



# BIKE TO WORK DAY 2026

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## Event Overview and TPB Proclamation

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TPB Technical Committee  
April 3, 2026

# Background

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- Bike to Work Day is a regional event co-organized by Commuter Connections (COG/TPB) and the Washington Area Bicyclist Association
- COG staff facilitates Bike to Work Day Steering Committee
- Coincides with National Bike Month and Bike to Work Week
- Celebrates bicycling as a clean, viable, and healthy way to get to work
- Focus on bike commuting aligns with Commuter Connections mission of promoting sustainable and cost-effective commute modes
- First mile/last mile



# Local Pit Stop Events

- Bike to Work Day 25<sup>th</sup> Anniversary
- 107 “pit stops” located within 23 COG jurisdictions
- Participants given a free T-shirt and bike raffle entry
- Most pit stops offer refreshments, other raffle entries, swag, and bicycle literature
- Convoys are led by experienced volunteer bike commuters to help reduce barriers for first-time cyclists



2025 VA Fairfax County - Town of Vienna pit stop

# Ongoing Support for Bicyclists

- Resources and programs for bike commuters
  - Bicycling to work guides
  - Online bicycle route finder
  - Regional paper bike maps
  - CommuterCash Incentive
  - Guaranteed Ride Home
  - Cycling classes



2025 DC NW - West End American College of Cardiology pit stop

# Special Guests and Pit Stop Activities



2025 Prince George's County - Largo/Kettering/Perrywood pit stop

# Marketing Support

**FREE EVENT**  
**BIKETOWORKMETRODC.ORG**  
 REGISTER FOR  
 FREE T-SHIRT\* & BIKE RAFFLE  
 WORKING FROM HOME?  
 BIKE TO YOUR LOCAL PIT STOP & BACK HOME  
 FREE REFRESHMENTS & GIVEAWAYS  
 AT PARTICIPATING LOCATIONS, WHILE SUPPLIES LAST

**BIKE TO  
 WORK  
 DAY 2026**  
**FRIDAY, MAY 15**  
**25TH ANNIVERSARY**

Register for free at  
**BIKETOWORKMETRODC.ORG**  
 800.745.7433

Visit [biketoworkmetrodc.org](http://biketoworkmetrodc.org) for pit stop locations and times.  
 \*T-shirts available at pit stops to first 5,000 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 DOT, MDT, VDOT, and USDOT.

#BTWD2026

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**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  
 2026**  
**VIERNES 15 DE MAYO**  
**25TH ANIVERSARIO**

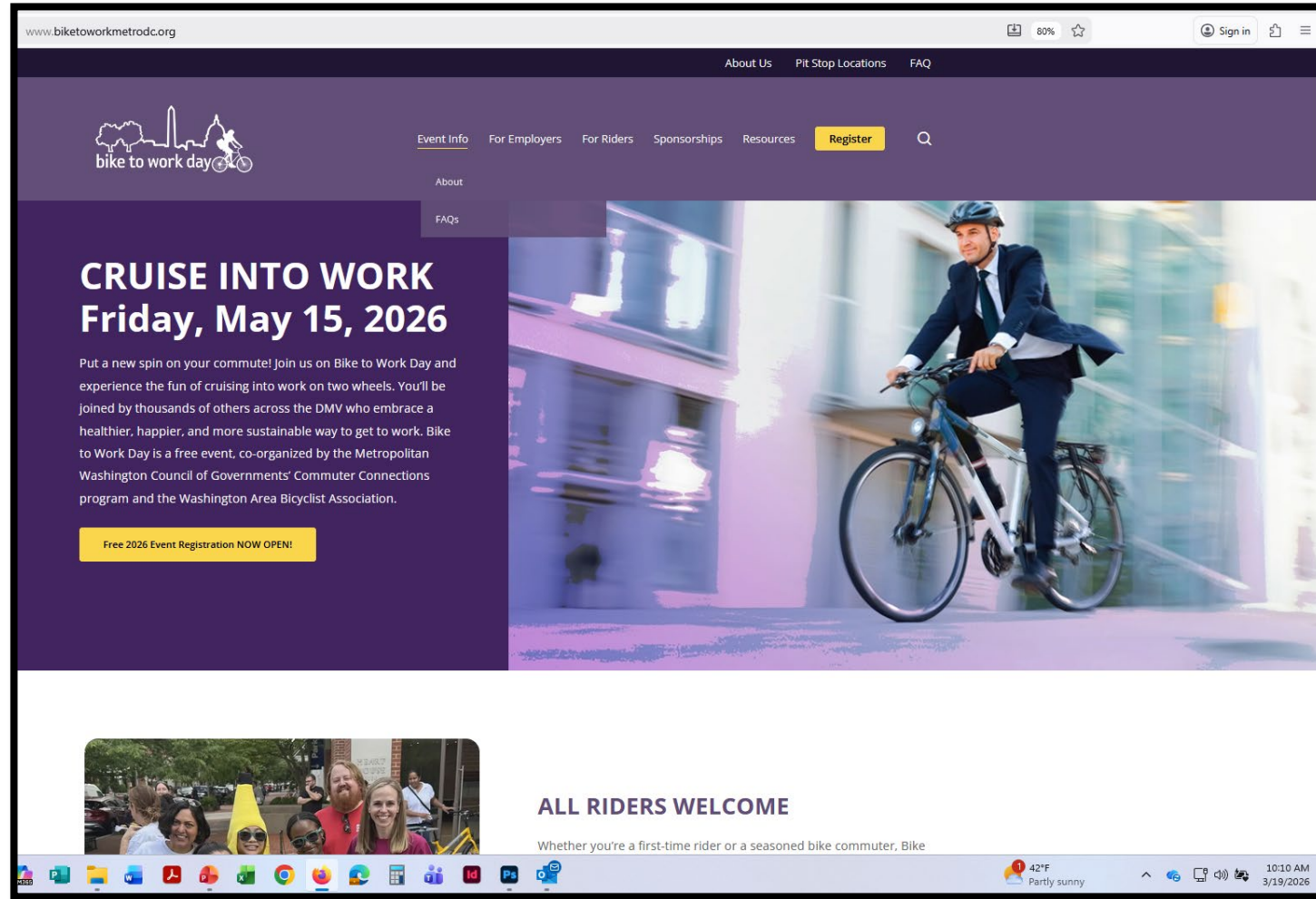
Regístrate gratis en  
**BIKETOWORKMETRODC.ORG**  
 800.745.7433

