

ECOTIPS

for the **FREDERICK MARATHON** participants

Dear fellow runners,

Please respect the environment and cultural heritage of Frederick as follows;

1. Bring your own water bottle and use it to reduce the trash on the course.
2. Leave nothing but your footprints on the course.
3. Express your gratitude and respect by greeting, “Thank you ” to volunteers, first aid personnel, course marshals, police officers and spectators.

ECOTIPS

10 small steps in your EVERYDAY LIFE to make a BIG difference

1. Respect nature and cultural heritage to enrich the diversity of our Planet.
2. Use less water and detergent as possible to protect the environment.
3. Bring your own tote bag for grocery to reduce plastic or paper bags.
4. Walk, run or cycle for shorter distance instead of driving cars or trucks.
5. Choose environmentally responsible products smartly when you buy or rent.
6. When you drive a car, shut off the engine when you stop for extend periods.
7. Set moderate temperature in your house or car to conserve the energy.
8. Buy or cook minimum amount of foods to reduce the waste of grocery.
9. Recycle clothes, furniture, bottles, cans and papers for the conservation.
10. Leave nothing but your footprints on streets, trails, fields and beaches.