

Pledge to Travel Green

U.S. Travel Care Code
www.TravelCareCode.org













Club Sports at University of Colorado, Boulder
2014

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WHAT IS THE TRAVEL CARE CODE?

The TCC is a list of ten simple action items thoughtfully researched and designed to provide travelers with information on how they can reduce the negative impact of their travel and visitor related activities. It is available online for free use and replication. The Code was developed by graduate students, faculty and staff at the Center for Sustainability at East Carolina University in partnership with Miles Media Inc.

The Travel Care Code consists of 10 action items:

1. Learn about your destination
2. Don't leave your good habits at home
3. Be a fuel-efficient traveler
4. Make informed decisions
5. Be a good guest
6. Support locals
7. Dispose of your waste properly
8. Protect your natural surroundings
9. Make your travel zero emissions
10. Bring your experiences home

IS THE UNIVERSITY OF COLORADO, BOULDER CLUB SPORTS ALREADY GREEN?

The Club Sports program at CU is continuously making conscious efforts to diminish the program's impact on the environment. Now is an ideal time to take action to protect our environment and make changes in how we travel and how we host those who are traveling to us to participate in games, matches, and retreats. We know little about our greenhouse gas production and its impact on the community around us. We are suggesting you don't leave your good habits at home when you travel and that you support the **Pledge to Travel Green** initiative.



Club Sports
Department of Recreation Services
Pledge to Travel Green



The Club Sports Program at the University of Colorado, Boulder consists of 31 teams and 1,500 student athletes. These clubs utilize the Student Recreational Center, Kittredge Field, Franklin Field, Business Field, Williams Village Fields, and the football bubble. Our Club Sports program is already going green by reducing the amount of trash generated from athletic events. To eliminate cup trash from athletic events hosted on recreational fields, only PowerAde water jugs are provided for home and visiting teams. This allows athletes to access water while encouraging the use of reusable containers. Kittredge Field also has a free filtered water bottle filling station to reinforce this same concept. Throughout the new Student Recreational Center and recreational fields, recycling bins are accompanied by trashcans to allow students and athletes the convenience of recycling. Our Club Sports office's newest green initiative is the purchase of an electric gator to transport equipment around campus and decrease the use of diesel fuel.

The new Recreational Center goes above and beyond to meet the needs of student athletes while stressing the importance and accessibility to "going green." The new and beautiful Recreational Center incorporated various items around the facility to target LEED Platinum. This means that CU's new Rec Center, along with many other buildings on campus, is striving to satisfy the U.S. Green Building Council's prerequisites and earn enough points to achieve the highest level of certification. Currently, the facility is projecting a 40% water use reduction by improving water efficiency and installed on-site renewable energy, which includes solar thermal and solar panels. Construction utilized renewable materials and materials with low volatile organic compounds, including adhesives, sealants, paints, coatings, and floorings. One of the most impressive installments made by the facility is the heat recovery loop, which uses the heat made to maintain and produce ice to heat all three of the Recreational Center's pools.

Although Club Sports at CU have taken actions to reduce our environmental impact we must further continue our efforts by following the Travel Care Code and pledging to make more environmentally conscious decisions going forward.

WHY SHOULD YOUR CLUB SPORTS PROGRAMS FOLLOW THE CODE?

Club Sports participants are leaders on their campus' and must set a standard for others to follow. Along with Eastern Carolina University, we are the first to **Pledge to Travel Green** and hope to influence all other Club Sports programs within our state as well as nationally. Following the Travel Care Code will encourage environmentally conscious decisions throughout Club Sports as well as everyday life. There are over 1,500 Club Sports athletes at CU who have a direct effect on waste, natural surroundings, emissions, and energy use. Taking these initial steps and becoming more educated you can change a player, a team, or an entire program. Coming together off the field is the start of coming together on the biggest field of all, Earth.

HOW SHOULD CLUB SPORTS GET STARTED?



Club Sports at CU has provided your program with this researched based manual to serve as a guide when making sustainable decisions regarding travel with your independent club sport. In this manual you will find a list of restaurants, lodging, transportation offerings that are striving to decrease your impact on the environment and reduce your travel footprint. We have provided suggestions for green practices, but there are endless opportunities that you and your team will discover and can incorporate as part of your quest to lessen your travel footprint.

After reading the manual, we ask that you send an email to the Center for Sustainable Tourism (sustainabletourism@ecu.edu) indicating your intent to adopt the program along with your Club Sports Logo for placement on the website. Then please refer to the checklist with additional steps that must be completed for recognition in the Club Sports Pledge to Travel Green.





