



Virginia Department of Rail and Public Transportation



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## Virginia Celebrates Bike to Work Week May 14-18

Virginia Department of Rail & Public Transportation sent this bulletin at 05/10/2018 08:54 AM EDT

### FOR IMMEDIATE RELEASE

#### Department of Rail and Public Transportation

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#### Virginia Celebrates Bike to Work Week May 14-18

*~The Commonwealth Encourages Employers and Employees to Explore the Numerous Advantages of Biking to Work~*

**RICHMOND-** The [Virginia Department of Rail and Public Transportation \(DRPT\)](#) encourages Virginians to participate in Bike to Work Week May 14-18, 2018. Bike to Work Week encourages people to utilize biking as an alternative to driving alone to work.

"The Commonwealth is committed to promoting alternative commuting options to help decrease roadway congestion," said **DRPT Director Jennifer Mitchell**. "Biking to work offers not only an enjoyable commute but also encourages citizens to try alternatives to driving."

Bicycling to work provides numerous advantages to employees and employers. By biking at least one day to work, riders can cut costs on parking, gas, and wear on their vehicles. In addition, biking instead of driving reduces pollution and improves air quality. It is also associated with massive health benefits as commuters who cycle have a lower risk of developing cardiovascular disease and diabetes.

"In addition to the hundreds of miles of bike lanes and trails across Virginia, multiple cities, counties, and universities have bike share programs. There are also many resources available for commuters biking to work, including bike racks at most park and ride lots and on many transit services," continued Mitchell.

In addition to Bike to Work Week, DRPT is also celebrating Bike to Work Day on Friday, May 18. Many cities, towns, and counties across the state will be holding Bike to Work events, including Northern Virginia, Harrisonburg, Loudoun County, Prince William County, Roanoke, and Staunton. Visit [BiketoWorkVA.org](http://BiketoWorkVA.org) for more information on statewide initiatives celebrating Bike to Work Week. For a list of upcoming events, head to the [Events Calendar](#).

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**About the Virginia Department of Rail and Public Transportation**

DRPT's mission is to improve the mobility of people and goods while expanding transportation choices in the Commonwealth through rail, public transportation, and commuter services. DRPT is committed to ensuring that no person is excluded from participation in or denied the benefits of its services on the basis of race, color, or national origin as protected by Title VI of the Civil Rights Act of 1964.