10 + 1 steps to take to become a greener runner:

1. Run or walk more, drive less—run or walk errands, or run or walk to work.

2. Bike or carpool to races or group training runs.

3. Drink less bottled water—drink tap water or use a water filter.

4. Carry water in a reusable aluminum or stainless steel bottle.

5. Pick up litter while you run or walk.

6. Encourage your training group to help keep your training routes green.

7. Support healthy community initiatives that encourage fitness.

8. Only do full loads of laundry, wash with cold water and hang clothes to dry.

9. Buy locally grown and organic produce.

10. Buy Eco-friendly running apparel.

11. And, encourage race directors to make their events more environmentally responsible. Refer them to http://www.councilforresponsiblesport.org/engage/get-engaged-and-make-your-event-a-model-of-responsible-sustainable-sport-2 for help getting started.