LEARN ABOUT YOUR DESTINATION: *Enjoy a rewarding experience by learning more about the natural environment, culture, and history that makes every destination unique.*

Boulder, Colorado sits at the base of the beautiful Rocky Mountains at an elevation of 5,430 feet. The city of Boulder is known for its beauty, outdoor recreation, and active lifestyle. Boulder is home to the University of Colorado Buffaloes and supports the needs of students academically and recreationally. Within walking distance of Chautauqua Mountain and the Boulder Creek, Boulder students never find themselves bored. Boulder also prides itself on being an environmentally friendly city, as most trashcans are accompanied by recycling bins and the city's infrastructure accommodates walkers and bikers. In 2012, Boulder County created the Environmental Sustainability Plan, which addresses air quality, climate, ecological health, energy and buildings, health and wellness, local food and agriculture, transportation, water, and zero waste strategies in Boulder County. Visiting teams are encouraged to take full advantage of Boulder's outdoor recreational activities and learn from the sustainable practices the city has to offer.

The Club Sports at the University of Colorado, Boulder tallies over 110 trips per year. On average, CU Club Sports spends over \$300,000.00 on travel per year. Two thirds of this travel is regional or national. CU hosts on average of 6-10 home games, per club, per year. Of the 31 club teams, five are 2014 national champions in their individual sport. Our Club Sports program is continuously growing on and off the field and hopes to continue sustainable growth with your help.



DON'T LEAVE YOUR GOOD HABITS AT HOME: *While traveling, continue to recycle; use water wisely, and turn off lights as you would at home.*

Did you know if 100 travelers a day turned the TV off when leaving their hotel room this year, the equivalent of five cars' annual CO₂ emissions would be kept from entering the atmosphere? Recycling, using water wisely, and turning off the lights when leaving a room should be practiced during times of travel and at home. Be sure to prepare your home before leaving. This includes practicing the actions listed above, and unplugging electronics, adjusting the thermostat, and turning down your water heater. If you followed the daily recommended water intake of 64 oz. everyday on your week long vacation, you would use over 22 plastic water bottles. By bringing a reusable bottle, you would only need and use one. Eight billion plastic bags are thrown away each year in the United States. Bring a reusable bag with you on vacation to help reduce the number of bags used and thrown away.



BE A FUEL-EFFICIENT TRAVELER: *Book direct flights, rent smaller cars, and keep your own vehicle operating at maximum efficiency. Once in your destination, walk or bike as much as possible.*



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Whether a team is traveling to Boulder locally by car, or nationally by air, we ask that you make every attempt to travel green. A single airline passenger on a 2,000 mile trip can reduce their CO₂ emissions by 20% by choosing a direct flight instead of one with layovers. Today, many airlines and rental car companies take on environmental responsibility within their corporation and aircraft fleet. Improved fuel efficiency practices, aircraft and automobile models, recycling programs, and many more initiatives are implemented to reduce the detrimental impact traveling has on the environment. When traveling by air to desired locations, it is essential to review the Travel Care Code to reduce your team's impact.

As well as airlines, we have listed rental car services that have many sustainable practices within their company. Did you know by renting a small hybrid car instead of an SUV, a family of four can reduce their CO₂ emissions by 60% on a 2,000 mile trip. Please make sustainable efforts when traveling and deciding on modes of transportation on trip and always carpool when possible.

Airlines

United Airlines

United Airlines is an airline company striving towards sustainability. United Airlines alone has improved fuel efficiency by 33% and reduced fuel consumption by 85% in 2013. United Airlines has recycled more than 23.5 million pounds of aluminum cans, paper, and plastics in 2006. They have also offered their mileage plus members to redeem their miles for carbon-offsets. United Airlines is committing to pledges throughout their company including fuel efficiency and fuel use reduction, advancing alternative fuels and sustainable products/waste management and working together with their stakeholders.

US Airways

In addition to United Airlines, US Airways is another sustainable option for flying. US Airways is the only airline with a LEED (Leadership in Energy and Environmental Design) Gold certified corporate headquarters located in Phoenix, Arizona. They also have LEED certified operations control center located in Pittsburgh. This airline collects and recycles batteries, phones and radios and the money from these materials benefits the US Airways Education Foundation. US Airways save 42.4 million pounds of CO₂ and 13.5 million pounds of fuel. In April 2001, all paper products in lavatories were switched to EPA approved recycled products. US Airways is one of the top airways to successfully switch to consistently making sustainable decisions.

