

RUN ORANGE, LIVE GREEN

Whether you're out for a leisurely jog or racing for a personal record, running is enjoyed best with clean air and a healthy environment. That's why the ING Hartford Marathon is committed to becoming as clean and "green" as possible.

One important goal of the ING Hartford Marathon is to reduce its carbon footprint and promote, educate and encourage all participants, volunteers and spectators to do the same.

Here are just a few examples of why the ING Hartford Marathon is being recognized as a model in the Council for Responsible Sports' pilot program and earning a reputation as an environmental leader:

- Participants receive reusable non-woven drawstring goodie bags, eliminating the waste of more than 10,000 plastic bags.
- The ING Hartford Marathon's participant food menu reflects both in-season, locally-grown foods as well as 100% organic favorites from Whole Foods Market.
- **Our green partner, United Technologies Corporation, designed and built a 40-person water bubbler for the finish line. This innovation will save 10,000 plastic bottles from the local landfill each year.**
- Our title sponsor, ING, will plant 26 trees along the race course as part of its global ING Plant-a-Tree Campaign. This will not only make the course greener, but will help support Hartford's urban forest and keep our air cleaner year-round.
- Our race merchandise is made of bamboo, the water cups are recyclable and made of sugar cane, and all materials were planned with a pre-cycle outlook to minimize paper use. (Take note: We're printing this message on the back of your race bib!)

We encourage everyone to do their part. Here are some ways you can help:

1. Car pool or bike to the race. Better yet, try occasionally running or cycling to work!
2. Use refillable water bottles when you're exercising.
3. Recycle old running shoes through shoe recycling programs, available across the country.
4. Hold onto those wrappers! Dispose of in clearly marked containers along the course.
5. Buy sports drinks in bulk to conserve on packaging and recycle those bottles.
6. Seek out events that make an effort to be more green or raise money to support environmentally friendly causes.
7. Carpool to events when possible.

Visit <http://www.inghartfordmarathon.com> (Community/Run Green) to find out more ways you can help.

