrywood Community Center and adjacent Perrywood Elementary School stopped by. All in attendance received and obtained pedestrian and bicycle safety, active commuting and Vision Zero Prince George's information, various giveaways and information on county and state, cycling and community resources.

DPW&T's Bicycle and Pedestrian Program Manager, Tiffany Jennings, who served as BTWD pit stop manager with Tedd Russell, co-pit stop manager from M-NCPPC, welcomed and thanked the cyclists, partners, volunteers and all in attendance for coming out and supporting BTWD. Remarks were provided to the cyclists, partners and supporters by the following:

- Stacey Smalls, Deputy Director, DPW&T, Prince George's County
- Bill Tyler, Former Director, M-NCPPC, DPR, Prince George's County
- Aisha Braveboy, County Executive, Prince George's County
- Wala Blegay, County Council Member, District 6, Prince George's County
- Calvin Hawkins, County Council Member, At-Large, Prince George's County
- Deron Lovaas, Chief of Environment and Sustainable Transportation, MDOT
- Kenniss Henry, Bicycle Safety Advocate, Founder of the Ride for Natasha

Benjamin Gates, a professional cellist and Pedestrian Safety Advocate, provided remarks and performed two outstanding musical selections on his cello for the cyclists and all in attendance.

During the BTWD event, cyclists took part in demonstrations on how to load and unload their bicycles on the bike rack located on the front of Transit/TheBus. Cyclists participated in free rides using Capital Bikeshare eBikes. Additionally, cyclists were provided information and giveaways from representatives of agencies, organizations, and clubs who attended and supported the 2025 BTWD event.

Many thanks to all the partners, supporters and volunteers for tabling and providing resources and assistance for the Largo/Kettering/Perrywood Community BTWD pit stop. BTWD was a great success and we look forward to hosting BTWD again in 2026!



MD Prince George's Co Mount Rainier Bike Co-op

The Mount Rainier Green Team and the Mount Rainier Bike Co-op hosted the BTWD pit stop.

Mount Rainier is a key location for bicycling in Prince George's County, serving as the connection between Washington, D.C. and the Anacostia Trail Network. It was great to see cyclists passing through the pit stop and learning about available resources the Bike Co-op offers! The pit stop had 25 registrants, but an additional 9 riders visited to grab pastries, granola bars, cold drinks and giveaways like bike bells, lights, and patch kits. Mount Rainier Councilmembers Joseph Jakuta and Jenny Hoffpauir were able to join Green Team Chair Sarah Lifsey and Bike Co-Op volunteer Matt Carl during the event.



MD Prince George's Co Port Towns Edmonston



MD Prince George's Co University of Maryland

The University of Maryland, College Park's Department of Transportation Services (DOTS) hosted a pit stop featuring 90 registrants and around 50 attendees. On a morning ride with fellow UMD staff, we spotted a rare sight - our namesake, the Terrapin turtle, walking along the Anacostia Tributary Trail. Go Terps! Later, we teamed up with WABA to pass out colorful commuter gear donated by Metro, bicycle tattoos, BikeUMD safety gear, along with new bicycle maps and guides. We helped attendees with trip planning and registering for our commuter services, training, and programs. It was a fun way to close out the semester for our students, faculty, and staff!



VA Arlington Co Ballston

Over the years, BikeArlington's Ballston pit stop has become an inter-generational gathering place, with dozens of next-generation riders representing the famed Escuela Key Elementary School Bicibus (bike train) joining hundreds of veteran bike commuters to celebrate Bike to Work Day together. 2025 was no exception. Throughout the morning, cyclists of all ages took advantage of opportunities to engage with tabling partners, learn about upcoming transportation projects, get free bike checks from Trek mechanics, and amass an array of giveaways, including the official BTWD T-shirt, BikeArlington bike bells, fanny packs, water bottles, stickers, and coupons aplenty. The popularity of this location is not surprising, given the welcoming setting provided by our co-hosts at Trek Bicycle Arlington Ballston, tasty provisions from our good neighbors at Good Company Doughnuts, and the numerous local organizations and businesses who joined the fun. Backed up by highly caffeinated volunteers and a DJ-powered soundtrack, it's easy to see why Ballston was the second largest pit stop in the region this year!



VA Arlington Co National Guard HQ

BTWD was a success, with the National Guard Bureau (NGB) providing refreshments and sustenance. While the event was enjoyable, increased sponsorship next year could enhance the experience with items like bike flashers, water bottles, and route maps. Despite budget limitations, NGB's partnership with the State Department proved valuable. We enjoyed serving the participants and eagerly anticipate next year's event!



VA Arlington Co Langston Blvd

We had an absolute blast hosting Langston's BTWD pit stop! 🚴💥 This is one of our favorite community events, as it is a fun, energizing way to connect with neighbors, support sustainable commuting, and celebrate the use of pedal power. A huge shoutout to Lyon Village Shopping Center Cold Stone Creamery for keeping everyone cool and refreshed with their delicious treats!



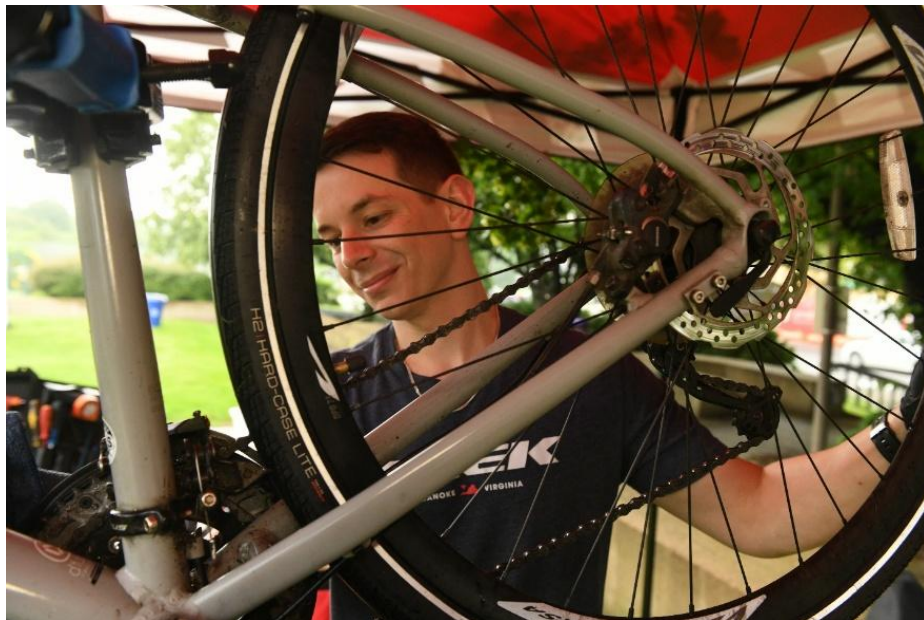
VA Arlington Co National Landing Water Park

We had a blast at another successful BTWD in National Landing! Our pit stop at Water Park on Crystal Drive was buzzing with energy thanks to the Virginia Passenger Rail Authority and the People Before Cars Coalition who joined in the celebration. A live DJ kept the vibe going with nonstop hits—so good that folks were dancing and singing along! Fuel came from Call Your Mother bagels and Amazon's banana stand. To top it all off, we gave away bike swag galore and a grand prize \$1,000 gift card to Conte's Bike Shop!



VA Arlington Co Rosslyn at Gateway Park

The scene at BikeArlington's Rosslyn BTWD pit stop felt like a family reunion, with hundreds of cyclists reconnecting throughout the morning as they enjoyed coffee and breakfast treats from McDonald's and Good Company Doughnuts, availed themselves of bike checks courtesy of Trek Bicycle Arlington Clarendon, and grooved to tunes played by a DJ celebrating his 10th year at this pit stop. Longtime tabling partners offered the latest active transportation and community resources, while energetic volunteers handed out BTWD T-shirts and giveaways. Thanks to the gracious hospitality of the Rosslyn Business Improvement District and the BID's "Ambassadors" team, unwavering support of Arlington County's Department of Parks and Recreation, and plentiful opportunities for interactions with County Board members and staff, Gateway Park was the place to be—and the largest pit stop in the region—on BTWD 2025.



VA Arlington Co Shirlington

Returning to Shirlington Plaza for the second year in a row and fortified by the enthusiastic support of Astro Doughnuts as co-host, promoter, and purveyor of fresh doughnuts and coffee,

BikeArlington's Shirlington pit stop offered a neighborly vibe that attracted local and DMV commuters alike. New tabling partners WETA-TV and Acme Pie Co. joined long-time community institutions like the Animal Welfare League of Arlington and Arlington Food Assistance Center to deliver nourishment for mind and body alike. Free bike checks offered by mechanics from Conte's Bike Shop, information on Arlington County's new e-bike voucher program, and the support of friendly volunteers made for a welcoming and festive atmosphere for all.



VA City of Alexandria Del Ray Colasanto Park

Nearly 100 bicyclists stopped by the Alexandria Del Ray pit stop, to enjoy free snacks and chat with our vendors. Virginia American Water provided water bottles, MOM's Organic Market provided bananas and apples, 7-Eleven provided donuts, Hypergoat Coffee Roasters provided cold brew coffee, and South Block provided juice shots. Additional vendors included Alexandria Bicycle and Pedestrian Advisory Committee and Alexandria Safe Streets.



VA City of Alexandria Fairlington Centre



VA City of Alexandria John Carlyle Square Park

The Carlyle pit stop was a wonderful success as the location celebrated its 15th year of BTWD! While this year's shift to Thursday may not have brought the turnout hoped for, the enthusiasm and community support made up for it. The weather cooperated, and the energy on-site was incredible, thanks to our amazing sponsors, volunteers, and participants.

Event highlights from the day included live raffles every 15 minutes, a breakfast bar hosted by District Biscuit, stretch breaks led by Yoga Six and special guests Vice Mayor Sarah Bagley and Councilman Canek Aguirre on hand to help with raffle drawings. Our generous sponsors provided everything from gift cards to unique raffle items, making our 15th year one to remember. We're incredibly grateful for their donated time, prizes, and presence to make the day special!



