

Join the NIH for Bike to Work Day!

The NIH community has a strong history of supporting alternative methods for commuting to work. Many staff members take advantage of public transportation, electric or hybrid vehicles, and bicycling for their daily commute. Biking is an especially strong alternative to traditional commuting due to its health benefits and near-zero emissions.

The NIH will again participate in the Washington D.C. area Bike to Work Day event, which will occur on Friday, May 17. This year's Bike to Work Day includes 115 "pit stops" spread across D.C., Maryland and Virginia for bikers to use on their commute to work to grab refreshments and free goodies! The first 20,000 Bike to Work Day participants to register and attend their designated pit stop will get a free t-shirt! Bike to Work Day also features commuter convoys led by experienced bicycle commuters and a raffle to win a new bicycle.

The NIH pit stop will be located outside of Building 1 from 7:00am to 9:30am. NIH staff that are interested in participating are encouraged to [register for Bike to Work Day](#) and designate "National Institutes of Health - Building One" as their pit stop. There are a few other pit stops that may be of interest to NIH staff at other locations, such as the "Rockville Falls Grove" stop near NCI Shady Grove and the "Rock Springs Business Park" stop near the Rockledge buildings. A complete map of pit stops can be found on the [Bike to Work Day website](#). We hope to see you at Bike to Work Day!