

# \*SPECIAL GREEN ISSUE

# RUNNER'S<sup>®</sup>

WORLD

NOVEMBER 2008

## Get Fit Faster

**3** Speedy Workouts

**15**-Minute Meals

**10** Tricks For  
Staying Motivated

## Bounce Back From Any Race

How to Rest, Recover,  
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## THE RULES OF FUEL

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## The Runner's Footprint

Our Surprising  
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Innovative Gear,  
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30 Ways to Be  
A Greener Runner

← **BETTER THAN HEMP**  
Jog bra and shorts made  
with recycled polyester.  
Socks made from organic  
merino wool. Shoes have  
a biodegradable midsole.  
More green details inside.



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RUNNING MAGAZINE



# Running the Numbers

No one has ever analyzed our full impact on the climate—until now BY JASON STEVENSON

**W**e've always thought running was an inherently green activity. At its simplest, it requires little gear or travel. But since things aren't always simple, how do you determine the *exact* impact of a runner? To find the answer, we surveyed readers, collected data on the behavior of runners, and asked industry experts to quantify the impacts

of various activities. Then we calculated the annual carbon output of a typical runner. For added measure, consultants at the Portland, Oregon-based Bonneville Environmental Foundation vetted our math. The final tally (all numbers below represent pounds of CO<sub>2</sub> emitted) offers hard proof that our travel habits have far more impact than our running habit.