Visita [biketoworkmetrodc.org](http://biketoworkmetrodc.org) para más información acerca de los paradas  
 localizadas en la ruta y sus horarios. \*Camisetas disponibles en las paradas  
 en la ruta a los primeros 5,000 participantes que se registren. Paradas en  
 la ruta en D.C., Maryland, and Virginia.

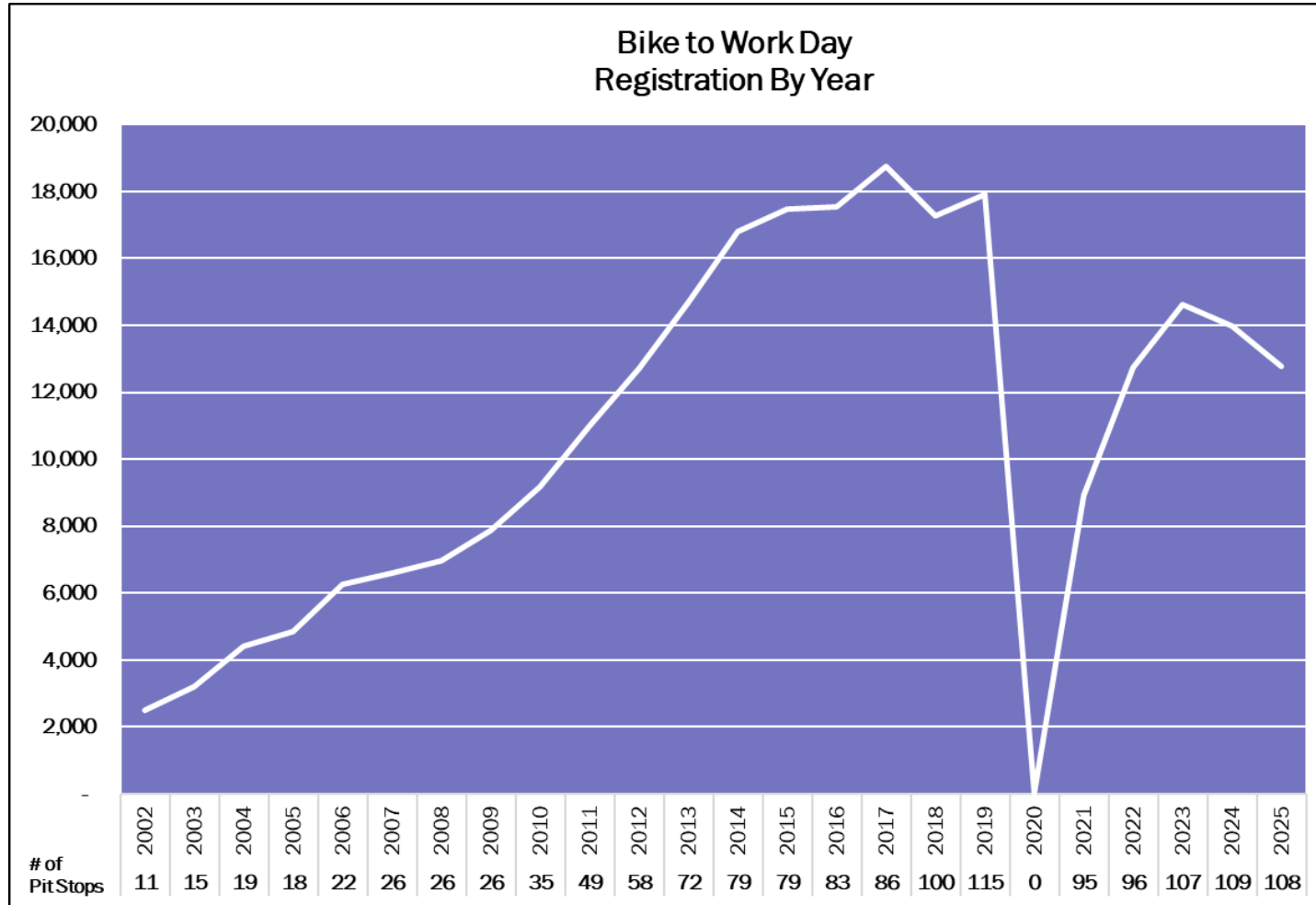
El evento del Día de la Bicicleta para ir al trabajo es un  
 programa de Metropolitan Washington Council of Governments  
 y está financiado por DOT, MDT, VDOT, y USDOT.

