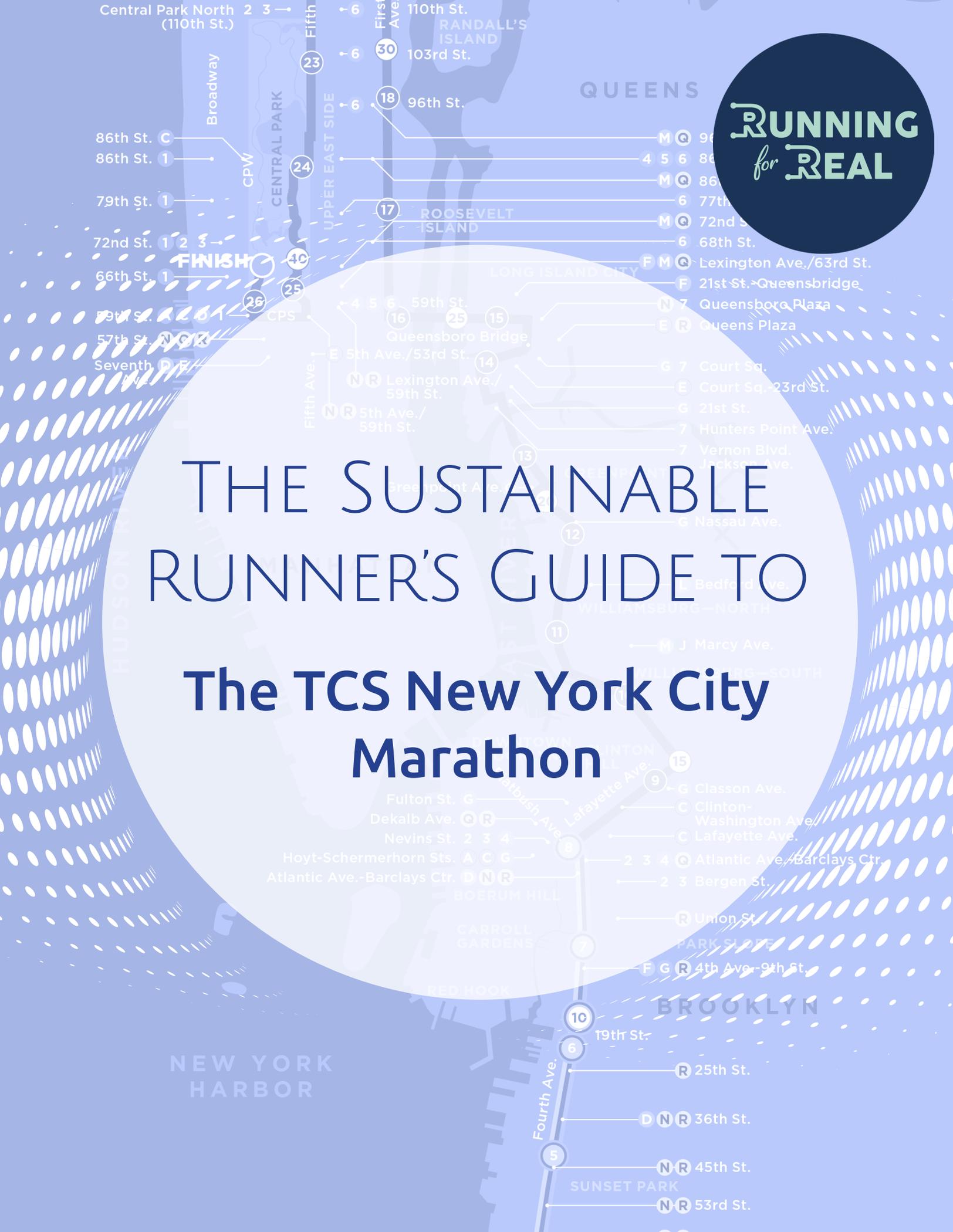




# THE SUSTAINABLE RUNNER'S GUIDE TO The TCS New York City Marathon



Central Park North  
(110th St.)

Broadway

CENTRAL PARK

UPPER EAST SIDE

RANDALL'S ISLAND  
103rd St.

QUEENS

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79th St. 1

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66th St. 1

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57th St. N Q R

Seventh D E

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96th St.

ROOSEVELT ISLAND

Queensboro Bridge

Lexington Ave./59th St.

5th Ave./59th St.

Greenpoint Ave.

Bedford Ave.

Williamsburg-North

J. Marcy Ave.

Williamsburg-South

Downtown

Fulton St.

Dekalb Ave.

Nevins St.

Hoyt-Schermerhorn Sts.

Atlantic Ave.-Barclays Ctr.

BOERUM HILL

CARROLL GARDENS

RED HOOK

SUNSET PARK

SUNSET PARK

MC

4 5 6

MC

As runners, we practice sustainability all the time. If we didn't sustain our bodies with adequate fuel and recovery, we wouldn't be able to run! In turn, running, especially getting outside and connecting with nature, helps to sustain us mentally and emotionally. Since you requested this guide, you're clearly someone who also cares about sustainability in the broader sense. We hope that you'll find some helpful - and fun! - suggestions here to make your [TCS New York City Marathon](#) experience even more special!

You may live in New York, but there's a good chance that you're traveling there from some distance away to take part in the marathon. That may have you feeling a little guilty about your carbon footprint, specifically the emissions produced by flying or driving there.

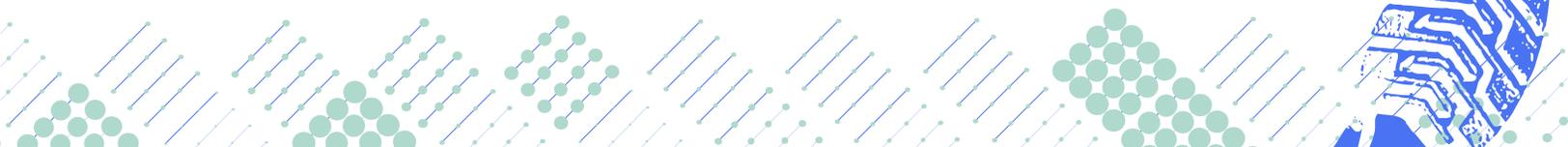
First of all, give yourself some grace. You probably put effort into your daily life to do what's best for the planet, which honestly is more than most people do. You also need to take care of yourself, and since we've established that running and racing is a way to do that, enjoy this opportunity!

Having so said, there are ways that you can offset your carbon footprint. But before you do that, you need to know what your carbon footprint is. There are a number of calculators online, but these are two recommended ones:

If you're in the United States, try [CoolClimate Calculator](#). For UK residents, the [WWF Footprint Calculator](#) is a good option. One of these is also probably the best choice for those living in other countries, although the data will be less accurate.

After you've calculated your carbon footprint, one way to offset the emissions from your trip to New York is by purchasing offsets from [Cool Effect](#). Proceeds support Cool Effect's portfolio of offset projects around the world, such as clean cookstoves, forest preservation and methane capture.