VA City of Alexandria National Landing at APTA

The APTA Potomac Yard BTWD pit stop was held in the afternoon, from 4-6PM. The Parkinson Foundation of the National Capital Area and the Alexandria Bicycle and Walking Coalition were on hand to give out info to cyclists. The biggest hit of the day was from Buzz Bakeshop in Alexandria, who provided free cookies! In total, 61 cyclists registered for the pit stop, with an additional 24 more showing up during the event.



VA City of Alexandria Old Town at City Hall

The City of Alexandria's GO Alex team greeted nearly 200 cyclists at the Old Town at City Hall BTWD pit stop between 7:30-9:30AM. Despite the threat of rain, the event stayed dry with a touch of humidity and fog. Staff and volunteers provided support with logistics, set-up, check-in, shirt distribution, vendor assistance, stage assistance and manning our food and giveaway tables. The event was truly a team effort, and we are grateful for how our staff and community show up to make this a successful event year after year.

The event had the support of the local community with two bike shops, Conte's Bike and Pedego, participating by offering bike checks. We had local businesses donating fresh coffee, tea, and snacks. There were 26 sponsors for this year's event. The City of Alexandria was a Gold Sponsor for the event, continuing our support and promotion of this day regionally. Local community cycling organizations such as Alexandria BPAC and WABA were present with both recognizing Virginia State Senator Adam Ebbin with an award.

Local businesses showed up with some great giveaways and raffle prizes, including an annual bike service package from Conte's Bike Shop, a weekend staycation package from Residence Inn – Oldtown, a prize pack from Patagonia and swag items from our very own Visit Alexandria.

We had members of Alexandria's City Council join us on stage this year including Vice Mayor Sarah Bagley as well as Councilmembers Canek Aguirre, John Chapman, and Kirk McPike. State Senator Adam Ebbin received a Recognition Award from the Virginia Bicycle Federation (VBF) for his work advocating for policy that keeps cyclists safe. The award was presented by BPAC President Ken Notis and VBF Board Member and WABA Virginia Organizer Kevin O'Brien.

In partnership with our department's communication team, we employed a marketing portfolio that included a custom banner, eNews release, several social media posts, two videos, a dedicated webpage, email blasts to past participants and employers within our ACT! database, direct communication in employer meetings, internal communications to City Staff and street team distribution of posters, flyers and rack cards.

We also worked with the City's Earth Month organizers to include the event in their marketing campaigns. It was a great way to make the connection of how to create a greener, healthier, and more eco-friendly City through the promotion of transportation powered by people and not cars. We were also grateful to have our local businesses, sponsors and organizations promote the event on our behalf.

Special thanks go to the Transportation and Environmental Services Communication Team, Asa Photography, Woodruff Company Engineered Solutions, Alexandria's Transportation Branch, Commuter Connections staff, Dropincity, Events Rentals DC, and DJ Regy Re.



VA City of Fairfax Old Town Square

The City of Fairfax Old Town Square pit stop was held from 6 - 9AM. Just over 100 people registered or participated (including 96 pre-registrations and 10 walk-ups) – this was slightly lower than previous years, but still a good turnout and fun event for all participants. Riders enjoyed refreshments sponsored by the city’s Environmental Sustainability Committee, as well as mini bundt cakes given away by Nothing Bundt Cakes. Other businesses at the event included Trek Bicycle with staff from the Fairfax store, and Herman the Sheep, offering bicycle tune-ups and the Inova outreach coordinator sharing safety education and giving away swag.

Riders also won raffle prizes donated by several local businesses including Audacious Aleworks, Bond’s Escape Room, Compass Coffee, FA Design Build, Fairfax Ace Hardware, Higher Ground Real Estate, Lost Dog Café, Ornerly Beer, PJ Skidoos, Senberry Bowls, The Auld Shebeen, The Old Fire Station No. 3, and Woody’s Ice Cream. The event was supported by members of Fairfax Families for Safer Streets and Fairfax Alliance for Better Bicycling. The Fairfax City Council adopted a resolution supporting Bike Month and BTWD, and Mayor Catherine Read and Councilmember Anthony Amos stopped by to enjoy the pit stop.



VA City of Manassas VRE Station

50 cyclists registered for the City of Manassas Virginia Railway Express (VRE) Station BTWD pit stop. Partners included VRE, OmniRide and Active Prince William. NOVA Cycleworks provided free bike adjustments and repairs on site.



VA City of Manassas Park VRE Station

The Manassas Park BTWD pit stop had 24 visitors at the Virginia Railway Express (VRE) Station. There was music, a coffee "food truck," and lots of swag from VRE and the Prince William Department of Transportation. While the event had a good turnout, some riders said they would prefer the event to be scheduled on a Friday.



VA Fairfax Co Fair Lakes Center

The Fair Lakes BTWD pit stop had another great year! Set up next to the Noodles & Company in the Fair Lakes Shopping Center, there was a steady stream of riders all morning. Lots of regulars, as well as a few new faces, enjoyed free bike tune-ups from Al's Bike Shop, delicious Chick-fil-A chicken minis, assorted breakfast treats, fruit, beverages, tote bags, and refillable water bottles. Riders loved the soft, freebie T-shirts, and the overcast morning made for perfect biking weather. We look forward to seeing everyone again next year!



VA Fairfax Co Fort Belvoir



VA Fairfax Co Herndon Town Hall Green

The Herndon BTWD pit stop was full of energy — with music pumping, a prize wheel spinning, partner giveaways, a swag bag raffle, TONS of snacks, a hydration station, and even on-site bike parking and tune-ups thanks to Green Lizard Cycling!

A big shoutout to the awesome partners who helped bring the pit stop to life, including Friends of the W&OD (NOVA Parks), Reston Bike Club, Reston Lions Club, DATA, and Green Lizard Cycling. Special guests included Bill Cuttler & Brian Leckie from VDOT, Town of Herndon Mayor Keven LeBlanc, Councilmembers Alex Reyes & Cesar del Aguila, and officers from the Herndon Police Department.



VA Fairfax Co Jim Scott Community Center

Our 3rd Annual BTWD pit stop at the Jim Scott Community Center, near the Vienna Metro Station, was a great success! We had 33 registered participants, and more than 40 cyclists stop by throughout the morning, plus a few walkers who joined in on the fun. Supervisor Dalia Palchik and her daughter welcomed riders, alongside officers from the Fairfax County Police Department and staff from both Fairfax County and Virginia transportation departments, who offered bike safety tips and answered questions.

Cyclists enjoyed refilling their water bottles and picking up t-shirts, bike lights, maps, fruit, snacks, tote bags, safety blinkers, and other great giveaways from our generous partners. A big thank-you to Sun & Surf Bike Shop for joining us and sharing some gear, and to Seva Food Truck for providing snacks for riders. We also appreciated Fairfax for Safe Streets for sharing valuable safety information, as well as Pulte and the Fairfax County Health Department for joining this year's event and helping make it even better.

As our pit stop becomes better known within the cycling community, we're thrilled to see participation continue to grow. We look forward to welcoming even more riders at our 4th Annual Bike-to-Work Day at the Jim Scott Community Center in 2026!



VA Fairfax Co Springfield Metro Park Walker Lane

The Springfield Metro Park BTWD pit stop was held from 6:30–8:30AM. 51 cyclists registered, and participants were able to grab a few snacks and water bottles. There was also a Live Nation concert ticket raffle.



VA Fairfax Co Town of Vienna

With the rain holding off and the fog lifting, it was a perfect day for the Town Green BTWD pit stop! The Town of Vienna's Bicycle Advisory Committee greeted 150+ cyclists, including Hunter Mill District Supervisor Walter Alcorn. Bikes@Vienna, Conte's Bikes, and the Friends of the W&OD were on hand distributing swag, snacks, and drinks. We even had awesome music from volunteer DJ Ben G. Special thanks to sponsors South Block for killer juice shots, Call Your Mother for amazing bagels, and Caffe' Amouri for the best coffee in Vienna.



VA Fairfax Co Tysons Spring Hill Metrorail Station

This was the first year for the Tysons Community Alliance (TCA) BTWD pit stop and we look forward to many more! 53 cyclists biked through the ground level of the Spring Hill Metro Station between 7 - 9:30AM. Two of the three Tysons pit stops were new, so we partnered with each other, to encourage bicyclists to hit up more than one stop, earning extra incentives.

TCA staff greeted riders with amazing bike swag, snacks donated by Wegmans and awesome music. Vendors included the Fairfax Alliance for Better Bicycling, VDOT, which promoted the 495 Next Project, and REI, which offered free bike checks. We were a small but mighty group, and we had a great time, especially when Fairfax County Supervisor Walter Alcorn stopped by on his ride to work. We also had two amazing convoys end at our pit stop, both led by bike enthusiasts from the Freddie Mac HQ right up the road. One biked 16 miles and the other biked 20 miles – that's some dedication!



VA Fairfax Co West Springfield Government Center

The BTWD pit stop at West Springfield Government Center saw a lower turnout than in years past but was still a success. The Fairfax County Dept. of Transportation (FCDOT) was on hand to provide bike-related giveaways and informational handouts. Springfield District Supervisor Pat Herrity and representatives from the West Springfield District Police Station greeted riders and offered complimentary coffee, donuts, Chick-fil-A sandwiches, and fruit cups. Kori Klein from Rats Cycles provided assistance and advice to riders, South Block's West Springfield location provided free organic immunity shots, and Starbucks provided much needed fresh coffee. FCDOT and Supervisor Herrity promoted the event through newsletters and social media posts.



