



NEWS RELEASE

Bike to Work Day Offers Everyone Opportunity

"Bike to Work Day creates an opportunity for everyone to re-envision their commutes." – Mayor Michael O'Connor

FREDERICK, MD – May 8, 2018: The City will join the Metropolitan Washington region to celebrate Bike to Work Day, on May 18, with cyclists in the City getting to work without cars, or making a ceremonial ride to raise awareness about carless commuting.

Commuter Connections and the Washington Area Bicycle Association coordinate the event to provide awareness about bicycle commuting and increase participation as a means of transportation. TransIT Services of Frederick County and the City of Frederick will host one of the region's 100 pit stops, at the Frederick Transit Center, on East Street, from 6:30 a.m. until 8:30 a.m. It will feature free refreshments and festivities.

Free registration is open for Bike to Work, whether you intend to make a ceremonial ride in support or go all the way to a job: Visit www.biketoworkmetrodc.org and select Frederick as the pit stop location. For more information about TransIT Services of Frederick County, visit www.FrederickCountyMD.gov/TransIT

The MARC Station, also known as the Transit Center, serves as the arrival and departure site for most TransIT buses, MARC trains, MTA commuter buses, Bay Runner Shuttle and Greyhound. Commuters who are interested in participating in Bike to Work Day, but are commuting out of county, will be able to take their bikes on the 894 MARC Train out of Frederick in the morning and the 893 MARC Train back into Frederick in the evening. Details about the bike car are on the Maryland Department of Transportation website: <https://mta.maryland.gov/content/bike-to-work-day-2018>.

The ceremonial ride begins promptly at 6:30 a.m. at Hood College, goes to City Hall and ends at the Frederick Transit Center.

On May 9, during the mayor and Board of Aldermen workshop, Mayor Michael O'Connor will proclaim May 14-18 Bike to Work Week.

"Anything we can do to support biking to work – and other alternatives to single-occupancy automobile commuting – is a worthwhile initiative," O'Connor said. "Bike to Work Day creates an opportunity for everyone to re-envision their commutes, whether their personal motivation comes from helping the environment, saving money or choosing a healthy alternative."

TransIT Services offers commuter resources for those interested in using alternative transportation, including public transit, paratransit and commuter assistance services to Frederick County residents and area commuters. TransIT offers bicycle racks on many connector buses to make biking to work easy and inexpensive.

Commuter Connections and the Washington Area Bicyclist Association encourage everyone to participate May 18, prepare for the event and learn more about bike commuting. For tips on bicycling to work, check out the "Bicycling to Work in the Washington Area" available through Commuter Connections at: www.commuterconnections.org/commuters/bicycling/.

Local participants May 18 will be treated to food from Krispy Kreme and The Common Market, and coffee from McDonalds, music from KEY103, remarks from local dignitaries, and a chance to win prizes from The Bicycle Escape, Glory Doughnuts, Cycle Fit and Wegmans.

All registered bike riders will receive free rides on TransIT Connectors and shuttle routes. All TransIT buses are equipped with bike racks for multi-modal transportation. On Friday, May 11, an early registration party will take place 5-8 p.m. at The Bicycle Escape, 7820 Wormans Mill Road, Frederick. Participants are encouraged to stop by for early T-shirt pick up, bike tune ups, and free refreshments.

For questions about Frederick's Bike to Work Day, contact Tim Davis, at 301-600-1884, or email tdavis@cityoffrederick.com.



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