One note about carbon offsets, while they are an affordable and easy way to support environmental initiatives and projects, they are also a way for corporations and major contributors to climate change (like the 100



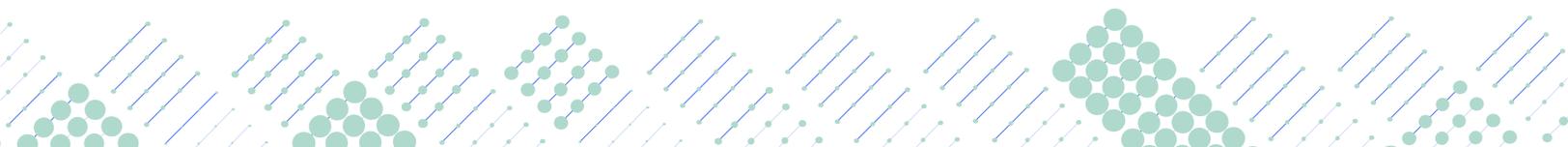
companies responsible for 71% of global emissions) to bend the rules to carry on as they are, while claiming that they are “on track” to reach net zero emissions by 2050. It is likely that soon carbon offsets will not be as inexpensive or will be totally revamped to ensure they are going to the environmental initiatives that are actually working to reduce climate change. Try not to become too reliant on them as your way to continue living a high-carbon lifestyle. Instead, make it a regular habit to donate monthly to environmental nonprofits that could use our support.

These are some nonprofits for you to consider:

- [350.org](https://www.350.org)
- [American Rivers](https://www.americanrivers.org)
- [Environmental Defense Fund](https://www.environmentaldefensefund.org)
- [Indigenous Climate Action](https://www.indigenousclimateaction.org)
- [Natural Resources Defense Council](https://www.naturalresourcesdefensecouncil.org)
- [Nature Conservancy](https://www.natureconservancy.org)
- [Protect Our Winters](https://www.protectourwinters.org)
- [Rainforest Foundation US](https://www.rainforestfoundationus.org)
- [Runners for Public Lands](https://www.runnersforpubliclands.org)
- [Sierra Club](https://www.sierraclub.org)



However, your first step should always be to eliminate, or at least minimize, your impact on the environment whenever possible. Whether you’re at home or traveling, one way to do that is by patronizing businesses that are committed to sustainability. The marathon’s organizer, New York Road Runners (NYRR), is a member of the United Nations’ “[Sports for Climate Action Initiative](https://www.un.org/en/climateaction/),” so you’re already off to a good start by running this race!



## NEW YORK ROAD RUNNERS AND THE TCS NEW YORK CITY MARATHON

A green arrow points from the right side of the title banner down towards the main text.

New York Road Runners' main goal is to have net zero emissions by 2049 and to be a leader in sports sustainability.

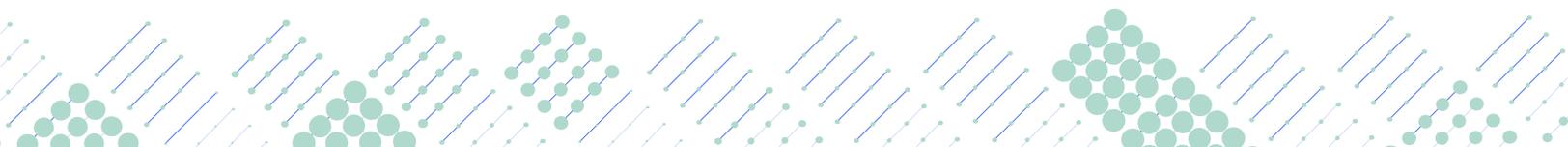
As a signatory of the [United Nations' Sports for Climate Action Initiative](#), it prioritizes the initiative's emphasis on undertaking systemic efforts for greater environmental responsibility, reducing overall climate impact, educating and sharing knowledge, promoting sustainable and responsible consumption, and advocating for climate action.

NYRR has also established three key focus areas, its "Sustainability Pillars":

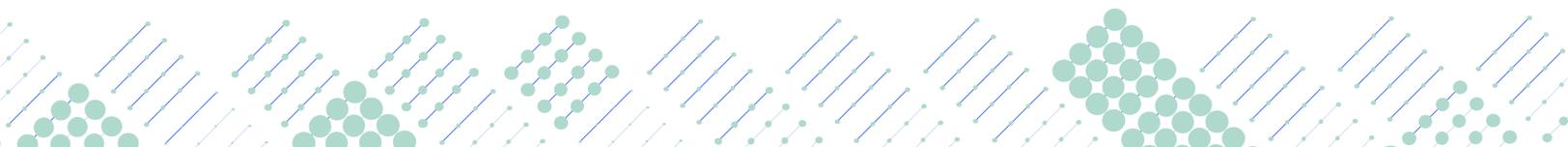
- Climate Change and Energy
  - NYRR is committed to minimizing their contribution to global climate change by focusing on energy, energy efficiency, renewable energy, and carbon offsets to reduce and mitigate greenhouse gas emissions.
- Communication
  - NYRR strives to be an environmental leader by inspiring and educating partners, stakeholders, and runners to commit to sustainability through transparent and effective communications and reporting.
- Circularity
  - NYRR aims to minimize waste by prioritizing reuse, repair, and recycling.

These are a few of the ways that NYRR is working to promote circularity and reduce waste at their races, including the New York City Marathon:

- They work with a hired waste removal provider, in conjunction with the New York City Department of Sanitation, moving from the start line to the finish line, collecting waste and sorting recyclables. At the 2019 TCS New York City Marathon, they were able to divert 75% of the 339 tons of waste that were collected.
- Leftover medals and Heatsheets are sorted and either reused or recycled if they cannot be reused.



- All leftover pre-race, course, and post-finish food and beverage items are collected and donated to City Harvest, New York City's first and largest food rescue organization, where they help feed more than 1.2 million food-insecure New Yorkers.
- Before runners take off, many discard their warm-up gear. Since 2012, NYRR has partnered with Goodwill Industries of Greater New York and Northern New Jersey to collect the discarded clothing to divert the textiles from local landfills. At the 2019 marathon alone, Goodwill NYNJ collected 122,760 pounds of clothing, bringing the total amount collected over the multiyear partnership to a total of 1,004,303 pounds.
- NYRR collaborates with several local organizations to donate extra race premiums – including T-shirts and hats – that provide clothing to young athletes in underserved communities.

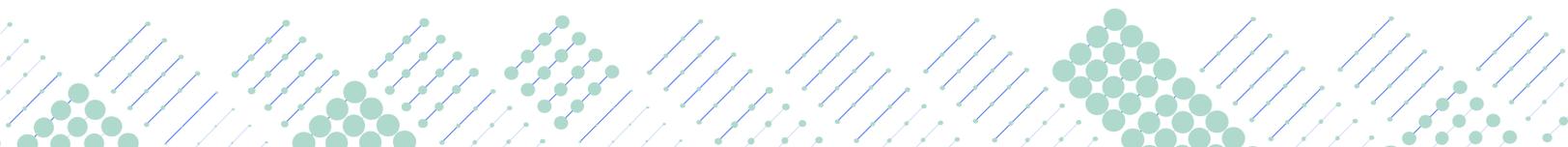


## PLOGGING



New York Road Runners' sustainability efforts aren't limited to race days. They're also committed to something you can do at home: plogging. Plogging originated in Sweden - the name is a combination of "jogging" and "plocka upp," the Swedish phrase for "picking up."

It's very simple to do; you just pick up litter while you're out for a run or a walk. Simple, but effective. Not only are you helping the environment when you pick up the trash that's so harmful to the health of wildlife and the ecosystem, you're improving your own fitness! Plogging enables you to incorporate new movements into your run or walk, such as bending, squatting, stretching, and lunging. It's a win all around.



## TRANSPORTATION



Train, plane, or automobile? Which is the most environmentally friendly way to travel?