VA Loudoun Co Leesburg at Raflo Park

The Leesburg BTWD pit stop was held at Raflo Park, adjacent to the W&OD Trail. Loudoun County Transit and Commuter Services staff greeted approximately 100 cyclists, from 6:30 – 9AM. Telos provided branded giveaways, including water bottles, travel first aid kits, sunscreen, and lip balm. For the second consecutive year, Leesburg Diner served light breakfast fare, including chocolate and granola covered pretzels and coffee. Loudoun County provided bananas, pre-packaged snacks, and cold beverages. Trek Bicycle Leesburg offered mechanical support to the bicyclists. Loudoun County staff shared information on Safe Streets Loudoun and VDOT staff dropped by to hand out additional swag.

BTWD was publicized to local employers and the Loudoun Chamber of Commerce through a news release, social media posts, and newsletters. In the weeks leading up to the event, The Building People, a regional BTWD sponsor, displayed a vinyl banner on their Leesburg building, which faces the W&OD Trail. Promotional materials were shared with local bike shops, and an information table was hosted at Trek. During the event, Loudoun County Public Affairs and Communication captured photos and videos to use in next year's BTWD promotion.



VA Loudoun Co Sterling

The first-ever Thursday BTWD event attracted 100+ cyclists at the Sterling pit stop from 6:30 – 9AM in the Sterling Ruritan Club parking lot, adjacent to the W&OD Trail. Loudoun County Transit and Commuter Services staff were joined by representatives from Maverick Bikes, Bike Loudoun, Loudoun Water, and Sweathouz Reston Contrast Therapy Studio to welcome the riders. Participants picked up BTWD T-shirts and chose from a variety of giveaways, including reflectors and reuseable food storage bags. Loudoun County provided coffee, cold beverages, bananas, and pre-packaged snacks. Loudoun County Supervisor Juli Briskman (Algonkian District) shared a BTWD Proclamation.

During the weeks leading up to the event, Loudoun County publicized BTWD through a news release, social media posts, and a banner displayed along the W&OD. Posters and rack cards were shared with employers and bike shops, and Maverick Bikes hosted an information table in early May. Loudoun County Public Affairs and Communication shared photos and videos on social media, which will be used again next year, to promote BTWD 2026.



VA Prince William Co Kelly Leadership Center

At the Kelly Leadership Center BTWD pit stop, there were 12 registrations. Due to the earlier rainy weather, turnout was lower than expected, with a total of seven riders stopping at the Kelly Leadership Center pit stop.



VA Prince William Co Manassas GMU Freedom Center



VA Prince William Co Rippon Landing VRE Station



VA Prince William Co Woodbridge Chinn Center

The Chinn Center BTWD event went well, with the weather clearing up overnight. It was still humid and wet, but half of those registered attended the event. Bicyclists picked up an array of snacks, drinks, and free swag, including water bottles, bike lights, Prince William County Parks and Recreation totes, and first aid kits. A good number of walk-ups attended, wanting to know more about BTWD and how they can participate in the future.



VA Prince William Co Woodbridge Tackett's Mill

The BTWD pit stop at Tackett's Mill shopping mall in Prince William County was quiet, but not empty. From 6 - 9AM, ten cyclists showed up, but despite the pit-stop location between two bus shelters at the commuter lot, no cyclists were commuting with OmniRide's buses. Public transit commuters asked questions, to learn more about BTWD. The area surrounding the pit stop is not bicycle-friendly, making it difficult and risky for cyclists to attend.



Employer Participation

More than 365 employers had five or more employees registered for BTWD 2025. The winner of the Employer Challenge was the National Institutes of Health, with a total of 415.

| Bike to Work Day 2025 Employer | # of Registrants |
|--|------------------|
| National Institutes of Health (NIH) | 415 |
| U.S. Department of State | 211 |
| U.S. Department of Defense (DoD) | 182 |
| Fairfax County | 176 |
| University of Maryland, College Park | 155 |
| U.S. Food and Drug Administration (FDA) | 151 |
| U.S. Environmental Protection Agency (EPA) | 148 |
| Arlington County | 142 |
| District of Columbia Government | 123 |
| U.S. Department of Justice (DOJ) | 115 |
| Montgomery County Government | 113 |
| The World Bank Group | 109 |
| Amazon Web Services (AWS) | 104 |
| U.S. Army | 103 |
| U.S. Navy | 102 |
| City of Alexandria | 89 |
| The MITRE Corporation | 88 |
| George Washington University | 76 |
| U.S. Department of Agriculture (USDA) | 74 |
| Georgetown University | 70 |
| U.S. Patent and Trademark Office (USPTO) | 67 |

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| U.S. Department of Energy (DOE) | 61 |
| DC Public Schools (DCPS) | 59 |
| U.S. Coast Guard (USCG) | 57 |
| U.S. Agency for International Development (USAID) | 53 |
| U.S. Department of Transportation (USDOT) | 50 |
| Booz Allen Hamilton | 49 |
| District Department of Transportation (DDOT) | 43 |
| Capital One | 42 |
| National Oceanic and Atmospheric Administration (NOAA) | 42 |
| George Mason University | 41 |
| Library of Congress | 41 |
| Deloitte | 40 |
| Northrop Grumman | 40 |
| U.S. Air Force | 40 |
| Department of Homeland Security (DHS) | 36 |
| Washington Metropolitan Area Transit Authority (WMATA) | 34 |
| Frederick County Public Schools (FCPS) | 32 |
| U.S. Department of Health and Human Services (HHS) | 32 |
| Loudoun County Government | 31 |
| U.S. Department of the Treasury (USDT) | 31 |
| General Dynamics Information Technology (GDIT) | 30 |
| Inter-American Development Bank (IDB) | 30 |
| Leidos | 30 |
| National Institute of Standards and Technology (NIST) | 30 |
| Smithsonian Institution | 29 |

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| U.S. Postal Service (USPS) | 28 |
| American University | 27 |
| Freddie Mac | 27 |
| ICF | 26 |
| U.S. Department of Commerce (DOC) | 26 |
| U.S. House of Representatives | 26 |
| U.S. Senate | 26 |
| Architect Of The Capitol | 25 |
| Google | 25 |
| Inova | 25 |
| Microsoft | 25 |
| U.S. Department of Education (ED) | 25 |
| AstraZeneca | 24 |
| National Aeronautics and Space Administration (NASA) | 24 |
| National Geographic Society | 24 |
| U.S. General Services Administration (GSA) | 24 |
| Federal Reserve Board | 23 |
| U.S. Department of Labor (DOL) | 23 |
| Marriott International | 21 |
| Science Applications International Corporation (SAIC) | 21 |
| Accenture | 20 |
| Fannie Mae | 20 |
| Lockheed Martin | 20 |
| Medstar Health | 20 |
| National Cancer Institute (NCI) | 20 |

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| City of Greenbelt | 19 |
| International Monetary Fund (IMF) | 19 |
| National Science Foundation (NSF) | 19 |
| REI | 19 |
| U.S. Department of Veterans Affairs (VA) | 19 |
| American Association of Retired Persons (AARP) | 18 |
| Loudoun County Public Schools | 18 |
| Palantir Technologies | 18 |
| Pan American Health Organization (PAHO) | 18 |
| Bloomberg Industry Group | 17 |
| The Washington Post | 17 |
| CACI International Inc. | 16 |
| Federal Communications Commission (FCC) | 16 |
| Federal Emergency Management Agency (FEMA) | 16 |
| Mastercard | 16 |
| National Public Radio (NPR) | 16 |
| Peraton | 16 |
| Prince George's County Public Schools (PGCPS) | 16 |
| Westat | 16 |
| Fort Detrick | 15 |
| Maryland-National Capital Park and Planning Commission | 15 |
| ThermoFisher Scientific | 15 |
| Aecom | 14 |
| Chemonics International | 14 |
| Federal Aviation Administration (FAA) | 14 |

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|---|----|
| Kaiser Permanente | 14 |
| Naval Sea Systems Command (NAVSEA) | 14 |
| Town of Herndon | 14 |
| Verizon | 14 |
| Federal Deposit Insurance Corporation (FDIC) | 13 |
| National Park Service (NPS) | 13 |
| Prince William County | 13 |
| U.S. Geological Survey (USGS) | 13 |
| U.S. Patent & Trademark Office (PTO) | 13 |
| U.S. Securities and Exchange Commission (SEC) | 13 |
| Washington Area Bicyclist Association (WABA) | 13 |
| City of Rockville | 12 |
| COMCAST | 12 |
| Frederick County Government | 12 |
| National Geospatial-Intelligence Agency (NGA) | 12 |
| Transportation Security Administration (TSA) | 12 |
| Accenture Federal Services | 11 |
| Federal Energy Regulatory Commission | 11 |
| Foursquare ITP | 11 |
| Gallaudet University | 11 |
| Gonzaga College High School | 11 |
| Navy Federal Credit Union | 11 |
| RAND Corporation | 11 |
| Verisign, Inc. | 11 |
| Whiskey and Oyster | 11 |

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|--|----|
| American College of Cardiology | 10 |
| City of Frederick | 10 |
| City of Gaithersburg | 10 |
| Cornerstone Research | 10 |
| Federal Trade Commission (FTC) | 10 |
| GlaxoSmithKline (GSK) | 10 |
| IBM Corporation | 10 |
| Institute for Defense Analyses | 10 |
| Internal Review Service (IRS) | 10 |
| Montgomery College | 10 |
| National Academy of Sciences | 10 |
| Oracle | 10 |
| Paradigm Management | 10 |
| T-Mobile | 10 |
| World Resources Institute | 10 |
| WSP | 10 |
| Arnold & Porter | 9 |
| Boeing | 9 |
| Frederick Health | 9 |
| Guidehouse | 9 |
| Morgan Stanley | 9 |
| National Gallery of Art | 9 |
| Peace Corps | 9 |
| Prince William County Schools | 9 |
| Virginia Department of Transportation (VDOT) | 9 |

