

2021 Bike to Work Day

The Washington, D.C. area is celebrating its 20th Bike to Work Day on May 21, 2021! Due to the COVID-19 pandemic, the NIH will not be hosting the pitstop that has traditionally been in front of Building 1. However, there will be over 100 pit stops spread throughout Washington, D.C. and the surrounding areas of Maryland and Virginia. Bikers can register for a specific pit stop and then ride there on Bike to Work Day to receive a free t-shirt and refreshments. You can register here:

[Bike to Work Day Registration Site](#)

Pit stops are staggering arrival times this year to make it easier to practice social distancing. When registering this year, riders must select a check-in time for their pit stop. Registrants will also be asked to provide information about their employer. The NIH has a strong history of participation with Bike to Work Day and we look forward to this continuing again in 2021!

Biking to work helps reduce the production of greenhouse gases and other air pollutants, while also providing great exercise. The combustion of fossil fuels that powers automobiles produces carbon dioxide, nitrogen oxides (NO_x), particulate matter, and unburnt hydrocarbons.¹ Nitrogen oxides and unburnt hydrocarbons react in the presence of sunlight to form harmful ground-level ozone.² Particulate matter, especially particles less than 2.5 microns, have been linked to respiratory and cardiovascular diseases.³ Carbon dioxide is one of the most significant greenhouse gases and contributes heavily towards climate change.⁴ Biking instead of driving helps lessen each of these harmful effects. You can start making a difference by participating in Bike to Work Day!