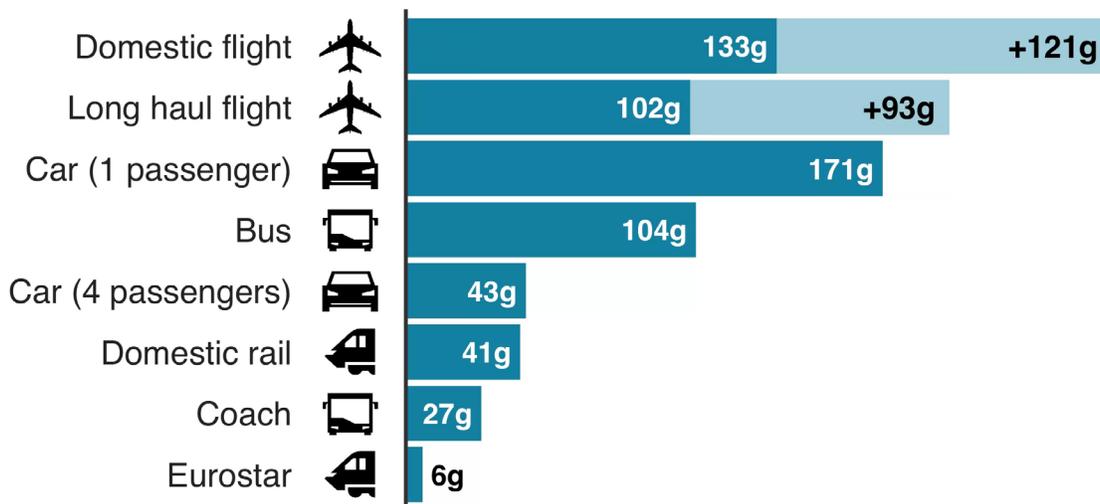
Planes emit the most carbon dioxide into the atmosphere, but their emissions can vary considerably depending on the type of flight. Taking off uses more fuel than cruising, so for shorter flights, it accounts for a larger percentage of the trip. It also means that a direct flight has lower emissions than a multi-leg trip to the same destination. Additionally, the more passengers there are on a flight, the lower the plane's emissions are per capita.

Because a plane's carbon emissions may be divided among a large number of passengers, it's possible for automobile travel to actually be more environmentally damaging than flying, as this chart shows. However, the more passengers there are in your car, the lower your per capita carbon footprint will be.

### Emissions from different modes of transport

Emissions per passenger per km travelled

■ CO2 emissions ■ Secondary effects from high altitude, non-CO2 emissions

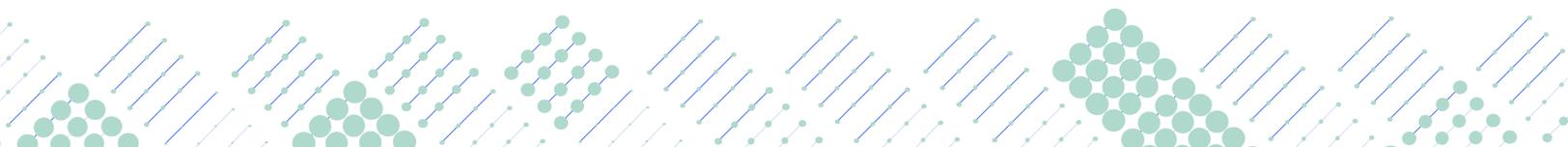


Note: Car refers to average diesel car

Source: BEIS/Defra Greenhouse Gas Conversion Factors 2019



Source: <https://www.bbc.com/news/science-environment-49349566>



Of course, time is a major factor in long-distance travel, and flying is often the only feasible option. But if you have time, consider taking to the rails! Per capita, a train emits less CO<sub>2</sub> than a car carrying four people, and is even more favorable compared to a car with only a driver or with fewer than three passengers. Train travel also allows you to see some beautiful parts of the land you're crossing, sights you would miss by flying miles above them or driving along interstate highways.

Amtrak offers service [from many U.S. cities](#) to New York's [Moynihan Train Hall](#), a stunning example of renovation and reuse. When the original Penn Station was demolished in 1963, it gave rise to the historic preservation movement and led to the creation of New York City's Landmarks Preservation Commission, a champion of sustainability in its own way. The Moynihan Train Hall was originally the James A. Farley Post Office Building, opened in 1914 as a sister structure to Penn Station, and designed by the same architectural firm, McKim, Mead & White. It's been transformed into a world-class station for the 21st century, as its lost predecessor was for the 20th.

If you're traveling along the Northeast Corridor, the [Acela](#) passes through New York City as it runs at speeds of up to 150 miles per hour between Boston and Washington, D.C., stopping in Providence, Philadelphia, Wilmington, and Baltimore, as well as other intermediate cities.

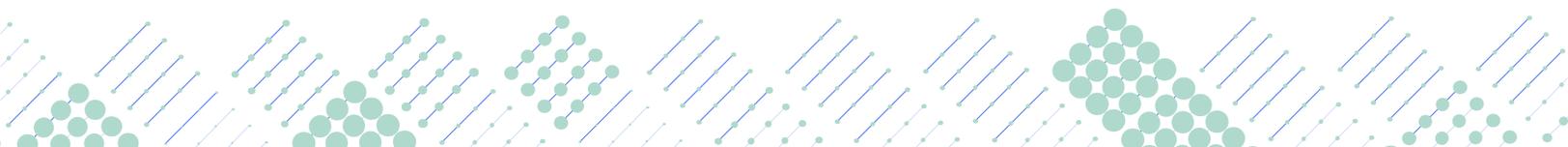
The [Adirondack](#) travels to New York City from Montreal, through the wine country of the Hudson Valley.

Originating in Chicago, the [Cardinal](#) travels along the Ohio River, over the Blue Ridge and Allegheny mountains, through the Virginia Piedmont to Washington, D.C., then heads north to New York City.

North Carolina is well served by the [Carolinian](#), which stops at numerous stations there before heading up the East Coast to pick up passengers in cities including Richmond, Washington, D.C., Baltimore, Philadelphia, Wilmington, and Trenton, before terminating in New York City.

The [Crescent](#) traverses much of the same ground as the Carolinian, but extends further south, with stops in South Carolina, Georgia, Alabama, and Mississippi.

The [Empire Service](#) offers frequent daily trains between Albany and NYC, and others from Buffalo and Niagara Falls, passing through the Finger Lakes region and the Hudson River Valley.



For those coming from the Green Mountain State, the [Ethan Allen Express](#) serves Vermont and New York along a scenic route.

Harrisburg, PA is the origination point for the [Keystone Service](#), which makes multiple stops in Pennsylvania, including Lancaster and Philadelphia, before heading into New Jersey and on to NYC.

The [Lake Shore Limited](#) offers service between Chicago and New York City, following the South Shore of Lake Michigan, the Mohawk River and the Erie Canal as it travels through Indiana, Ohio, Pennsylvania, Massachusetts, and upstate New York.

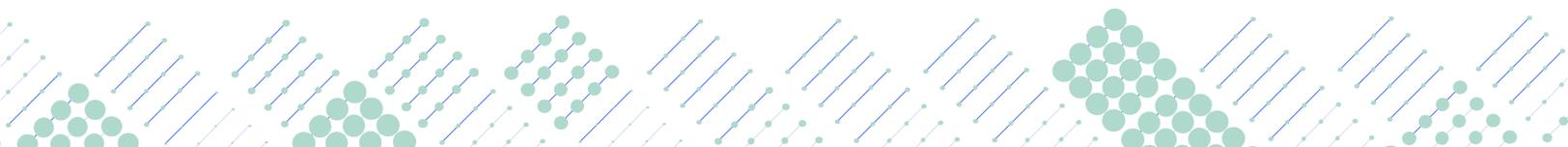
In addition to the Adirondack, service from Canada is available on the [Maple Leaf](#), which originates in Toronto and travels through the Finger Lakes region, New York's wine country, and the Hudson River Valley.