#BTWD2026

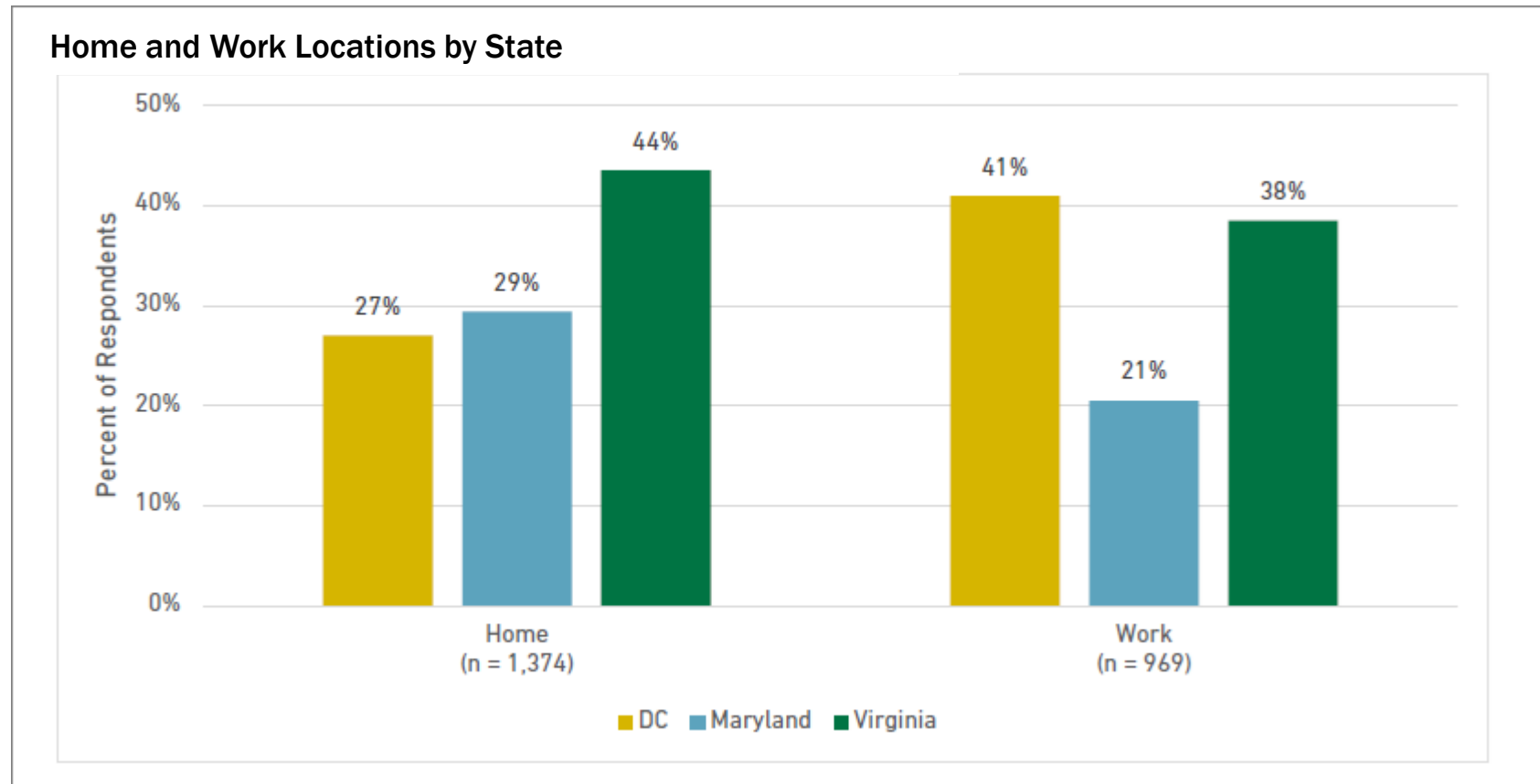
# Marketing Support



# Registration Counts Pre & Post COVID



# BTWD 2025 Participant Survey - Preliminary Findings



Source: Commuter Connections 2025 Bike to Work Day Participant Survey Draft Report

# BTWD 2025 Participant Survey - Preliminary Findings

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## Age

- 33% were 18 to 44 years of age
- 67% were 45 or older

## Bike Ownership

- 93% rode own bike
- 6% rode Capital Bikeshare
- 1% rode dockless or borrowed bike

## Type of Bike

- 86% rode standard pedal bike