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|---|---|
| Walter P Moore | 9 |
| Aurora Flight Sciences | 8 |
| British Embassy | 8 |
| CGI Federal | 8 |
| CVS | 8 |
| DC Public Library | 8 |
| EY | 8 |
| Federal Energy Regulatory Commission (FERC) | 8 |
| Fibertek, Inc. | 8 |
| HOK | 8 |
| International Finance Corporation (IFC) | 8 |
| Jacobs | 8 |
| Kimley-Horn | 8 |
| Mathematica | 8 |
| RTI International | 8 |
| The Catholic University of America | 8 |
| The Nature Conservancy | 8 |
| Alexandria City Public Schools (ACPS) | 7 |
| Amtrak | 7 |
| Burke and Herbert Bank | 7 |
| CareFirst | 7 |
| Charles County Government | 7 |
| City of College Park | 7 |
| City of Falls Church | 7 |
| Federal Aviation Administration (FAA) | 7 |

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|---|---|
| Georgetown Day School | 7 |
| Inova Health System | 7 |
| Metropolitan Washington Council of Governments (MWCOCG) | 7 |
| MPR Associates, Inc. | 7 |
| National Endowment for Democracy | 7 |
| National League of Cities | 7 |
| Office of Management and Budget (OMB) | 7 |
| The Pew Charitable Trusts | 7 |
| U. S. Department of the Interior (DOI) | 7 |
| Utility Systems | 7 |
| Wegmans | 7 |
| Williams & Connolly LLP | 7 |
| American Chemical Society | 6 |
| American Physical Society (APS) | 6 |
| Arlington Free Clinic | 6 |
| BAE Systems | 6 |
| Carlyle Council | 6 |
| Center for Naval Analyses (CAN) | 6 |
| Children's National Hospital | 6 |
| Council of the District of Columbia | 6 |
| D.C. Office of Planning | 6 |
| Defense Health Agency (DHA) | 6 |
| EAB Global, Inc. | 6 |
| Elite Documents | 6 |
| Federal Reserve Board of Governors | 6 |

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|---|---|
| Federal Reserve | 6 |
| Financial Industry Regulatory Authority (FINRA) | 6 |
| Government Accountability Office (GAO) | 6 |
| Gorove Slade Associates, Inc. | 6 |
| HNTB Corporation | 6 |
| Howard University | 6 |
| Indonesian Embassy | 6 |
| International Republican Institute | 6 |
| KPMG | 6 |
| Loudoun County Public Library | 6 |
| Management Sciences for Health | 6 |
| MANTECH | 6 |
| Meta | 6 |
| National Guard Bureau (NGB) | 6 |
| Noblis | 6 |
| Organization of American States | 6 |
| Panera Bread | 6 |
| Phoenix Bikes | 6 |
| Society for Human Resource Management (SHRM) | 6 |
| Strathmore | 6 |
| STUDIOS Architecture | 6 |
| Surface Transportation Board | 6 |
| Target | 6 |
| Tri-County Council for Southern Maryland | 6 |
| Urban Institute | 6 |

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| U.S. Department of Housing and Urban Development (HUD) | 6 |
| Water Environment Federation | 6 |
| American Geophysical Union | 5 |
| American Society of Clinical Oncology | 5 |
| Apple | 5 |
| APTA | 5 |
| Association of American Medical Colleges | 5 |
| City of Takoma Park | 5 |
| Collins Aerospace | 5 |
| Congressional Budget Office (CBO) | 5 |
| Consumer Financial Protection Bureau (CFPB) | 5 |
| Custom Ink | 5 |
| Daysi | 5 |
| DC Water | 5 |
| Disaster Legal Services (DLS) | 5 |
| DuckRabbit Strategy | 5 |
| Embassy of Malaysia | 5 |
| Federal Highway Administration | 5 |
| Golds Gym | 5 |
| Government Accountability Office (GAO) | 5 |
| HJF | 5 |
| International Finance Corporation | 5 |
| JBG Smith | 5 |
| Johns Hopkins University | 5 |
| KCCT | 5 |

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| LandDesign | 5 |
| MacroGenics | 5 |
| Metropolitan Washington Airports Authority | 5 |
| NASA Goddard Space Flight Center (GSFC) | 5 |
| National Association of Broadcasters (NAB) | 5 |
| National Democratic Institute (NDI) | 5 |
| NeighborWorks America | 5 |
| NeoNiche | 5 |
| Nuclear Regulatory Commission (NRC) | 5 |
| Oceana | 5 |
| Office of the State Superintendent of Education (OSSE) | 5 |
| Public Broadcasting Service (PBS) | 5 |
| Radio Free Asia | 5 |
| Rapid7 | 5 |
| RMI | 5 |
| Rocky Mountain Institute | 5 |
| School Without Walls | 5 |
| Sensis Agency | 5 |
| Stirling Findley | 5 |
| The Brattle Group | 5 |
| Town of Edmonston | 5 |
| Town of Leesburg | 5 |
| Two Six Technologies, Inc. | 5 |
| United Parcel Service, Inc. (UPS) | 5 |
| United States Institute of Peace (USIP) | 5 |

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| U.S. Customs and Border Protection (CBP) | 5 |
| U.S. Naval Research Laboratory (NRL) | 5 |
| U.S. Nuclear Regulatory Commission | 5 |
| U.S. Office of Personnel Management (OPM) | 5 |
| Vanguard | 5 |
| Virginia Department of Housing and Community Development (DHCD) | 5 |
| VHC Health | 5 |
| Virginia Spine Institute | 5 |
| Walmart | 5 |
| Wells + Associates | 5 |
| Whiskey and Taco | 5 |
| World Wildlife Fund (WWF) | 5 |
| WSP USA | 5 |

| Earned Media | |
|-----------------------------------|--|
| ABC 7 News WJLA | DC Weather |
| ALX Now | Alexandria gears up for Bike to Work Day 2025 |
| ARL Now | Register for Bike to Work Day on Thursday, May 15 |
| Arlington Magazine | 26 Things to Do In June Around Arlington, VA |
| Arlington Transportation Partners | Bike to Work Day - Arlington Transportation Partners |
| Axios DC | Capital Bikeshare ridership increases to new record |
| Bethesda Transit Solutions | Bike to Work Day Bethesda Transportation Solutions |
| Bike Loudoun | Bike To Work Day 2025: Registration is Open! |
| DC News Now Washington | Hundreds across DMV trade wheels for pedals |
| DC News Now Washington | Bike to Work Day |
| FABB | Getting Ready for BTWD 2025 |
| FFX Now | Morning Notes for May 15, 2025 |
| Georgetown Metropolitan | Bike to Work Day Next Thursday |
| Loudoun County | 2025 Bike To Work Day |
| Loudoun Now | It's Bike to Work Day News |
| Montgomery Community Media | 5 Things to Know Today, May 15, In Montgomery County |
| Montgomery County | Press Releases - Department of Transportation |
| MSN.com | What to do in the DC area this week and weekend |
| NBC 4 Washington | The Weekend Scene |
| Northern Virginia Magazine | Score Free Food and Swag at Bike to Work Day Stops |
| Patch (Manassas) | Bike To Work Day 2023 |
| Patch (Prince William) | Bike To Work Day 2025 |
| Patch (Vienna) | Bike To Work Day 2025 Features Vienna Pit Stops |

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|-------------------------|--|
| Pike District | North Bethesda at Pike & Rose Pit Stop |
| Prince William Living | Prince William County Gears Up for Bike to Work Day |
| The Bay Net | Things To Do in Southern Maryland |
| The Moco Show | Bike to Work Day Returns on May 15 |
| The Zebra | Bike to Work Day Draws 1,000 Alexandria Bicyclists |
| THX News | Loudoun County Bike to Work Day |
| Tysons Central Connects | Gear Up for Bike to Work Day Next Week! |
| Tysons Today | Bike to Work Day 2025 - Tysons Today |
| UMD College Park | Smart Commute Stories: Farewell Spring Edition |
| WABA | Bike to Work Day Solidarity Ride |
| WUSA 9 | Happy Bike to Work Day! |
| WUSA9 | Middle school class helps students learn to ride bikes |
| Zebra | Exercise and Have Fun on Bike to Work Day |
| 3WTKR | News 3 producer learns to ride a bike |



[HOME](#) / [THINGS TO DO](#) / [SCORE FREE FOOD AND SWAG AT BIKE TO WORK DAY STOPS AROUND NORTHERN VIRGINIA](#)



THINGS TO DO

Score Free Food and Swag at Bike to Work Day Stops Around Northern Virginia

Many locations are offering free food, drinks, and other giveaways.

By [Maggie Roth](#) | May 12, 2025 at 12:44 pm

Never miss out on NoVA's best events when you subscribe to our twice-weekly Things to Do newsletter.

News 3 producer learns to ride a bike in celebration of Bike to Work Day



Dream Home Giveaway

ADVERTISEMENT



By: Anthony Sabella

Posted 6:15 PM, May 16, 2025 and last updated 6:18 PM, May 16, 2025

NORFOLK, Va. — It's NEVER too late to learn!





2025 Bike To Work Day



loudouncountyva
775 subscribers

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Middle school PE class in Virginia helps students learn to ride bikes, some for the first time

The class teaches students how to ride bikes safely and confidently during Bike Month.



Author: Jacqueline Quynh
Published: 12:47 PM EDT May 15, 2025
Updated: 12:47 PM EDT May 15, 2025



MANASSAS, Va. — Learning to ride a bike is a childhood milestone, but not everyone hits it at the same time. For those who miss the early window, getting started later can be tough. But at Benton Middle School, a physical education class is helping students not only learn how to ride, but also how to do it safely.

It's part of a growing push to give everyone the skills — and the confidence — to ride. In PE class at Benton, you'll want to keep an eye out for students zipping by on two wheels.

Alexandria gears up for Bike to Work Day 2025

By Ryan Belmore

Published May 12, 2025 at 9:30AM



Bike To Work Day 2025 (via Bike to Work Day)

Alexandria is getting ready to celebrate [Bike to Work Day](#) on Thursday (May 15). Six pit stops will offer free giveaways, food, coffee, and more.