The [Northeast Regional](#) duplicates some of the Acela's route, but not as quickly and with more stops. It extends further south than the high-speed train, continuing on into Virginia, where it terminates in Newport News.

Besides the Keystone Service, travelers from Pennsylvania have the option of taking the aptly named [Pennsylvanian](#), which originates in Pittsburgh.

The [Silver Service/Palmetto](#) carries passengers from Miami to NYC, traveling up the East Coast through Florida, Georgia, the Carolinas, Virginia, Washington, D.C., and points north.

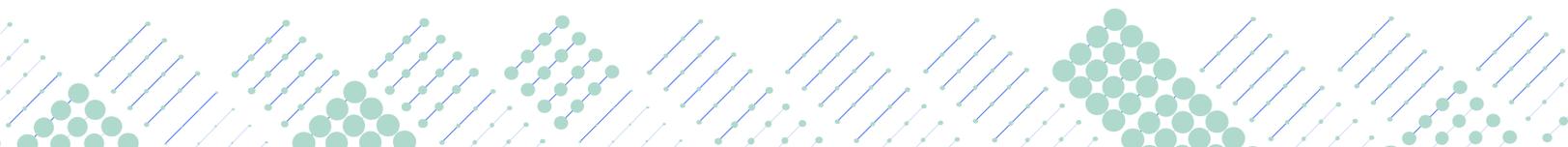
The [Vermont](#) serves some of the same stations as the Ethan Allen Express, but also includes stops in Massachusetts and Connecticut on its way to New York City.





## WHEN YOU GET THERE...

All TCS New York City Marathon official transportation options use public transportation. [New York City Transit](#) operates the buses and the subway, while the New York City Department of Transportation runs the [Staten Island Ferry](#), which many runners use to get to the start line. Those are the most environmentally-friendly options for getting around the city in general - other than on foot, of course! That's the best option of all, and with its grid of streets and avenues (with the exception of lower Manhattan), it's an easy city to navigate.



## Hotels



Realistically, during a busy event weekend, you may not have a lot of options of where to stay. But when you do have the ability to choose among a number of properties, look for a hotel that practices sustainability - that could mean using renewable energy sources, conserving water, and recycling. If it uses local foods in its restaurants or partners with local businesses, those are also positive signs. Hotels that are members of [1% for the Planet](#) donate 1% of their revenue to environmental nonprofits and organizations, so you can feel good about patronizing them.

Two of the largest hotel chains, Hilton and Marriott are committed to sustainability, which should make finding a “green” hotel easier!



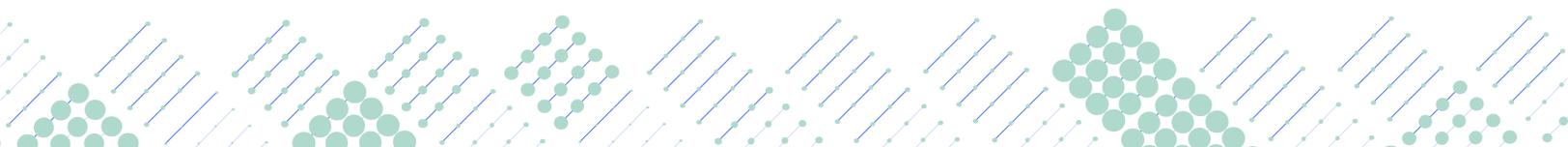
### [Hilton Hotels](#)

Hilton has over 40 properties in Manhattan, as well as two just across the East River in Brooklyn. Their portfolio includes Hampton Inn, Hilton Garden Inn, Homewood Suites, Doubletree, and Embassy Suites, so they offer accommodations for a variety of budgets.

One thing that their properties all have in common is Hilton’s [Travel with Purpose](#) mission to double their investment in social impact and cut environmental impact in half by 2030. The environmental portion of their [ESG \(environmental, social, governance\) strategic framework](#) includes reducing emissions by 75% at their managed properties and 56% at their franchises, and cutting waste and water use by 50%. They’ve eliminated plastic straws, stir sticks, and cocktail picks as part of their initiative to reduce waste and single-use plastic pollution, and are also replacing small toiletry bottles with refillable dispensers.

### [Marriott Hotels](#)

Like Hilton, Marriott has properties encompassing a wide range of rates, including Residence Inn, Springhill Suites, Courtyard, Fairfield Inn, and Renaissance Hotels. With 70 properties in Manhattan and several in Brooklyn, there are plenty to choose from.



The motto of Marriott's [Serve 360 Plan](#) is "Doing Good in Every Direction." Their environmental goals include having 100% of their properties certified to a recognized sustainability standard by 2025 and responsibly sourcing 95% of their top 10 priority categories by the same target date. Those categories are animal proteins (inclusive of beef, eggs, lamb, pork, and poultry), bottled water, cleaning supplies, cocoa, coffee, guest room amenities, paper products, seafood, sugar, and textiles.

Two other Manhattan hotels consistently earn high marks in terms of both their eco-friendliness and customer satisfaction:

### [1 Hotel Central Park](#)

1414 Avenue of the Americas

*1 Hotel Central Park is an urban retreat inspired by nature. Designed using reclaimed materials, it is one-of-a-kind, naturally.*

The hotel is filled with greenery throughout the property, is LEED certified and 100% carbon neutral, uses organic cotton mattresses and sustainably-sourced linens, and supports charitable partners including [Oceanic Global](#), [The Nature Conservancy](#), and [NRDC](#).

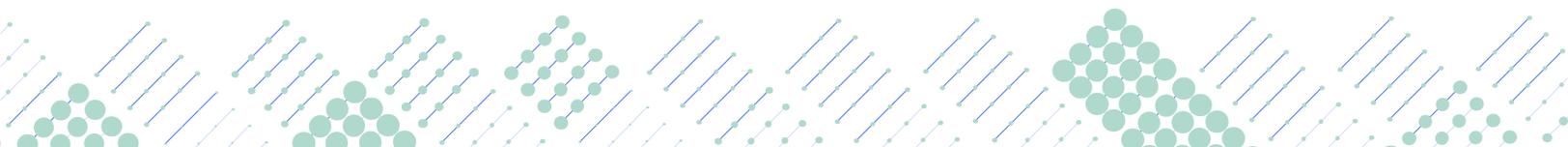
The chain also has a property in Brooklyn, [1 Hotel Brooklyn Bridge](#) (60 Furman St.), which shares the same commitment to sustainability.

### [The Benjamin](#)

125 E. 50th St.

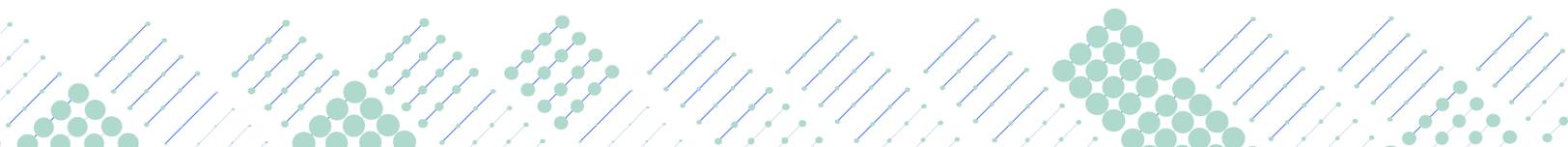
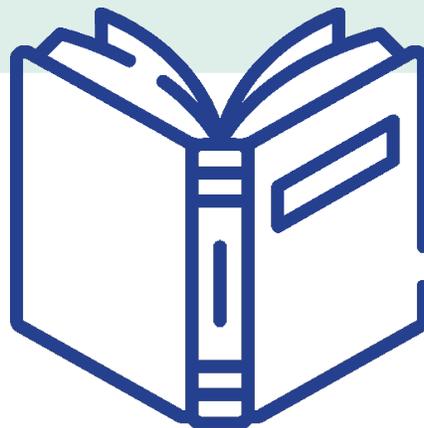
*With its classic decor and intimate boutique setting, The Benjamin Royal Sonesta New York exudes old-world Manhattan with oversized rooms and suites, (many with kitchenettes, living rooms and private terraces) providing a sense of sophisticated glamor in New York City.*

The Benjamin was one of New York City's first environmentally-friendly hotels. It has low-flow fixtures, energy-efficient lighting, remote control thermostats, a recycling program, eco-friendly bath amenity dispensers, and a laundry program with towel reuse signage in all guestrooms.



