

## Cyclists get “Back in the Saddle” as region celebrates Bike to Work Day Sept. 22 marked 31st year for annual event

**FOR IMMEDIATE RELEASE (Denver, CO):** In a year that underscored the importance of health in our communities, Denver area commuters showed their spirit as they rode their bikes to work, to school, to run errands or to visit one of many Bike to Work Day stations in the region. The 31st annual Bike to Work Day event held Sept. 22 encouraged cyclists to get “Back in the Saddle” to show that biking is a safe and healthy outdoor activity. This year’s Bike to Work Day highlights include:

- 19% of registrants are first-time riders
- Nearly 5,000 Denver area residents registered and pledged to ride
- Preliminary returns estimate approximately 8,000 people participated overall
- 125 stations across the metro area
- The first group cyclist parade from Skyline Park to Civic Center Park

“The people I talked to were so excited we’ve brought back an in-person Bike to Work Day celebration,” said Nisha Mokshagundam, the Way to Go Program and Marketing Manager. “We couldn’t have done this without our partners in the region. It took a team of hard-working organizers to make this happen!”

Bike to Work Day is a free, fun annual event focused on encouraging people to try out commuting by bike. Each year, the Way to Go program at the Denver Regional of Council of Governments (DRCOG) organizes the Bike to Work Day event with help from member governments and organizational partners in the metro region.

Bike to Work Day is typically held in-person the fourth Wednesday of every June, but DRCOG and the Way to Go team postponed this year’s celebration until September because of COVID-19 considerations. With the ongoing concerns surrounding the pandemic, the Way to Go team took seriously the health and safety of riders on Bike to Work Day. Each station organizer was encouraged to follow local health guidelines, in addition to ensuring safe practices are in place, such as social distancing and providing only pre-packaged refreshments.

Each Bike to Work Day, organizers encourage commuters in the Denver region to bike to work, helping them save money on their commutes, improve their health and lower stress levels — all while reducing traffic congestion and improving air quality.

More information about the 2021 Bike to Work Day can be found online at [BikeToWorkDay.co](https://BikeToWorkDay.co).

**ABOUT WAY TO GO:** Way to Go is a program of the Denver Regional Council of Governments (DRCOG). DRCOG is a planning organization where local governments collaborate to establish guidelines, set policy and allocate funding in the areas of transportation and personal mobility, regional growth and development and aging and disability resources. For more information, visit [WayToGo.org](https://WayToGo.org).

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