- 14% rode electric bicycle

Source: Commuter Connections 2025 Bike to Work Day Participant Survey Draft Report

# BTWD 2025 Participant Survey - Preliminary Findings

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## Distanced Biked

- One-way distance avg of 9.1 miles for event

## Portion of Commute by Bike

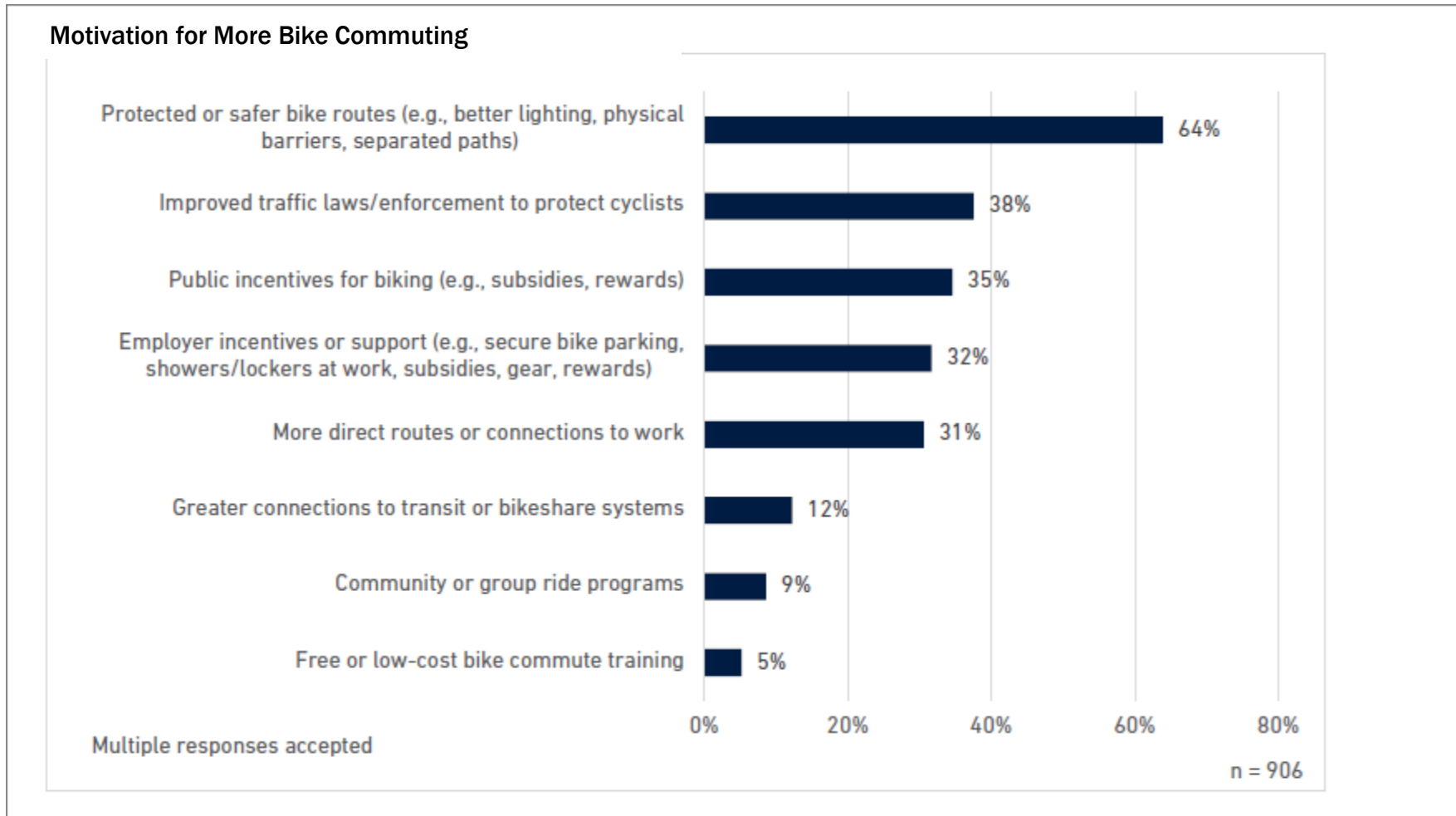
- 76% biked full distance from home to work
- 16% biked to event and back home to telework
- 5% biked part of the trip and took transit for part
- 3% drove to Park & Ride Lot then biked to work