***Becoming a Sustainable Runner***, by Tina and Zoe Rom, to be published in the spring of 2023 by Human Kinetics, shares these suggestions:

*When it comes to our own impact on the hotel, turning off lights and temperature controls when we leave the room are very easy acts to get in the habit of, but we can also be sure to bring those items that in the past we may have relied on hotels to provide. Bringing our own shampoo, moisturizer, body wash, and water bottles are easy steps to add. Additionally, bring a plastic bag or tub to take home the bars of hand soap. At least that way you can get full use of them, rather than using a bar for one night and it being thrown away the next day.*



## Restaurants



Your choice of restaurants can also contribute to how sustainable your trip is.

***Becoming a Sustainable Runner*** advises:

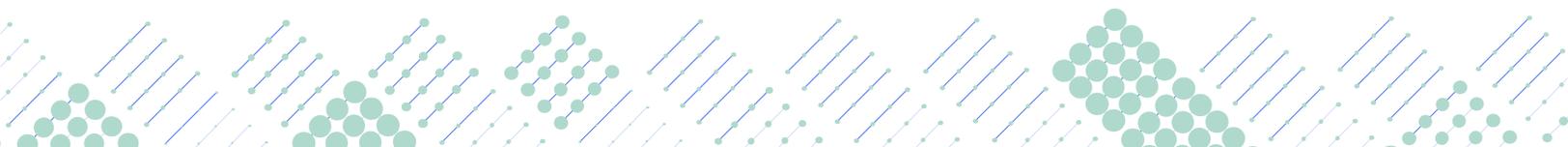
*When it comes to eating throughout your stay, try to select restaurants that are either plant based or have plenty of plant-based options, as they tend to take pride in their ingredients. Restaurants that are known for working with local farms and using organic ingredients are likely to have compostable packaging and try to minimize their environmental impact. Get used to carrying your own bamboo utensils so you do not need to request them from restaurants. If you have children, be sure to bring along their water bottles (along with your own!), rather than receiving plastic cups from restaurants you may be frequenting. Bringing a travel-sized container with dish soap means you can easily wash your utensils and water bottles to feel clean on-the-go.*

*If you return to your room to eat, be sure to wash out (with soap!) any plastic containers before putting them in the recycling bin.*

Happily, there are plenty of restaurants in Chicago that make dining out sustainably a pleasure.

### NEAR THE EXPO

You'll be picking up your race packet at the [TCS New York City Marathon Expo Presented by New Balance](#), held at the [Jacob K. Javits Convention Center](#), a leader of sustainability in the events industry. Their initiatives include the creation of a 6.75 acre green roof that serves as a habitat for 35 bird species, five bat species, and thousands of honeybees, and which can absorb up to seven million gallons of stormwater run-off annually. You can learn more about what the Javits Center is doing for the environment [here](#).



After spending time at the expo, you'll probably be ready for something to eat! You won't have to go far for a sustainable dining experience - that green roof at the Javits Center includes a rooftop farm which is a source of ingredients for its food hall, 3411 Garden Market.

If you're ready to get out of the convention center but don't want to walk too far before the marathon, we have some nearby options for you. We haven't had a chance to try them (yet!) but they're highly rated on Tripadvisor and Yelp.

### [3411 Garden Market](#)

3rd floor of the Javits Center, 445 11th Ave.

*3411 Garden Market features an eclectic mix of food and beverages among its stations, including Grillocity, Harvest Bowls, Jacob's Deli and Rustica, which offers everything from hamburgers to harvest bowls to sandwiches.*

### [Bareburger](#)

366 W. 46th St.

*Bareburger is the leader in America's "better burger" trend, emphasizing high-quality, ethically sourced, all-natural & sustainable ingredients in a casual environment. Since our founding in 2009, we've taken pride in serving clean comfort food to our communities, and offer choices that feel good for everyone.*

### [Fresh From Hell](#)

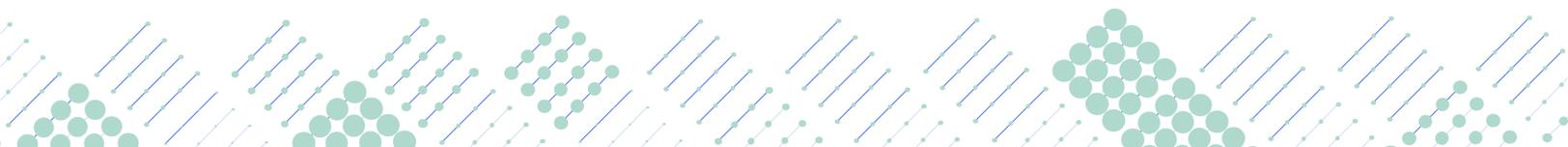
326 W. 47th St.

*FRESH FROM HELL is your go-to spot in Hell's Kitchen for great-tasting juices, smoothies, and the best Açaí bowls in town! Everything is extra fresh, healthy, and prepared in front of you.*

### [Print](#)

653 11th Ave.

*Located within a renovated and repurposed printing factory in the heart of Hell's Kitchen, PRINT Restaurant is among one of the country's leading restaurants dedicated to seasonal, sustainable cuisine. PRINT's menu is updated daily to best showcase ingredients collected by our in-house forager and chef from the local farmers market, regional farms, and other artisan purveyors.*



### Pure Ktchn

352 W. 46th St.

*Pure Ktchn is a vegan-friendly health food eatery that offers delicious, organic superfoods and farm-fresh food, prepared in different and innovative ways! Nothing fried, no dairy, no artificial or added sugars, no GMOs or harmful dyes and chemicals, just Pure food!*

### The Marshal

628 10th Ave.

*The Marshal takes a back-to-basics approach to cooking; an ethos that's exemplified by our wood-burning oven preparations and locally-sourced cuisine, wine, beer and spirits. Menus change on a daily basis to reflect the freshest ingredients that local farms, most of which are in New York, have to offer.*



## **NEAR THE FINISH LINE**

The marathon finishes at 67th Street and Central Park West, near the Tavern on the Green. These are a few healthy options for refueling.

### Beyond Sushi

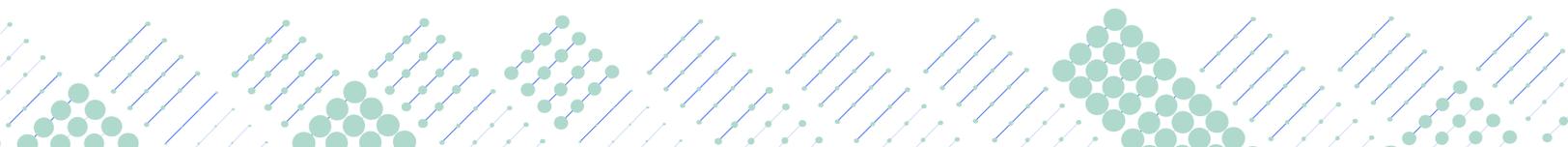
62 W. 56th St.

