

Goyt Valley Striders Guidance on Sustainability

Everything we do leads to an impact on the environment, even something as simple as running. In this time of climate and environmental crisis, it is imperative that we, as a club, do as much as we can to reduce our impact and work to inspire individual members and others to do the same. It is, however, important that we find a balance between participating in a healthy sporting activity and being more sustainable.

The primary sources of environmental impact are when participating in running activities are:

- carbon emissions from transport
- erosion and disturbance of wildlife
- the consumption of resources
- the production of waste

**Goyt Valley Striders aim to reduce the impact from these sources
when organising or taking part in club activities.**

Why do we need to consider these things? Here are a few facts and figures...

- An average diesel car emits 171 gms CO₂ per km. A round trip of 100km would emit 17.1 kg so having four people in the car would reduce each person's emissions to 4.3kg.
- Participant travel can be 90% of an event's carbon footprint.
- Meat and dairy use 83% farmland yet produce only 18% of our calories.
- Becoming vegetarian equates to taking a small car off the road. Becoming vegan reduces your food related emissions by 70%.
- 300 million pairs of trainers get put into landfill each year in the UK and each pair will take 1000 years to decompose.
- 235 million items of clothing are put into landfill in the UK each year and 95% of them could be recycled.

Source "We can't run away from all this" by Damian Hall – winner of The Winter Spine race. Vertebrate Publishing October 2022. Worth a read!

Guidelines

Club internal activities – training runs, members only races, socials, away runs and away weekends

- Carbon emissions from transport should be minimised by encouraging walking or running to the venue, cycling, use of public transport and car sharing.
- Club events should not cause excessive erosion or disturb wildlife.
- The use of single use items (eg plastic cups or bottles) should be avoided.
- Provision of plant-based food as well as vegetarian and meat options should be provided where possible.
- Waste should be minimised and then recycled where possible.
- In the case of away runs and away weekends, in addition to the above, organisers should consider the distance to travel and frequency of the events to give a balance between opportunity to run in new places and environmental impact.

Championships

When selecting championship races, relevant committee members should:-

- Support organisers who are attempting to improve their event's sustainability.
- Have a majority of events fairly local.
- Consider the distance involved and reduce the number of times the club attend non-local races.

In addition:-

- Encourage members to run or walk to events, cycle, use public transport or car share. If a large number of people are attending a distant event, consider hiring a mini-bus.
- Prizes that are awarded for the championships should be something that people will use – food & drink or vouchers for local businesses.

Club races open to all

Race Directors should:-

- Consider ways of reducing the number of cars at an event. Possibilities might include:-
 - Building a transport premium into the race price and then offer discounts/vouchers to those who travel sustainably to incentivise cycling, walking, running and car sharing. Ensure there is an area to lock up bikes.
 - Scheduling events to allow people to make use of public transport and perhaps provide transport from the railway stations. For example, races on a Sunday morning are not usually possible by public transport. Ensure race information includes proximity to nearest train stations or bus stops.
- Work with local landowners and/or environmental organisations to ensure race routes do not cause erosion of sensitive areas nor harm local wildlife.
- Use re-useable signs and marshals to ensure people follow the right route. If more marking is required, source bio-degradable tape. Do not use plastic tape or flags. Remove signage within 24 hours, but preferably as soon as the event closes.
- Prizes that are awarded should be something that people will use – food & drink perhaps or vouchers. You might consider supporting local businesses.
- Do not provide goodie bags or any other 'prize' for all finishers (T-shirts and medals for example)
- Do not provide single use cups or plastic bottles and advertise that people will need to bring their own drinks containers for water. Consider a bottle storage area with bottles stored in race number order.
- If providing event catering, provide plant-based food as well as vegetarian and meat options. Try where possible not to use single use items and if this is absolutely necessary use only biodegradable products (paper plates/cups and wooden cutlery) and recycle.
- Advise participants anyone seen deliberately littering will be disqualified from the race.
- Use online entry systems to avoid unnecessary printing of entry forms.
- Avoid paper-based advertising.
- When promoting our races, include information about our plans to become more sustainable and talk about this at race and marshal briefings.

GVS attendance at other races

Groups of members often attend other races together. Members involved are encouraged to follow guidelines above as if it was a GVS club event, particularly when it comes to reducing carbon emissions from transport.

Other actions

- A positive view of the club's work to reduce its environmental impact should be promoted at events and through social media whenever possible.
- The club will organise an event, at least annually, to enable members to make a positive environmental impact to the local community (litter picks, tree planting, invasive species removal, peatland protection etc)
- The club should get involved with events promoted by other environmental groups eg Derbyshire Wildlife Trust, Sunart and consider other ways it could improve the local environment.
- The club should support (and encourage individual members to support) other organisations and businesses that have meaningful sustainability policies to reduce the environmental impact of running eg Thomas Theyer shop, Alpkit, RunNorthWest etc.
- The club will help individual members to become more sustainable by sharing ways of prolonging the life of kit by choosing wisely and making repairs.
- The club will organise an event, at least annually, to give members an opportunity for members to pass on and recycle unwanted kit to avoid it ending up in landfill.