



The Toughest Race in Eastern North America is going Green

The Cape to Cabot race committee has taken the **Pledge of Sustainability** as developed by the **Athletes for a Fit Planet** organization to become Newfoundland and Labrador's first ever green athletic event. We have joined the ranks of prominent races such as the Marine Corps Marathon, Seattle Rock-n-Roll Marathon, and USA Triathlons to reduce our impact on the planet.

To meet the standards of a "green" event, the race organizers have taken hundreds of measures to make the Cape to Cabot race as environmentally friendly as possible. Here are just a few great features of our green event:

Reduce

- Online registration & electronic correspondence only - no paper in race kits
- Metrobuses to take all runners to the start and shuttles to/from finish area for spectators and participants
- Snacks distributed from bulk trays – not individual bags

Reuse

- Donations of running shoes collected for the Association for New Canadians at Race Expo
- Reusable tote bag for race kit contents & permanent chips used for timing
- Green reception with recycle containers, reusable dishes & linens, and leftover food donated to food bank

Recycle

- Banana peels composted by a local farmer
- Recyclable cups, juice boxes
- Flyers used to notify residents along the race route made from 80% recycled materials
- Bin provided to recycle race bibs
- City of St. John's bringing recycling truck to the finish line on the morning of the race

Please join us in raising awareness of how a large-scale event can successfully become more environmentally friendly. For more information on the Cape to Cabot 2010 Green Race – please visit our website at <http://capetocabot.com/greenrace.html> or contact the individuals listed below.

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