*We encourage a healthy and wholesome way of living. Our 100% vegan & kosher menu is carefully crafted to support the earth and the environment - we create inspired dishes using natural, fresh ingredients and provide service and quality that is beneficial to everyone.*

### Good Enough to Eat

520 Columbus Ave.

*In 1981, no one was talking about Farm to Table but that is what Carrie and Ann [the founders] were doing. While cooking traditional food, they were also in the vanguard of sustainability and led the way for many restaurateurs that followed. Today, we continue to honor that tradition. All our breads, cakes, cookies, and pies are made on-site, we offer wild caught Pacific shrimp, grass fed beef, humanely raised, antibiotic free chicken, eggs from pasture raised chickens that are delivered fresh from Sullivan County Farm, and locally roasted organic coffee from Kobrick's.*



*Our organic, Tree Brand Grade A maple syrup is delivered weekly from Doerfler Farm in Vermont and our cooking oil is recycled.*

### [Le Botaniste](#)

156 Columbus Ave.

*Le Botaniste represents the future of food. 100% Plant-based 99% Organic Food & Wine bar, we make eating vegetables easier, more convenient and enjoyable than ever. We serve delicious, pure, plant-powered organic meals, good for your body and the planet.*

### [Simply Noodles](#)

267 Amsterdam Ave.

*Vegans and vegetarian friendly, ask our waiters to accommodate your dietary needs.*

### [Sweetgreen](#)

311 Amsterdam Ave.

*Founded in 2007, Sweetgreen is a fast-casual destination for fun, delicious food that's both healthy for you and aligned with your values. We source local and organic ingredients from farmers we know and partners we trust, supporting our communities and creating meaningful relationships with those around us. We exist to create experiences where passion and purpose come together.*



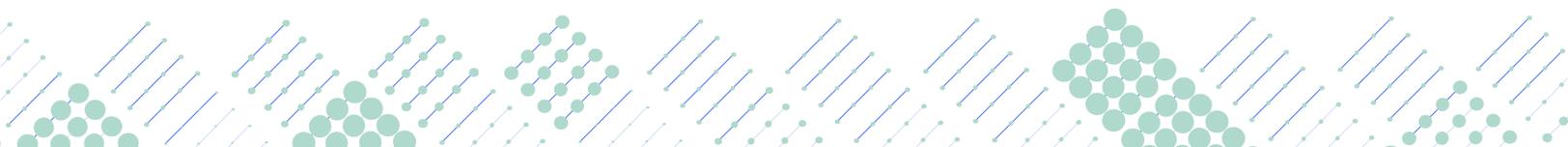
## **ELSEWHERE IN THE CITY...**

Midway between the expo and the finish line is, logically enough, Midtown. It's an area where visitors to New York City are sure to explore and quite possibly stay. Here are just a few ideas of where to eat.

### [Balade - Your Way](#)

144 W. 37th St.

*At Balade Your Way, our food is a labor of passion. Our fresh ingredients are handpicked daily from local suppliers to bring you the authentic flavors of the Middle East, with a modern twist! We are passionate about our food choices: we understand that only the best quality produces the tastiest flavors. Because we recognize that not every chickpea, lentil or herb is grown equal.*



*Not only that, sustainability is a priority. Our beef and lamb is grass fed, our chicken free range. We choose organic every chance we get.*

### [Bluedog Cookhouse & Bar](#)

308 W. 50th St.

*At Blue Dog, we care passionately about what you put in your body. Dedicated to nourishment you can trust, we use quality locally sourced ingredients, and all natural proteins to ensure quality is always the best for our customers. Most of our food is healthy and organic, but if we can't get organic, then we get locally sourced ingredients from certified farms. Our proteins are all natural antibiotic-free USDA approved. Nothing is processed, nothing is ever frozen. At Blue Dog we want you to be healthy, think positive, feel beautiful and strong and know that your food source is safe, sustainable, nutritious, and delicious. Join us, and don't just live...Start living your Best life!!*

### [Franchia Vegan Cafe](#)

12 Park Ave.

*Creative, vegan Asian fusion dishes presented in a serene, tea-house-inspired setting.*

### [Gatsby's Landing Times Square](#)

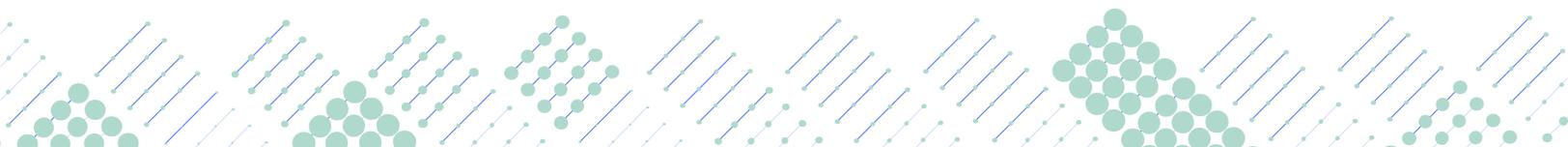
120 W. 44th St.

*Showcasing its esteemed New American cuisine with creative use of seasonal, organic, and farm-fresh ingredients. Gatsby's Landing restaurants encompass a vintage feel with a warm and embracing atmosphere.*

### [P.S. Kitchen](#)

246 W. 48th St.

*P.S. Kitchen is a vegan social business based in NYC. Our mission is to leverage the power of earth-conscious food and an open heart to lovingly serve our clients, employees, society, and the earth. We partner with social ventures and charities to empower the pursuit of justice and generosity, locally and internationally. Our partnerships reflect a threefold commitment: 1.) Create jobs for the marginalized in New York, 2.) Donate 100% of our profits to sustainable non-profit work, 3.) Provide New Yorkers with delicious dishes that are kind to the body and the earth.*



## Shopping



Buying things that you don't need definitely isn't "green." But everybody wants mementos of a special trip or event, and running the New York City Marathon is both of those. Of course you'll have your medal and your shirt, but what else might you want to bring home?

Memories are more valuable than anything you can purchase. You'll probably wind up with plenty of photos of your trip on your phone. When you get home, why not print a few favorites to display? You may have frames that are packed away, unused, or that could be refreshed with new pictures.

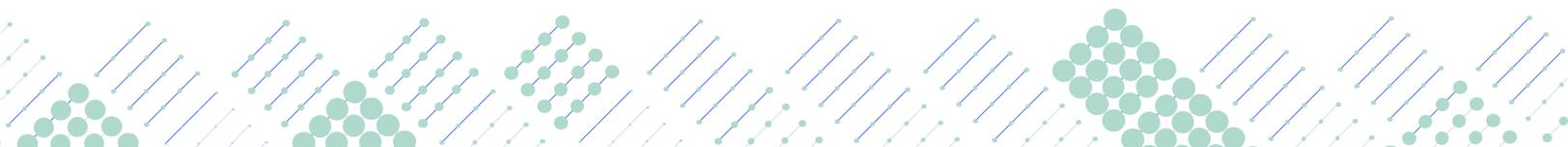
If you keep a scrapbook of your races, why not keep an eye out for other items that you could add to more fully capture your New York City Marathon weekend? Places you visit are likely to have brochures or business cards, or go a little outside the box and save a napkin from that great ice cream or doughnut place you enjoyed!

Of course, you may still want to buy something, and just as with hotels and restaurants, the key is to seek sustainable options.