The main pit stop, run by GO Alex and the City of Alexandria, will be at City Hall (301 King St.) from 7:30 to 9:30 a.m.

Bike to Work Day is a region-wide event that showcases the benefits of biking to work, school, and other daily activities.

Bike to Work Day Draws Over 1,000 Alexandria Bicyclists

Pit stops offer coffee, music, and giveaways. Sen. Ebbin speaks about protecting cyclists and pedestrians



Judith Fogel · 2 weeks ago

3 minutes read



A bicyclist peers through his spokes. (Photo: Asa Orrin-Brown/Asa Photography)

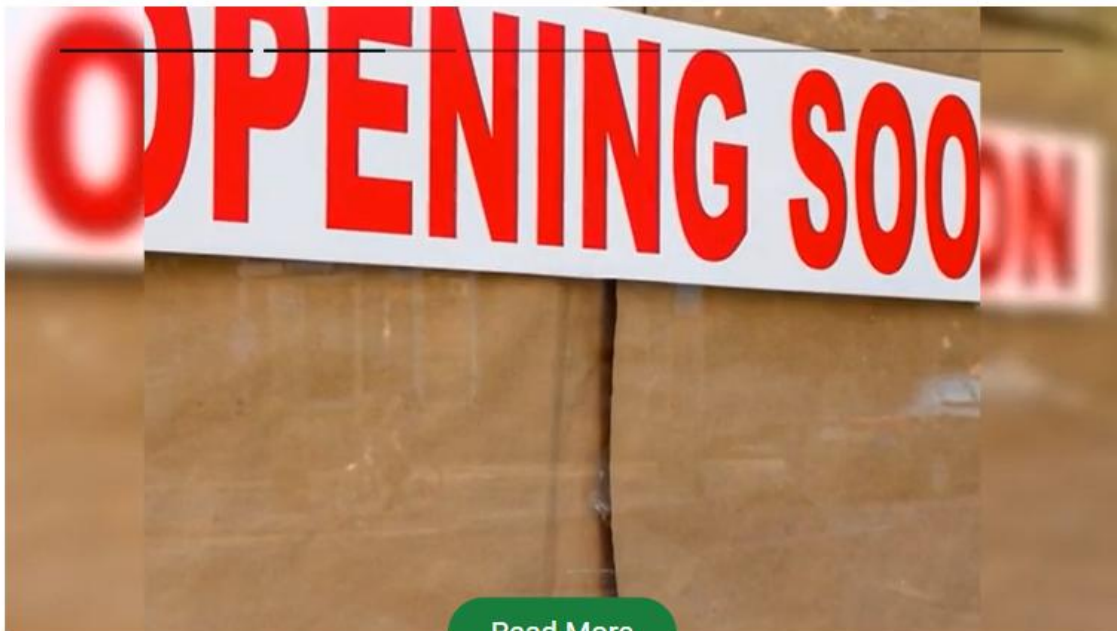
Bike To Work Day 2025 Features Pit Stops Around Vienna

On Bike to Work Day, commuters around the region will trade in driving for bicycles to enjoy freebies at bike pit stops.



Emily Leayman, Patch Staff

Posted Tue, May 13, 2025 at 3:44 pm ET | Updated Thu, May 15, 2025 at 12:48 pm ET



[Read More](#)

VIENNA, VA — Despite a rainy forecast, commuters who take their bike to work on Thursday will be rewarded with freebies at participating pit stops around the DC region.

Bike to Work Day Returns on May 15 with Free Pit Stops and Prizes

By Patrick Herron

Published March 26, 2025 at 1:34PM



Montgomery County residents are encouraged to participate in the regional Bike to Work Day on Thursday, May 15, with online registration now open. The event includes free pit stops throughout the region, including 14 within Montgomery County, where participants can enjoy refreshments, music, and vendor displays, and enter raffles for prizes, including a new bike.

Social Media Posts: LinkedIn

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|--|--|---|
| Adam Snider | Griffin Frank | Nicole Wojciechowski |
| Amazon | Haley Peckett | NoMa BID |
| ASTi | Hannah W | Nora Kramer |
| ATA Engineering | Jawauna Millette Greene | NOVA Economic Develop Alliance |
| Attache Corporate Housing | Jennifer Owers | NOVA Transportation Authority |
| BHHS Penfed Realty | Jennifer S. | Patricia Happ |
| Celine Ramstein | Jerome Horne | Paul Gatons Jr |
| Charmelis A. Reyes Cruz | John Cavan | Prince George's Planning Dept |
| Christen Smith | Kathryn Dickens | RideSmart Commuter Solutions |
| Clark Communications | Kathryn Morrissey | Sarah Abel |
| Claudia Barahona | Katie Cristol | Sarah Puro |
| CoStar Group | Keith Wojciech | Scott J. Melchior |
| Daniel Heldring | Langston Boulevard Alliance | Smithsonian Institution |
| David McKenzie | Lauren Lisniewski | Sreekumar Nampoothiri |
| David Newsom | Lucas Muller | Steve Burke |
| Dept of General Services | Lyft Urban Solutions | Strategic Systems Programs |
| Dominick Tribone | Marc Bonnenfant | Taylor Waymire |
| Doug Amrhei | Maryland State Highway Admin | UnCruise Adventures |
| Ellen R | Maurice K. | USPTO |
| Fairfax Depart of Transportation | MWCOCG | Vélocity Bicycle Co-op |
| Golshan J | Monica Backmon | Virginia Passenger Rail Authority |
| Gorove Slade | MTA Maryland | Washington State Transportation |

Social Media Posts: Facebook

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|---|---|--|
| 94.7 The Drive | DC Dept. of General Services | National Capital Region TPB |
| Adams Morgan | DC History Center | NIH Clinical Center |
| Alexandria SpokesWomen | DC Public Library | Park Triangle (Columbia Heights) |
| Anacostia BID | DC Water | Phil Kemelor |
| Andy Feliciotti | Deb Runs | Prince George's Community TV |
| Arlington County Police Dept. | DDOT | Prince George's Planning Dept |
| BellRinger | District Flow Yoga | Prince William Parks & Rec |
| Bethesda Green | Donna R Jefferson | Proteus Bicycles & Brews |
| BicycleSPACE | DowntownDC | Providence Supervisor Palchik |
| Brad Engborg | Elizabeth McGowen | Rappahannock-Rapidan Health |
| Brambleton | Fort Detrick USAG | Reston Bike Club |
| Brian Mitchell | Georgetown, DC | Richard Rynders |
| Brunswick Main Street | Great Harvest Bread | Rolling Brook Village Apartments |
| Carlyle Council | Handy Bikes | Ryan Spiegel |
| CGTN America | Jeanne Phil | SoHy Co-op |
| Charles Allen | Kate Moses Caimi | Streets Market |
| Cheltenham Interiors | Loudoun County | Team Thiel of Long & Foster |
| Christ House | MD Dept of Transportation | The Wharf DC |
| City of Falls Church Government | Mayor of DC, Muriel Bowser | Town of Edmonton, Maryland |
| Core Downtown Silver Spring | Meridian at Gallery Place | Town of Vienna |
| Crystal City Lofts Apartments | Meridian at Grosvenor Station | Transit Services Fredrick County |
| Dan Plaat | Metro Forward | Tysons Community Alliance |
| DC Councilmember Pinto | Montgomery County | Velocity Bicycle Cooperative |
| DC Dentist | Move2learnkids | Village Bicycles |

Social Media Posts: Instagram

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|--|---|
| Adams Morgan Partnership BID | Flats at Bethesda Avenue |
| AFAC | Friendship Heights Alliance |
| Alexis Williams-Lee | Greenbelt Maryland |
| Anacostia BID | Mid-Atlantic Off-Road Enthusiasts |
| Asa Orrin-Brown | Montgomery Co. Planning Dept. |
| Baltimore City DOT | National Harbor |
| barre3 Bethesda | NoMa BID |
| Bethesda Transit Solutions | PGC Planning Department |
| BikeArlington | Proteus Bicycles & Brews |
| Capitol Hill BID | Scott M |
| Carlyle Council | Sonny R Vlog |
| Christina Henderson | Southwest BID |
| City of Bowie | Supervisor Dalia Palchik |
| City of College Park | The City of Falls Church |
| Connect Montgomery | The City of Takoma Park |
| Councilmember Calvin S. Hawkins II | The Neilsen Team |
| Councilmember Laurie-Anne Sayles | Vélocity Bicycle Cooperative |
| Elizabeth River Trail | Virginia Railway Express |
| Ellsworth Place | WalkArlington |
| Family Bike Shop -Crofton, MD | William F. Yurasko |

Social Media Posts: X

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| AAA DC News | Charles Allen | Joe Flood |
| Adam Van Grack | City of College Park | Mayor of DC, Muriel Bowser |
| Anacostia BID | City of Hyattsville | Montgomery County Police |
| Arlington Enviro Safety Dept | City of Hyattsville | Montgomery County DOT |
| BikeArlington | Clean Air Partner | Montgomery County DOT |
| BikeArlington | Council of DC | Montgomery County DOT |
| BikeArlington | Councilman Charles Allen | Oluseyi Olugbenle |
| BikeArlington | Councilmember Eric Olson | Prince George's Planning Dept |
| BikeArlington | Councilmember Matt Frumin | Ryan Spiegel |
| BikeArlington | DC News Now | Sebastian Sprenger |
| BikeArlington | DC Public Library | Takoma Park, MD |
| BikeArlington | DDOT | Tenleytown & Around |
| BikeArlington | DDOT | The Wharf DC |
| Brad Howard | DC Dentist | The Wharf DC |
| Brian Mitchell | Fairfax County Government | The Wharf DC |
| Capital Bikeshare | Fairfax County Government | Town of Vienna |
| Car Free Metro DC | Fairfax County Government | VDOT Northern VA |
| Car Free Metro DC | Fredrick County | VDOT Northern VA |
| Car Free Metro DC | Herndon Parks and Recreation | |

