In a survey conducted by the Northern Virginia Department of Transportation:

- Of the 600 participants surveyed, 65 percent reported they bike to work once a week or more.
- The average distance of commute for bicyclists in our survey area was 5.3 miles.
- The average time for the trip was 23 minutes.
- Distance and added trip time were not factors in determining bicycling as a mode choice.
- In one trip, bicycling commuters prefer to use their bike as the sole means of transportation to and from work, rather than combining with other travel modes such as auto, bus or metro.
- The NoVA VDOT bike locker program was well-known in about 14 percent of those surveyed.
- Bicyclists consider unsafe bicycle routes as the number one obstacle to their commute.
- Attitudes of motorists and roadway/trailway infrastructure are main areas commuting bicyclists see as needing improvement(s).