For running clothes and shoes, [Allbirds](#) leads the way in sustainability. Their New York store is in the Flatiron District, at 120 5th. Avenue.

*A native of New Zealand, Tim Brown was always well versed in the magical qualities of merino wool. Inherently curious, he began asking himself why such a remarkable, sustainable resource was virtually absent in the footwear industry. And with that spirit of wonder, the Allbirds journey began.*

*After years of researching and tinkering, Tim teamed up with Joey Zwillinger, an engineer and renewables expert. Together, they crafted a revolutionary wool fabric made specifically for footwear. The outcome? An entirely new category of shoes inspired by natural materials, and an ongoing mantra to create better things in a better way.*



If you're looking for something unique, buying vintage items, whether in their original form or repurposed, gives them new life and keeps them out of the landfill, not to mention that they're frequently of higher quality than something similar manufactured today.

You can find beautiful clothes, accessories and home goods at fair trade stores. Shopping there means that your dollars will support craftspeople in developing countries who are paid and treated fairly for their goods. Fair trade principles protect not only workers, but also the environment. Principle 10 of the [World Fair Trade Organization](#) states:

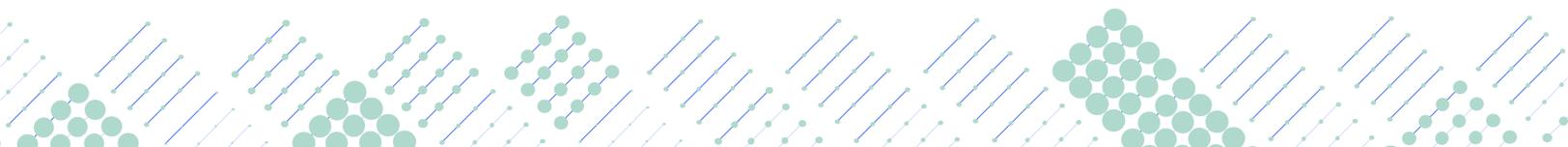
*Organizations which produce Fair Trade products maximize the use of raw materials from sustainably managed sources in their ranges, buying locally when possible. They use production technologies that seek to reduce energy consumption and where possible use renewable energy technologies that minimize greenhouse gas emissions. They seek to minimize the impact of their waste stream on the environment. Fair Trade agricultural commodity producers minimize their environmental impacts, by using organic or low pesticide use production methods wherever possible.*

*Buyers and importers of Fair Trade products give priority to buying products made from raw materials that originate from sustainably managed sources, and have the least overall impact on the environment.*

*All organizations use recycled or easily biodegradable materials for packing to the extent possible, and goods are dispatched by sea wherever possible.*

Just as shopping in fair trade stores benefits craftspeople abroad, shopping for locally-produced goods benefits the members of the community that you're visiting. Sometimes you can even meet the artisan, which gives extra meaning - and memories - to your purchase.

Lower Manhattan and the Upper West Side are good areas for sustainable shopping and dining. You're sure to find plenty of interesting places as you stroll through the neighborhoods; this will just give you an idea of the possibilities!

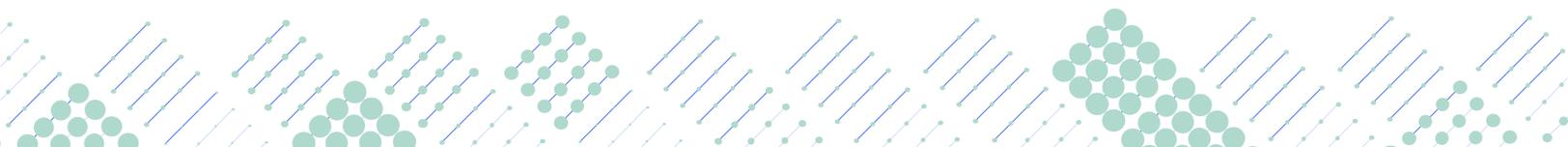


## Chelsea Market

75 9th Ave. (Chelsea)

You can shop and eat under one roof in the building where a classic (albeit not sustainable) treat, the Oreo cookie, was invented. Chelsea Market is housed in a factory complex constructed in the 1890s as the home of the National Biscuit Company (Nabisco). Today it houses a variety of merchants, mainly food purveyors. We've highlighted some of the sustainable ones.

- [Artists & Fleas](#) (88 10th Ave.)  
*Artists & Fleas is a marketplace of makers — tastemakers, experience creators, designers, collectors, and curators. Together, this creative community of shoppers & sellers come to discover and be discovered.*
- [Daily Goods](#) (Main Concourse)  
*Daily Goods is a nutritionist-curated food and beverage concept born in Manhattan to help busy people eat healthy and delicious food. Daily Goods sources only premium ingredients that are organic wherever possible, and we strive to innovate our menu often.*
- [Friedman's Lunch](#) (Main Concourse)  
*Our mantra is simple, "Eat good food" and this is what we strive to deliver to our guests. For us, it has two meanings. Firstly, eat food that tastes good. Secondly, be proud of the food you serve. We know where our food comes from. We communicate regularly with our farmers and are proud to serve antibiotic free meats & local vegetables.*
- [Pia Vegan Food & Wine](#) (Main Concourse)  
*Fresh ingredients and natural wines shine at Chelsea Market's newest Mexican eatery, Pia. Offering delicious, plant-based dishes that celebrate Mexican cuisine, Pia also features the Market's first natural wine bar.*



- [New York Seed + Mill](#) (Main Concourse, 409 W. 15th St.)  
*Seed + Mill is a sesame concept store, making fresh artisanal halva in over 30 flavors, tahini, tahini soft-serve and a range of sesame spices. Lots of plant-based, gluten-free, and kosher options available too!*
- [Zach & Zoe Sweet Bea Farm](#) (Chelsea Local, Lower Level)  
*No pesticides. No additives. Just PURE, RAW HONEY from bees that we value, nurture, and love. Nothing more.*

### [Magpie](#)

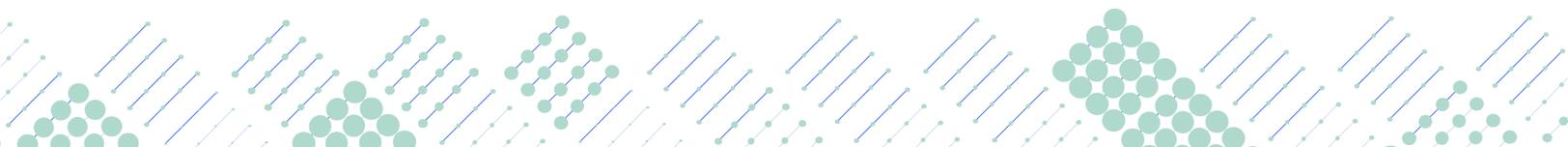
488 Amsterdam Ave. (Upper West Side)

*Magpie offers stylish, thoughtfully selected gifts, including home décor, jewelry, accessories, stationery, and toys. Many of Magpie's products are locally made or designed; constructed from recycled, sustainable materials; or handcrafted by fair trade cooperatives from around the world.*

### [Moo Shoes](#)

78 Orchard St. (SoHo)

*Moo Shoes is a vegan-owned business that sells an assortment of cruelty-free footwear, bags, t-shirts, wallets, books and other accessories. MooShoes NYC is also home to a slew of rescued cats who were adopted from some of our favorite local organizations.*



## Green Spaces



Despite Central Park's fame, green spaces probably aren't the first thing that come to mind when you think of New York City. So you may be surprised to learn that it's home to over 20,000 acres of natural areas! That includes 7,300 acres of forest within NYC Parks jurisdiction.