Social Media Posts: Bluesky

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| Arlington County Government |
| ARLnow |
| BikeArlington |
| CM Christina Henderson |
| Connect Montgomery |
| Department of Environmental Services Arlington, Virginia |
| FFXnow |
| Goseg Train Thread |
| Jason of the Resistance |
| League of American Bicyclists |
| Marc Korman |
| Montgomery County (MD) Department of Transportation |
| Virginia Bicycling Federation |
| WalkArlington |

Calendar Listings

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|-------------------------------------|---------------------------------------|
| <u>Adams Morgan BID</u> | Bike to Work Day 2025 |
| Afro American Newspaper | Bike to Work Day 2025 |
| Alexandria Gazette Packet | Bike to Work Day 2025 |
| All Events | Bike to Work Day 2025 |
| ALX Now | Bike to Work Day 2025 |
| Anacostia BID | Bike to Work Day 2025 |
| ARL Now | Bike to Work Day 2025 |
| Arlington Chamber of Commerce | Bike to Work Day 2025 |
| Arlington Magazine | Bike to Work Day 2025 |
| Arlington Transportation Partners | Bike to Work Day 2025 |
| Baltimore Child | Bike to Work Day 2025 |
| Baltimore Sun | Bike to Work Day 2025 |
| Bethesda Beat Magazine | Bike to Work Day 2025 |
| Bethesda Transportation Solutions | Bike to Work Day 2025 |
| Bike Arlington | Bike to Work Day 2025 |
| Bike League | Bike to Work Day 2025 |
| Capital Gazette | Bike to Work Day 2025 |
| Capitol Hill BID | Bike to Work Day 2025 |
| Capitol Riverfront | Bike to Work Day 2025 |
| Car Free Diet | Bike to Work Day 2025 |
| Carlyle Council | Bike to Work Day 2025 |
| Carroll County Times | Bike to Work Day 2025 |
| Central Fairfax Chamber of Commerce | Bike to Work Day 2025 |

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| <u>Charles County Chamber of Commerce</u> | Bike to Work Day 2025 |
| <u>City of Alexandria</u> | Bike to Work Day 2025 |
| <u>City of College Park</u> | Bike to Work Day 2025 |
| <u>City of Fairfax, VA</u> | Bike to Work Day 2025 |
| <u>City of Hyattsville</u> | Bike to Work Day 2025 |
| <u>City Spark</u> | Bike to Work Day 2025 |
| <u>DC Military</u> | Bike to Work Day 2025 |
| <u>DC News Now</u> | Bike to Work Day 2025 |
| <u>DC News Now</u> | Bike to Work Day 2025 |
| <u>DC Social Guide</u> | Bike to Work Day 2025 |
| <u>District Wharf</u> | Bike to Work Day 2025 |
| <u>Downtown DC</u> | Bike to Work Day 2025 |
| <u>Dulles Moms</u> | Bike to Work Day 2025 |
| <u>Dulles Regional Chamber of Commerce</u> | Bike to Work Day 2025 |
| <u>Dupont Circle</u> | Bike to Work Day 2025 |
| <u>Events.com</u> | Bike to Work Day 2025 |
| <u>Evvnt</u> | Bike to Work Day 2025 |
| <u>Fairfax Alliance for Better Bicycling</u> | Bike to Work Day 2025 |
| <u>Fairfax City EDA</u> | Bike to Work Day 2025 |
| <u>Fairfax County Connect with America</u> | Bike to Work Day 2025 |
| <u>Fairfax County Times</u> | Bike to Work Day 2025 |
| <u>Fairfax County Times</u> | Bike to Work Day 2025 |
| <u>FFX Now</u> | Bike to Work Day 2025 |
| <u>Frederick News Post</u> | Bike to Work Day 2025 |

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| <u>Gaithersburg-Germantown C of C</u> | Bike to Work Day 2025 |
| <u>Georgetown DC BID</u> | Bike to Work Day 2025 |
| <u>Georgetown Dish</u> | Bike to Work Day 2025 |
| Go Alex/ Donation Match.com | Bike to Work Day 2025 |
| <u>Golden Triangle DC</u> | Bike to Work Day 2025 |
| <u>Greater Greater Washington</u> | Bike to Work Day 2025 |
| Greater Washington Women's Network | Bike to Work Day 2025 |
| <u>Greenbelt MD</u> | Bike to Work Day 2025 |
| <u>InsideNova</u> | Bike to Work Day 2025 |
| Joy Craft | Bike to Work Day 2025 |
| <u>Loudoun Chamber of Commerce</u> | Bike to Work Day 2025 |
| <u>Loudoun County</u> | Bike to Work Day 2025 |
| <u>Maryland Cycling Events</u> | Bike to Work Day 2025 |
| <u>Montgomery County Chamber of Commerce</u> | Bike to Work Day 2025 |
| Montgomery County DOT | Bike to Work Day 2025 |
| Montgomery Magazine | Bike to Work Day 2025 |
| Montgomery Planning Committee | Bike to Work Day 2025 |
| <u>Mount Vernon Triangle DC</u> | Bike to Work Day 2025 |
| National Harbor | Bike to Work Day 2025 |
| <u>National Landing</u> | Bike To Work Day 2025 |
| <u>NoMA BID</u> | Bike To Work Day 2025 |
| <u>Patch - DC</u> | Bike to Work Day 2025 |
| Petworth News | Bike to Work Day 2025 |
| <u>Popville (DC blog)</u> | Bike to Work Day 2025 |

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| Potomac Local | Bike to Work Day 2025 |
| Prince George County, MD | Bike to Work Day 2025 |
| Prince William Living Magazine | Bike to Work Day 2025 |
| Prince William, VA | Bike to Work Day 2025 |
| Public Service Commission DC | Bike to Work Day 2025 |
| Rockville Chamber of Commerce | Bike to Work Day 2025 |
| Rosslyn BID | Bike to Work Day 2025 |
| Salamander DC | Bike to Work Day 2025 |
| SWBID | Bike to Work Day 2025 |
| The Bay Net | Bike to Work Day 2025 |
| The City of Falls Church, VA | Bike to Work Day 2025 |
| The Georgetown | Bike to Work Day 2025 |
| The Zebra | Bike to Work Day 2025 |
| Town of Herndon, VA | Bike to Work Day 2025 |
| Town of Leesburg | Bike to Work Day 2025 |
| Tysons | Bike to Work Day 2025 |
| Tysons Today | Bike to Work Day 2025 |
| UMD College Park | Bike to Work Day 2025 |
| Vélocity Bicycle Cooperative | Bike to Work Day 2025 |
| Virginia Passenger Rail Authority | Bike to Work Day 2025 |
| Visit Fairfax, VA | Bike to Work Day 2025 |
| Visit Frederick, MD | Bike to Work Day 2025 |
| Visit Manassas | Bike to Work Day 2025 |
| Washington Area Bicyclist Association (WABA) | Bike to Work Day 2025 |

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| <u>Washington City Paper</u> | Bike to Work Day 2025 |
| <u>Washington Family, Reston</u> | Bike to Work Day 2025 |
| <u>Washington Informer</u> | Bike to Work Day 2025 |
| <u>Washington Jewish Week</u> | Bike to Work Day 2025 |
| Washington Parent | Bike to Work Day 2025 |
| Washingtonian -Briana Tomas newsletter | Bike to Work Day 2025 |
| <u>WRC TV 4 NBC</u> | Bike to Work Day 2025 |
| <u>730 DC</u> | Bike to Work Day 2025 |

Proclamations



Regional 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 thousands of bikes at hundreds of stations across eight jurisdictions; and

WHEREAS, more than 100 pit stops will be located within 23 COG-member jurisdictions on Bike to Work Day; and

WHEREAS, May is National Bike Month, and the week of May 12th is Bike to Work Week, celebrating 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 **Thursday, May 15, 2025** 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

BIKE MONTH

WHEREAS, bicycle commuting is an effective and sustainable means of improving air quality, reducing traffic congestion, and conserving energy; and

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

WHEREAS, Arlington County is home to an expansive bicycle network, including some of the region's most popular bicycle trails; and

WHEREAS, Arlington continues to invest in bicycle safety and infrastructure improvements through Vision Zero, County, and regional transportation engineering projects; and

WHEREAS, Arlington has a growing population of bicyclists of all ages, including many who are actively involved in shaping county, regional, state, and national transportation and community policies; and

WHEREAS, Arlington is recognized as a Gold-Level Bicycle Friendly Community by the League of American Bicyclists and continues to strive for improvement; and

WHEREAS, May 2025 features several national and regional events promoting active transportation, including National Bike and Roll to School Day on May 7 (designated by the National Center for Safe Routes to School), Bike to Work Week from May 12–18 (declared by the League of American Bicyclists), and Bike to Work Day on May 15 (proclaimed by the National Capital Regional Transportation Planning Board throughout the Washington metropolitan region, including Arlington);

NOW THEREFORE, the County Board of Arlington, Virginia, does hereby proclaim **May 2025**, as **BIKE MONTH** in Arlington County and urge all residents to support and participate in these and other activities that contribute to the health of the community and the environment.



A handwritten signature in blue ink that reads "Takis Karantonis".

Takis Karantonis
Chair



County Commissioners of Charles County

PROCLAMATION 2025-42

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

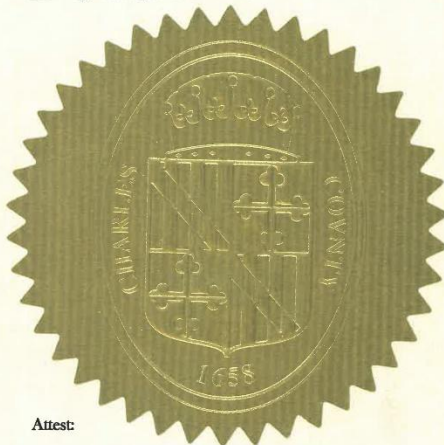
WHEREAS, increasing numbers of businesses have installed bicycle parking and shower facilities to encourage employees to commute by bicycle; and

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 16, 2025 as **National Bike to Work Day** in Charles County, Maryland, and encourage residents to participate and support this environmentally friendly, healthy and fun event.



