

2019 Bike to Work Day Recap

In our May issue, we mentioned the NIH was again participating in the D.C.-area Bike to Work Day. The event occurred on May 17, 2019 and enjoyed great weather! The NIH hosted a pit stop in front of Building 1 that offered food and drink refreshments, t-shirts, a bicycle repair station and a prize raffle. These activities were sponsored by the NIH Bicycle Commuting Club, the NIH R&W, the NIH Federal Credit Union, the Washington Area Bicyclist Association and a few local vendors.

Prior to the event, 566 NIH staff had registered for the 2019 D.C.-area Bike to Work Day. This made the NIH the largest employer in this year's event in terms of total registrants, continuing a streak that began in 2005. A total of 315 NIH staff members attended the pit stop at Building 1, representing 26 of 27 Institutes and Centers. These participants combined to bike a total of 3,678 miles during their commutes on Bike to Work Day, which represents a 1.32 metric ton (CO₂ equivalent) reduction in greenhouse gas emissions. The single longest commute among Building 1 participants was over 20 miles each way, which shows an extreme level of commitment to Bike to Work Day!

All Bike to Work Day participants at the Building 1 pit stop were asked for their opinion on ways to increase bicycle commuting on the Bethesda campus. The most frequent answers, in order, were:

- creating more/better bike lanes
- installing more showers
- controlling the weather
- creating more/better bike trails
- making the campus roads safer for bicyclists
- installing more lockers

While we have relatively little control over the weather (!), the rest of these suggestions are being considered for future alterations to the Bethesda campus. We would also like to make sure everyone is aware of the current amenities already available on campus. For example, there are already over 40 shower stations on the Bethesda campus, along with over 550 lockers. The full list of shower and locker locations on the Bethesda campus can be found [here](#), along with similar information for the 6100 Executive Boulevard, Executive Plaza South and Rockledge buildings. There are also bicycle repair kits installed in 8 parking booths around the Bethesda campus.

The 2019 Bike to Work Day was a great success at the NIH and we look forward to many more to come! For more information on bicycle commuting at the NIH, please visit the [ORS Bike Program webpage](#).