

The Nanticoke River Swim and Triathlon is pursuing “green certification” status with the Council of Responsible Sport. To be certified green we are striving to attain the following objectives:

I. To Reduce Waste and the materials ending up in our local Landfill:

- 1.) Recycle all plastic water bottles, aluminum cans & metal, paper, and cardboard with Delmarva Recycling - a local recycling company.
- 2.) Compost all food scraps and all kitchenware, which will be of compostable material.
- 3.) By recycling and composting all possible materials, we hope to limit trash going into the landfill to 2 lbs/participant.
- 4.) Since we will be recycling and composting as much as possible we hope to see a reduction in the waste stream of at least 10% over last year’s event.

II. To limit factors affecting Climate Change by reducing greenhouse gas emissions:

- 1.) We are providing information on a car-pooling website: (www.pickupal.com)
- 2.) We will achieve this by supplementing our support vehicles with two Toyota Prius, bicycles, kayakers, and surfboards. This strategy will result in more than half of all support vehicles with reduced or zero greenhouse gas emissions.
- 3.) We will also offset all participant travel by obtaining carbon credits x 2. Over eighteen Tons of CO2 emissions were offset by locally generated solar energy credits. The credits were generated from the solar panels on an Eastern Shore business [Delta Sales](#).
- 4.) Another way we have reduced GHG emissions is to move the location for the packet pickup from the race site to the in town YMCA location. This will on average reduce redundant travel for all participant.
- 5.) Climatic conditions are also being affected by our purchasing decisions. We will be providing vendor services through a locally owned - “3 Star Green Certified Restaurant“, **Common Grounds Café**. This café is also a “Fair Trade Coffee House” which will be selling Fair Trade Coffee through Equal Exchange (<http://www.equalexchange.coop>). This helps our environment by supporting small farmer co-ops which grow organic crops and maintain sustainable growing methods.
- 6.) We will also be limiting the waste of fresh water. Only 2-3% of all water reserves on Earth is fresh and most of that is frozen in the polar ice caps. By using portable ‘restrooms’ we will be saving thousands of gallons of fresh water and reducing the impact on the local environment of thousands of flushes on the Marina’s ecosystem.

III. Environmental choices for equipment and materials:

- 1.) We will reuse existing equipment by borrowing or renting the following: bike racks, timing system, all support vehicles
- 2.) To reduce wastage, we are allowing all participants the option of opt-ing out of receiving a t-shirt.

3.) The finisher metals will be designed and manufactured using recycled and scrap metals by a local metal fabrication shop, [Miller Metals, Inc](#)

IV. Community & Outreach:

1.) Our event supports the [Cedar Hill Marina](#), a public-use asset, through our rental fees. In addition, it allows us the opportunity to highlight that this marina is a [Department of Natural Resources Certified Clean Marina](#). The Maryland DNR [provides information](#) about Cedar Hill Marina and their designation.

Additionally, our committee and volunteers spend hours cleaning up the grounds of the marina in preparation for race day, . Parking lots are swept out to provide a clean surface for transition areas, and in turn help the Parks to get rid of the unsightly leaves and debris that have collected in those areas over the winter. We maintain the mindset of turning the facilities back over in better shape than what we received it to help keep this Clean Marina beautiful for other users.

2.) Another Community enrichment provided by this event, are the five local charities which receive the proceeds. The charities are: the Blazeman Foundation for ALS, the Erin Drew Foundation, Mid-Delmarva YMCA Water Safety Education Program, the Leukemia &Lymphoma Society, and Women Supporting Women.

3.) We have made sure that the community is well represented in the organization of this event with over half of the organizing committee living or working within 20 miles of the event.

4.) Participants, spectators, and volunteers will be asked to take part in sustainable practices every time they recycle a water bottle, place a compostable cup or scrap of food in the compost bin.

V. Health Promotion:

1.) We will offer youth oriented triathlon for ages 17 and under. This will help to promote healthy habits at an earlier age.

2.) Beginners will have the option of participating without having to endure the whole triathlon. There is a team relay event which allows one person to complete only one of the three legs of the race.

3.) Finally, to gauge our effectiveness in our endeavor, we will be sending follow-up email surveys to all participants.