

Participate in the 2018 Bike to Work Day

Support bicycle commuting at NIH by participating in the D.C. Area Bike to Work Day (BTWD) on May 18, 2018. Visit the [D.C. Area BTWD website](#) to register and enter your employer as the “National Institutes of Health.” The first 20,000 participants who register and attend BTWD will get a free T-shirt and be entered into a raffle for a new bicycle. The T-shirts for the NIH employees who are among the first 20,000 registrants will be available at the BTWD pit stop in front of Building 1 on May 18, 2018.

NIH employees should make sure to select an appropriate pit stop during the registration process based on their travel route. The following pit stops may be convenient based on their proximity to NIH campuses:

- (1) NIH Building 1 from 7:00 AM – 9:30 AM.
- (2) Rock Springs Business Park (Marriott HQ) from 6:30 AM – 9:00 AM.
- (3) Rockville-Falls Grove (near NCI Shady Grove) from 6:30 AM – 8:30 AM.

There are many other pit stops located throughout the D.C. area, which can be [viewed here](#). The pit stop at Building 1 on the Bethesda campus will act as a major hub for NIH BTWD participants and will host many activities. There will be tables in front of Building 1 with food and drinks. Additionally, Dr. Collins is scheduled to make the ride and will be giving a short address at Building 1 around 8:00am. A bicycle mechanic will be at Building 1 to assess and make adjustments to participant’s bikes. There are also bicycle repair kits for fixing flat tires stationed throughout the Bethesda campus.

Please consider joining NIH for the 2018 Bike to Work Day! All information for veteran and first-time bikers can be found on the [D.C. Area Bike to Work Day website](#).