## Results

- 25% started or increased bike commuting after event
- 99% somewhat or very likely to participate again
- 98% somewhat or very likely to recommend event

Source: Commuter Connections 2025 Bike to Work Day Participant Survey Draft Report

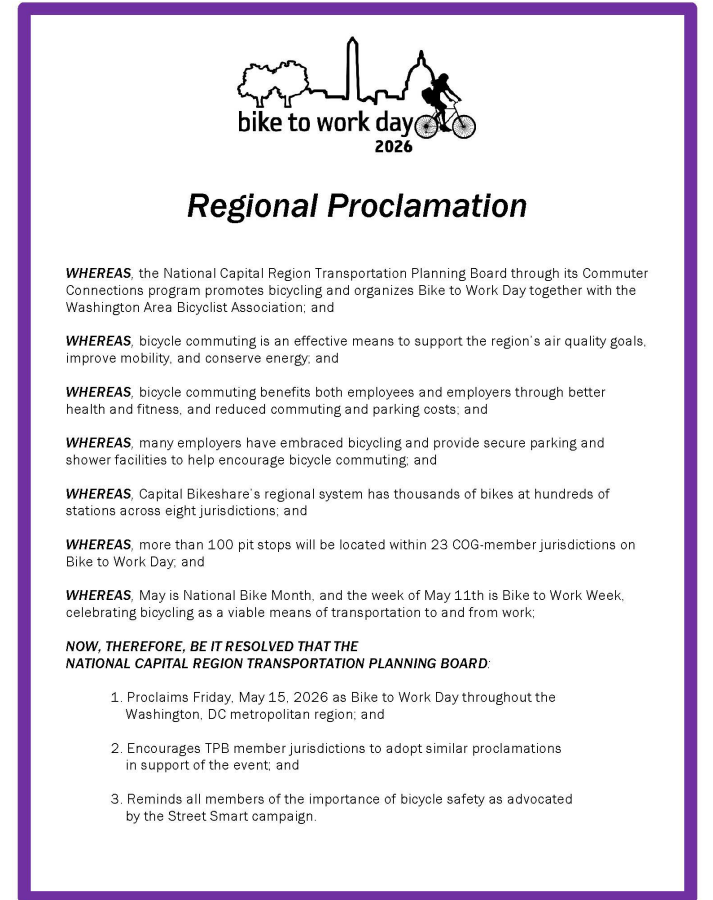
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# TPB Regional Proclamation

- Action item on April TPB agenda
- COG/TPB staff to recommend that TPB proclaim Friday, May 15<sup>th</sup> as Bike to Work Day throughout the region
- Supports regional cohesion by focusing on one regional event date
- Generates awareness for media outlets
- Inspires local jurisdiction proclamations
- TPB members invited to attend local pit stops



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# BikeToWorkMetroDC.org

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