

**REGISTER
NOW**

October 12 - 30, 2026

WALK & RIDE



**Round up your co-workers! Name your team!
Weekly winners & prizes!**

PUT A LITTLE STEP IN YOUR COMMUTE & WIN PRIZES!

The North Bethesda Transportation Center (NBTC) challenges you to "Put a little step in your commute!" and enter in the 2026 Walk & Ride Challenge! Join other North Bethesda companies and employees as we encourage everyone to get out of their car and get walking. The Walk & Ride Challenge is a fun way to compete against other area businesses over a three week period. Get your team of 3 to 5 people together, onsite or remote, and register online at nbtc.org. Each week, participants walking 10,000 steps will be entered into a drawing for gift cards! There will be weekly prize opportunities announced during the Challenge. Each member of the three top teams will receive gift cards!*

LET'S SEE WHICH TEAM RECORDS THE MOST STEPS!

Register for free at nbtc.org!

North Bethesda Transportation Center / 6701 Democracy Blvd, Suite300, Bethesda, MD / 301.770.8108



*The NIH is not affiliated with, nor does it endorse, any prizes associated with the event.