Attest:

Carol A. DeSoto, Clerk to the Commissioners

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

Amanda M. Stewart, Ed.D.
District 3

LOUDOUN COUNTY, VIRGINIA

PROCLAMATION

WHEREAS Bicycling serves as a fulfilling recreational activity and a practical mode of transportation, contributing to the physical health and well-being of Loudoun County residents; and

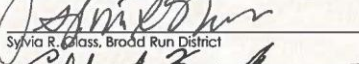
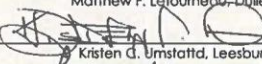
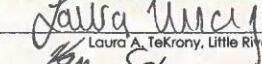
WHEREAS Celebrated since 1956, Bike to Work Day is organized regionally by Commuter Connections at Metropolitan Washington Council of Governments (MWCOC) and the Washington Area Bicyclist Association (WABA), encouraging residents to explore alternative commute options as well as to enjoy the outdoors; and

WHEREAS Initiatives such as Loudoun County's Sidewalk and Trails Program, the Countywide Transportation Plan, the Signature Trail Loop linking Potomac Heritage National Trail and the Washington & Old Dominion Trail (W&OD), the Countywide Bicycle and Pedestrian Wayfinding Program, and the Algonkian Parkway Multi-Modal Feasibility Study exemplify the county's commitment to enhancing transportation infrastructure and making biking a safer and more attractive choice for all; and

WHEREAS Loudoun County is hosting two Bike to Work Day pit stops, in partnership with Bike Loudoun and Friends of the W&OD Trail along the Washington & Old Dominion Trail at the Sterling Ruritan Club and in Leesburg at Raflo Park.

NOW THEREFORE BE IT RESOLVED that the Loudoun County Board of Supervisors does hereby proclaim May 15, 2025, as

Bike to Work Day

| | |
|---|---|
|  Michael R. Toner, Vice Chair, Ashburn District |  Phyllis J. Randall, Chair At-Large |
|  Julie E. Briskman, Algonkian District |  Matthew F. Letourneau, Dulles District |
|  Sylvia R. Glass, Broad Run District |  Kristen A. Umstadtd, Leesburg District |
|  Caleb A. Kershner, Catoclin District |  Laura A. Tekrony, Little River District |
| |  Koran T. Saines, Sterling District |

Loudoun County Board of Supervisors
May 6, 2025





A Proclamation

WHEREAS, the Office of the County Executive for Prince George's County, Maryland, wishes to recognize Thursday, May 15, 2025, as Bike to Work Day; and

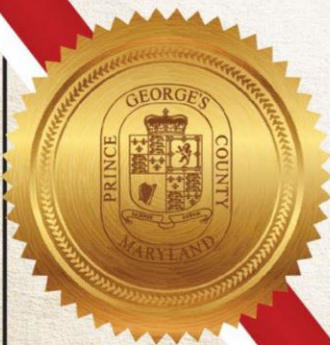
WHEREAS, hosted annually by the National Capital Region Transportation Planning Board's Commuter Connections program and the Washington Area Bicyclist Association, Bike to Work Day is an effort to promote public awareness on the advantages of bicycling and highlight it as a healthy and safe alternative for commuting to and from work; and

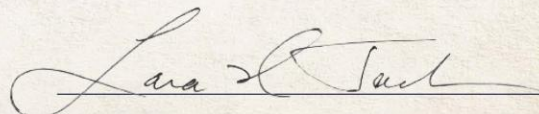
WHEREAS, bicycle commuting is an effective means to support Prince George's County's air quality goals, improve mobility, and conserve energy, and benefits both employees and employers through better health and fitness, and reduced commuting and parking costs; and

WHEREAS, more than 100 pit stops across the Washington, D.C. metropolitan area will participate in Bike to Work Day, with 11 pit stops in Prince George's County: Largo/Kettering/Perrywood Community Center Berwyn Heights Town Center, Bladensburg Waterfront Park, Bowie City Hall, College Park City Hall Plaza, Greenbelt Aquatic & Fitness Center, Hyattsville at Driskell Community Park, Mount Rainier Bike Co-op, Oxon Hill/National Harbor, Port Towns – Edmonston, and the University of Maryland; and

WHEREAS, Bike to Work Day is key component of National Bike Month and Bike to Work Week, celebrated in May to highlight bicycling as a viable means of transportation, exercise, and recreation, aligning with broader national efforts to foster healthier, more active, communities.

NOW, THEREFORE, I, TARA JACKSON, ACTING COUNTY EXECUTIVE FOR PRINCE GEORGE'S COUNTY, MARYLAND, do hereby proclaim this the 15th day of May 2025, as Bike to Work Day in Prince George's County. **FURTHER**, I encourage all Prince Georgians to participate this annual celebration and consider bicycling as a smart, fun, and healthy way to commute.




Acting County Executive

Marketing

A comprehensive paid advertising campaign promoted the May 2025 Bike to Work Day event, including printed marketing materials that were distributed to each of the 108 local pit stops; all maintained a similar look and feel.

Flyer



The flyer features a stylized illustration of a person's legs in blue pants and green sneakers with yellow accents, pedaling a red bicycle. The background is a light teal color. The text is primarily in dark blue and red. The event title 'BIKE TO WORK DAY' is in large, bold, dark blue letters, with 'THURSDAY' in red and 'MAY 15, 2025' in dark blue. Below the title, it says 'FREE EVENT' and 'BikeToWorkMetroDC.org'. It also mentions 'Register for Free T-SHIRT* and BIKE RAFFLE!' and 'Free refreshments & giveaways at participating locations, while supplies last.' The bottom section is a red banner containing various logos of partner organizations, a QR code, and registration information.

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.

COMMUTER CONNECTIONS.
A SMARTER WAY TO WORK

WABA
WASHINGTON AREA
BIKECLUB ASSOCIATION

GO Alex

ICF

VISION ZERO
SAFER STREETS FOR EVERYONE.

Bike Arlington

NATIONAL LANDING

BICYCLE SPACE

AASHTO
AMERICAN ASSOCIATION
OF STATE HIGHWAY AND
TRANSPORTATION OFFICIALS

FAIR LAKES

Giant

capital bikeshare

goDCgo
powered by dc

MDOT
MARYLAND DEPARTMENT
OF TRANSPORTATION

VDOT
Virginia Department of Transportation

Building People

BIKES@VIENNA

HANDY BIKES

Printed on recycled paper

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.

bike to work day
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.

DÍA DE LA BICICLETA

PARA IR AL TRABAJO

JUEVES

15 DE MAYO DE 2025



Printed on recycled paper



Regístrate gratis en
BIKETOWORKMETRODC.ORG
 800.745.7433

#BTWD2025

Visite 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, MDT, VDOT, y USDOT.



Rack Cards



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

  #BTWD2025




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, MDT, VDOT, and USDOT.

 Printed on recycled paper

YouTube Video



Bike to Work Day is May 15th! Register today for this free event and you could win a new bike!

Outdoor Banner Art



Digital Banner Ads



Social Media



T-Shirts



Press Releases

Try a commute on two wheels! Free registration for Bike to Work Day ...

<https://www.mwcog.org/newsroom/2025/03/03/try-a-commute-on-two>.



NEWS RELEASE

Try a commute on two wheels! Free registration for Bike to Work Day 2025 now open

Mar 3, 2025



On Thursday, May 15, 2025, take a greener and healthier way to get to work and earn a free T-shirt! Save the date for Bike to Work Day, the DMV's biggest bike to work celebration, a free event happening at over 100 "pit stop" stations across the District of Columbia, Suburban Maryland, and Northern Virginia. Organized by the Metropolitan Washington Council of Governments' Commuter Connections program and the Washington Area Bicyclist Association (WABA), Bike to Work Day is a chance to feel the freedom and invigoration of pedaling to the office. Registration is now open for the popular spring tradition, an event that encourages commuters to try bicycling to work.

Participants can join the fun by stopping at one of the 100 pit stops on the way to work, offering an enjoyable start to the workday. Some pit stops are open during the commute home. The first 18,000 who register and attend a pit stop will receive a free commemorative red Bike to Work Day T-shirt and a chance to win a new bike! Many pit stops will also provide free giveaways, snacks, and beverages, while supplies last.

Beginners and experienced bike commuters are welcome to participate as Bike to Work Day is a great opportunity to try bicycling to work for the first time or to celebrate doing it again. Bike solo or

Try a commute on two wheels! Free registration for Bike to Work Day ... <https://www.mwcog.org/newsroom/2025/03/03/try-a-commute-on-two...>
with a partner for a fun and rewarding experience.

Mark your calendars for Thursday, May 15 and register now to secure your spot! Visit biketoworkmetrodc.org to register, or for more information.

Bike to Work Day 2025 is made possible, in part, through the generous support of regional sponsors, including GO Alex, ICF, Prince George's Department of Public Works & Transportation, Vision Zero Prince George's, BicycleSPACE, BikeArlington, and National Landing.

Free registration for Bike to Work Day is available at biketoworkmetrodc.org or by calling (800) 745-7433. Follow Commuter Connections on X @BikeToWorkDay and Facebook @BikeToWorkDayMetroDC and use #BTWD2025.

Commuter Connections is a program of the National Capital Region Transportation Planning Board (TPB) at the Metropolitan Washington Council of Governments (COG).