Each year, the city's trees

- Capture 1.97 billion gallons of stormwater runoff
- Store 1.2 million tons of carbon
- Remove 1,300 tons of pollutants from the atmosphere

New York City's urban forests provide meaningful connections to nature for millions of people, and the City's Department of Parks and Recreation has been working to advance equity and access to parks, with a goal of 85% of New Yorkers living within walking distance of a park by 2030.

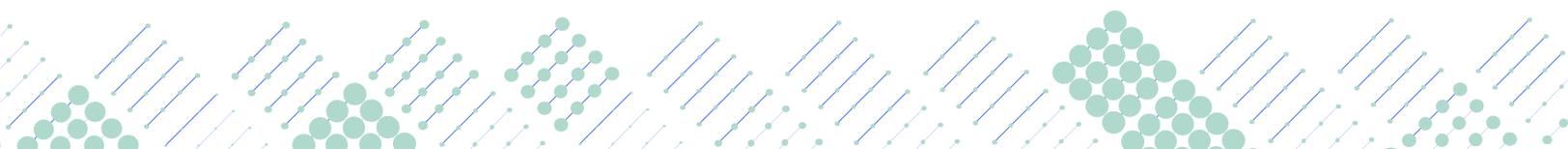
The foremost green spaces in New York City and Brooklyn are the creations of two men, Calvert Vaux and Frederick Law Olmsted. Their designs were guided by their shared belief that a connection to nature enriches people's lives and their conviction that access to parklands should be a right of all Americans.



### CENTRAL PARK

You'll see some of [Central Park](#) during the last few miles of the marathon, but there's so much more to explore. Covering 843 acres, it's home to artificial lakes, waterfalls, meadows, and wooded areas.

The park is home to over 18,000 trees, including one of the last stands of American Elms, which line the [Mall](#). A mature tree absorbs more than 48 pounds of carbon dioxide in a year, which it converts into oxygen. That means that the park's trees remove around one million pounds of carbon dioxide from the atmosphere annually! The park's trees also contribute to its landscaping - leaves and other tree waste are processed at the [Mount](#), where they're turned into compost or mulch.



A variety of wildlife also calls Central Park home - you may see turtles, ducks, fish, squirrels, bats, chipmunks or some of the over 200 species of [birds](#) that rely on this green oasis. Those are the native species - you can see animals from other regions at the [Central Park Zoo](#), including snow leopards, grizzly bears, and penguins.

The [Sheep Meadow](#) is one of the most popular areas of the park. It was designed as a pastoral landscape, complete with a flock of grazing sheep. Their living quarters were right by the finish line of the New York City Marathon, in the building that today is the Tavern on the Green.

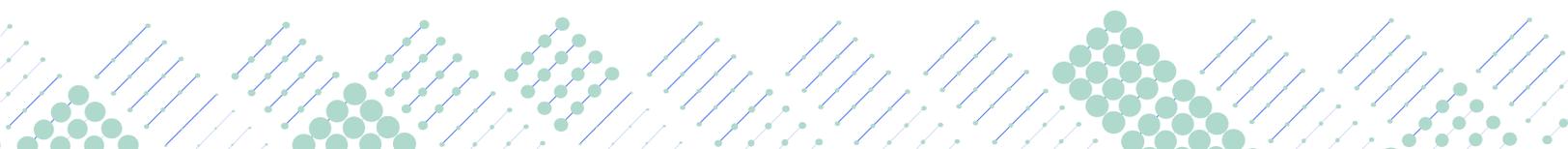
If you want an outstanding view of the park, be sure to visit the aptly named [Belvedere Castle](#) ("belvedere" means "beautiful view" in Italian). Or if you're in the mood to see ancient Egyptian art, you could go to the Metropolitan Museum... or you could stop at the [Obelisk](#) (Cleopatra's Needle), a monument created around 1425 BC that was gifted to the United States by Egypt to commemorate the opening of the Suez Canal. Those are just two highlights of the park - the Central Park Conservancy has a list of [places to see](#) on their website.

And if you want to go for a run in the days before or after the marathon, Central Park is the ideal destination. There are three optimal locations: the Reservoir Running Track, the Bridle Path, and the Park Drives. The Conservancy has a [map](#) showing the routes.

## **RIVERSIDE PARK**

[Riverside Park](#) spans four miles along the Hudson River. Some of the city's most famous landmarks, including [Grant's Tomb](#) and the [Soldiers' and Sailors' Monument](#) are in the park, but it also offers elements closer to nature.

The [Bird Sanctuary](#) is an area that has been cleared of invasive plant species, allowing the native flora to thrive, and has been planted with berry-bearing trees and bushes to attract migrating birds. A portion of it has been turned into a wildflower meadow, which attracts both birds and butterflies.



You may have seen the [Garden People's Garden](#) in the movie *You've Got Mail*. It's a community garden operated by volunteers with the permission of the NYC Parks Commission. Individual plots are maintained by members who plant a variety of perennial and annual flowering plants and some herbs. Most adhere to organic gardening methods and they maintain their own compost pile for the use of all members.

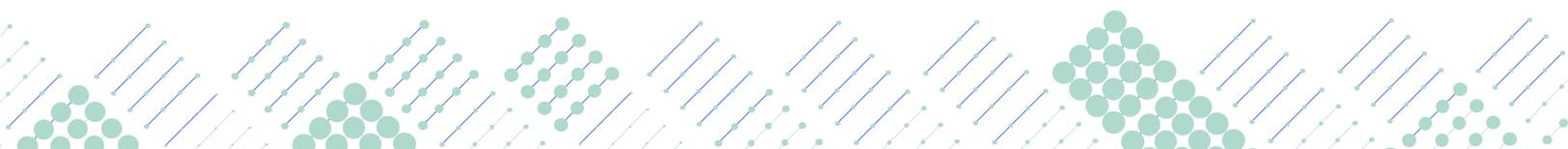
The woodland area of the park, from 108th to 116th Street, was part of the original design, but over the years it lost much of its original feel. Today volunteer groups are carrying out the [Woodlands Restoration Project](#), removing invasive understory trees, and opening the tree canopy so that native grasses and perennials that have been planted there can take hold.

## PROSPECT PARK

[Prospect Park](#) is home to Brooklyn's only lake and last remaining forest, making it an essential habitat for a variety of flora and fauna, including over 250 species of birds. You can learn about them at the [Audubon Center](#), the first of its kind in an urban area.

Nearby is one of the park's most prized specimen trees, the [Camperdown Elm](#), planted in 1872. It's one of only a few surviving trees grafted from an elm on the Scottish estate of the Earl of Camperdown that has unusual, horizontally-growing branches. Once called "Brooklyn's crowning curio," the tree was neglected over the decades, and in the 1960s plans were made to cut it down. The award-winning poet Marianne Moore stepped up to save it, writing a poem about the elm and helping to start the Friends of Prospect Park to protect it and the other trees in the park.

At nearly a mile, the [Long Meadow](#) is the longest stretch of unbroken meadow in any urban park in the United States. The [Ravine](#) features nearly 150 acres of woodlands and scenic waterways. And although it isn't part of Prospect Park, the [Brooklyn Botanic Garden](#) is immediately adjacent to it, for another connection to nature.





## SHARE YOUR STORY!

You've put a lot of work into preparing for the TCS New York City Marathon, and the race is the celebration of all of the training that you've done. We hope that you have a wonderful, fulfilling experience and we'd love to hear about it! Whether it's a race report or what you did as a sustainable runner, please share!

★ You can tag us on social media with **#sustainablerunner**. ★

