

Running Wild is GREEN!



Here's how YOU can help!

Please **bring your own reusable water bottle** labeled with your name and place it in a cooler near the finish line.



Water

Did you know manufacturing bottles to meet America's demand for bottled water uses more than 17 million barrels of oil annually, enough to fuel 1.3 million cars for a year? Help us save at least 180 water bottles at Running Wild!

Limited disposable water bottles. Bring your own labeled re-usable water bottle.

Re-fill station for water bottles saving at least 180 disposable bottles .

Providing *limited* disposable water bottles, and asking you to refill them, (instead of taking more than one disposable water bottle).

Registration

Re-usable mini-trash bags for Goodie bags are designed as trash bags for your car.



T-shirts

Did you know it takes 650 gallons of water to grow the cotton to make one t-shirt?

Option to opt-out of T-shirt, and *limited* T-s ordered for on-site registration purchases.

Volunteer Ts washed and re-used for future events.

On the Course

Course signage, flagging tape, event yard signs, re-used each year.

No spray PAINT on the course only spray chalk-sparingly- which washes away. Roots are NOT marked. This limits the aesthetic disruption to the park.

Partnering with local organizations to borrow finish arch and coolers, etc.

Local companies utilized for flyers, signs, t-shirts reduces carbon impact from shipping .



Post-race Gathering

Recycling of paper and plastic.

Composting food waste.

Homemade cookies and breads with gluten- free options.

Recycling of aluminum serving trays, and re-use of food racks.

Nature medals, medallions, Bendix Woods maple syrup, and prizes

for 3K walk made by local volunteer crafters.