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

NEWS RELEASE

DMV Region Rides into Bike to Work Day 2025 on Thursday *Area Leaders Join Thousands of Commuters in Annual Regionwide Celebration*

Washington, D.C. (May 15, 2025) – More than 10,000 commuters across the D.C. region are expected to trade four wheels for two during Bike to Work Day 2025, happening this Thursday, May 15. Organized by the Metropolitan Washington Council of Governments' (COG) Commuter Connections program and the Washington Area Bicyclist Association (WABA), this annual event promotes active commuting, cuts down on traffic congestion, and helps improve air quality.

With over 100 pit stops across D.C., Maryland, and Virginia, cyclists will enjoy free refreshments, giveaways, and community spirit. The first 18,000 registrants will receive a free commemorative T-shirt, and all who register and check in at a pit stop will be entered to win a new bike. Many locations will also offer complimentary bike tune-ups and other family-friendly activities. Registration is free and open now at <https://www.biketoworkmetrodc.org/>

"Bike to Work Day isn't just about the commute, it's about choosing a healthier, more sustainable future," said Daniel Sheehan, Director of Commuter Connections at COG. "We encourage everyone to try biking, not just for the physical and environmental benefits, but for the sense of community it brings. Whether you're a daily cyclist or trying it for the first time, Thursday is the perfect day to ride."

Elected officials and other public leaders are expected to make appearances at select pit stops, providing riders a unique opportunity to connect with local decision-makers while celebrating the cycling community.

DISTRICT OF COLUMBIA

Adams Morgan at Unity Park

Brianne Nadeau - District of Columbia Councilmember Ward 1

Capitol Hill at Eastern Market

Charles Allen - District of Columbia Councilmember Ward 6 and COG Board Vice Chair

Columbia Heights Plaza

Brianne Nadeau - District of Columbia Councilmember Ward 1

Franklin Park

Sharon Kershbaum - District Department of Transportation Director

NoMa at Wunder Garten

Charles Allen - District of Columbia Councilmember Ward 6 and COG Board Vice Chair

MARYLAND

Bethesda Downtown

Andrew Friedson - Montgomery County Councilmember
Evan Glass - Montgomery County Councilmember
Marc Korman - Maryland House of Delegates
Sarah Wolek - Maryland House of Delegates

Frederick Downtown at Transit Center

Kris Fair - Maryland House of Delegates
Jessica Fitzwater - Frederick County Executive
Michael O'Connor - City of Frederick Mayor
Kelly Russell - City of Frederick Council Member

Indian Head at Village Green Pavilion

Brandon Paulin - Mayor

VIRGINIA

Herndon Town Hall Green

Keven LeBlanc – Town of Herndon Mayor
Steven T. Pihonak - Town of Herndon Chief of Police
Bill Cuttler - Virginia Department of Transportation (Northern Virginia District), Principal Engineer

Commuter Connections thanks the major sponsors of Bike to Work Day 2024: ICF, Al's Bike Shop, GO Alex, BikeArlington, BicycleSPACE, National Landing, and Terrapin Bicycles.

Whether someone is a seasoned cyclist or a curious newcomer, Commuter Connections and WABA invites everyone to participate in Bike to Work Day. Those working from home can bike to a local pit stop and back home to work. Free registration for Bike to Work Day is available at www.biketoworkmetrodc.org or by calling (800) 745-RIDE. Follow Commuter Connections on X at [@BikeToWorkDay](https://twitter.com/BikeToWorkDay) and Facebook at [@BikeToWorkDayMetroDC](https://www.facebook.com/BikeToWorkDayMetroDC) and use #BTWD2025 or #BTWDC.

###

Media Contact:

Contact: Izam Izzadeen
Phone: (202) 962-3209
Email: iizzadeen@mwkog.org

About:

Commuter Connections, www.commuterconnections.org is a program of the National Capital Region Transportation Planning Board at the Metropolitan Washington Council of Governments, www.mwkog.org. Commuter Connections has provided ride-matching services since 1974, promotes bicycling to work, transit, and other alternatives to drive alone commuting, and offers the free Guaranteed Ride Home program and other incentives. Commuter Connections, is funded by the District of Columbia, Maryland, Virginia, and U.S. Departments of Transportation.

777 NORTH CAPITOL STREET NE, SUITE 300, WASHINGTON, DC 20002
MWCOG.ORG (202) 962-3200

Contributors

Metropolitan Washington Council of Governments (COG)

James Davenport
Douglas Franklin
Lindsay Haake
Dan Sheehan

Washington Area Bicyclist Association (WABA)

Colin Browne
Jeslyn Zakes

District, Maryland, Virginia, and U.S. Departments of Transportation

For their continued funding support of Commuter Connections

Both COG and WABA thank the organizations and individuals listed below who managed a local pit stop(s) to help make Bike to Work Day 2025 a fun and rewarding event!

12 Bees Creative
A-1 Cycling
Adams Morgan Partnership BID
Amazon
American College of Cardiology
American Geophysical Union
American Physical Therapy Association
Anacostia Business Improvement District
Architect of the Capitol
Army National Guard, HQ
Arrow Bicycle
Bethesda Transportation Solutions
BicycleSPACE
BikeArlington
Bladensburg Waterfront Park/M-NCPCC
Bridgeway Bikes
Capitol Hill Business Improvement District
Capitol Riverfront Business Improvement District
Carlyle Council

Kellyn Naing
Larry Bamford
Brian Barrie
Desiree McPherson
Lara Gold
Neil Washington
Sharan Zirges
Ryen Washington
Diana Gutierrez
Karen January
Chris Militello
Marcus Johnson
Philip Koopman
Lauren Hassel
Robert Walker
Eirik Harteis
McKenna Boyland
Vanessa Rivera
Morgan Babcock

| | |
|---|---------------------|
| City of Alexandria | Hamzat Sani |
| City of Bowie | Ridwan Coker |
| City of College Park | Carlos Nunes |
| City of Fairfax | Chloe Ritter |
| City of Falls Church | Jeffrey Sikes |
| City of Gaithersburg | Brian Fields |
| City of Greenbelt | Patrick Mullen |
| City of Manassas Park | Alanna Mensing |
| City of Manassas | Chloe Delhomme |
| City of Takoma Park | Kaysi-Ann Webley |
| Conte's Bike Shop | Julian Morales |
| DowntownDC Business Improvement District | Han Yue |
| Fair Lakes League | Liz French |
| Fairfax Alliance for Better Bicycling | Joy Faunce |
| Fairfax County Board of Supervisors, Providence | Joanna Fitzpatrick |
| Fairfax County Board of Supervisors, Springfield | Peyton Onks |
| Fairfax County Department of Transportation | Andrew Sheldon |
| Fairfax County Park Authority/ Audrey Moore Rec Ctr | Doreen Henry |
| Fairfax County Park Authority/ Oakmont Rec Center | Boris Arevalo |
| Fairfax County Park Authority/ South Run Rec Center | David Fallert |
| Fehr & Peers | Charmelis Reyes |
| FOVNDRY | Jennifer Bolick |
| Garrison Safety Office | Charice Smith |
| Georgetown Business Improvement District | Kate Colgan |
| Golden Triangle Business Improvement District | Alexandra Benson |
| Great Harvest Bread | Megan Hurst |
| JBG SMITH | Michelle Hughes |
| Langston Boulevard Alliance | Maggie Chao |
| Loudoun County Transit and Commuter Services | Judy Galen |
| metrobar | Jesse B Rauch |
| Montgomery County Department of Transportation | James Carlson |
| Montgomery County Department of Transportation | Maritza De La Vega |
| Montgomery County Department of Transportation | Michelle Golden |
| Montgomery County Department of Transportation | Paul Gatons |
| Montgomery County Department of Transportation | Ruthann Eiser |
| Mt. Rainier Green Team | Sarah Lifsey |
| National Geographic Society | Susan Kolodziejczyk |
| National Institutes of Health | Sean Cullinane |
| National Landing Business Improvement District | Matthew Jones |
| National Park Service | Julie Kutruff |
| NoMa Business Improvement District | Delonte Kitt |
| North Bethesda Transportation Center | Traci McPhail |
| Office of Fairfax County Sully District | Kimberly Ward |
| Old City Market and Oven | Curt Hansen |

| | |
|--|-----------------------|
| OmniRide/PRTC | Sarah McGowan |
| Phoenix Bikes | Donald Herndon |
| Prince George's County Planning Department | Michael Jackson |
| Prince George's County Public Works/Transportation | Tiffany Jennings |
| Prince William County Department of Transportation | Evandro Santos |
| Prince William County Department of Transportation | George Phillips |
| Prince William Parks and Recreation | Dan Pittman |
| PWC Board of County Supervisors - Woodbridge | Bertha Johnson |
| Retired Volunteer | Daniel Hayes |
| Southwest Business Improvement District | Soojin Choi |
| The Bike Lane | Anne Mader |
| The Boro, The MITRE Corporation | Linsey Burch |
| The Wharf | Mary Katherine Cusack |
| Tower Companies | Tia Carson |
| Town of Berwyn Heights | Janee Toy |
| Town of Dumfries | Yvette Ragland |
| Town of Edmonston | Rod Barnes |
| Town of Herndon Parks & Recreation Dept. | Anarosa Chicas |
| Town of Vienna Bicycle Advisory Committee | Charlie Strunk |
| Transit Services of Frederick County | Mary Dennis |
| Transwestern | Aubriaunna Stafford |
| Tri-County Council for Southern Maryland | George Clark |
| Tysons Community Alliance | Sonali Soneji |
| Tysons Corner Center | Alyssa Brooks |
| U.S. Coast Guard | Kimber Heida |
| U.S. Food and Drug Administration | David Manchas |
| University of Maryland | Aysha Cohen |
| Velocity Bicycle Cooperative | Velocity Coop |
| VIDA Fitness | Chris Beaudry |
| Ward 3 Bicycle Advocates | Ezra Deutsch-Feldman |
| Washington Metropolitan Area Transit Authority | Antonio Rossi |
| Wells + Associates | Marie Cox |
| WHS Transportation Management Program Office | Hugh McGloin |
| Workhouse Art Center | Bryan Lane |