

How Much Can Biking Help the Environment?

The 2022 Bike to Work Day was held on Friday, May 20, 2022. The NIH hosted a pit stop outside Building 1 on the Bethesda campus for employees that participated in this D.C.-area event. A few data points are collected from the participants that check-in at the pit-stop, such as the distance of their commute, the frequency they commute by bike, etc. Here is some information provided by the Division of Amenities and Transportation Services (DATS) from the Building 1 Bike to Work Day pit stop:

- 286 total registrants for the pit stop
- 139 people checked in during the event
- 1,422 miles ridden collectively
- 36 miles was the longest ride (tied by 3 people)
- 8 miles was the median commute
- 10 miles was the average commute
- NCI had the most unique riders

These figures can help determine the impact of biking to work at the NIH. For example, in a single day, 139 people rode a total of 1,422 miles, which saves approximately 1,085 lbs. of greenhouse gas emissions. Given the limited timeframe and number of participants, biking to work could have a major impact towards reducing greenhouse gas emissions from the NIH. It is also worth noting that half of the commutes were 8 miles or less. That distance likely requires around a half-hour or less of commuting time, while also providing a means for exercise. We encourage all NIH staff to find a way to incorporate biking into their commute or other parts of their lives.