

2022 Bike to Work Day

The D.C. area Bike to Work Day will happen this year on May 20, 2022. Bike to Work Day presents an excellent opportunity to get a little exercise, prevent some greenhouse emissions and enjoy the warmer weather. Bike to Work Day is organized by Commuter Connections and the Washington Area Bicyclist Association. This event is open to all NIH staff that commute to the D.C. area, whether you are an established cyclist or a first-time bicycle commuter.



The NIH has typically featured strong support from its staff for Bike to Work Day. In fact, the NIH won the last Bike to Work Day Employer Challenge in 2019. A pit stop will be set up on the Bethesda campus at Building 1 for staff participating in the 2022 Bike to Work Day event. To register for the event, please visit the [Bike to Work Day website](#). The Building 1 pit stop is listed as “MD Montgomery Co National Institutes of Health Bldg 1.” Registrants will be able to pick up their T-shirt at Building 1. For more information regarding the activities, visit the [NIH Bike Club website](#).

There are a large number of pit stops spread around the D.C. area that may also be options for commuters. For example, a pit stop midway between your home and work could be used for refreshments. There are also a few pit stops near other NIH campuses, such as the pit stop “MD Montgomery Co Rockville – Falls Grove Village Center” near the Shady Grove campus. A full list of pit stops are available during the registration process.