Delta

Delta is another suitable choice for sustainable travel. From 2011 to 2012, Delta reduced their aircraft emissions by 868,040 metric tons. The airline achieved these reductions by replacing older planes with more modern ones, strategic flying methods, removing unnecessary weight, improving operations, upgrading aircraft software, adding winglets, and improving fuel procedures. Delta allows passengers to voluntarily offset the carbon emissions produced from their flight. More than 277,000 trees have been planted by Delta since 2007 to combat these



carbon emissions. Delta strongly believes in the generation of alternative fuels and has joined the Denver International Airport in their construction of the airport's solar farm. Delta also joined the Port of Portland and Nike to construct solar panels to power Nike's retail store in the Portland Airport.

Southwest Airlines

Southwest Airlines makes flying with large groups easy as seats are not assigned and passengers can sit wherever they choose depending on their check in time. Southwest also provides lower rates favored by traveling teams while practicing environmental responsibility. The airline just recently introduced the Southwest Airlines Green Plane, a test plane for environmental friendly in-flight cabin products and materials. To wash and recycle the water used to wash the planes, Southwest uses Pratt & Whitney's EcoPower to purify the wash water for initial wash and reuse. At each gate, Southwest aircrafts consume electric power compared to jet fuel to reduce emissions when on the ground.

Rental Cars

Enterprise

6900 Tower Rd
Denver, CO
(303) 371-6850
1-800-261-7331

Enterprise Rent-A-Car is collectively going green and has many plans planned within the next five years. Starting in 2010, Enterprise committed to a five-year plan to cut energy use and cost by 20%. By 2015, Enterprise wishes to reduce their carbon footprint by 15%, implement 100% fuel shuttle buses, and put \$150 million towards sustainable construction. Enterprise is part of the Carbon Offset Program that offers costumers the choice to rent a Hybrid car to offset carbon dioxide emissions generated by an average car. In 2007, Enterprise pledged to plant 50 million trees. Since the pledge, they have planted over seven million. Additionally, Enterprise works with scientists to research and develop next generation biofuels that will ultimately help our environmental impact.

Hertz

24890 E 78th Avenue
Denver, CO 80249
(303) 342-3800
1-800-654-3131

Hertz Rent-A-Car has an entire Green Initiative followed at all Hertz locations. They are the only rental car company to have their CEO endorse the "CEO Climate Policy Recommendations to G8 Leaders." The Nissan Leaf, introduced in 2011, is an all-electric lithium ion powered mid-sized hatchback that produces zero emissions. Hertz also offers "The Green Collection," which is a fleet of pre-selected fuel efficient, environmentally friendly, and budget accommodating vehicles. The car rental company was selected as the 2012/2013 Zagat Best



Green Options U.S. Car Rental. Hertz has banned the use of chlorinated solvents for many years at their maintenance facilities.

Charter Bus Service(s)

Horizon Coach Lines

(800) 544-0739

Horizons Coach Lines has services across the United States and in British Columbia. These states include California, Colorado, Florida, Nevada, North Carolina, Texas, Houston, Washington, and Washington DC. After each trip Horizon offers a customer to offset their travel through their Carbon Offset Shuttle Program by computing the number of gallons of diesel each bus burned and the number of numeric tons each bus emitted. The office at each Horizon location practices recycling and energy efficiency. The company also purchases Ultra-Low-Sulfur Diesel, which if implemented nationwide could reduce nitrogen oxide emissions.

Traveling From Denver International Airport: *travel time is approximately 45 minutes.*

Highway vehicles are one of many sources of pollution that affects air quality causing damage to human and environmental health. Accelerating slowly and smoothly, driving the speed limit, anticipating your stop and starts, reducing your time spent idling (no more than 30 seconds), and reducing the weight of your vehicle are easy steps you can take to cut your emissions and save money. Please learn the most efficient way to get to and from different locations and spend time researching back roads to avoid traffic jams on major highways. Listed below are two routes to access Boulder from DIA.

Exit DIA on Pena Boulevard. Continue until you reach I-70 west. Take I-70 west to the I-270 north exit toward Fort Collins. Take I-270 north to the U.S. Hwy 36 west exit, toward Boulder. Continue on Hwy 36 to Boulder.

Or

Take the toll road exit, E-470 north from Pena Boulevard to the Northwest Parkway towards Broomfield connecting to U.S. 36. Continue west on Hwy 36 toward Boulder. The toll road costs \$6.00 one-way.

Although more expensive, the toll road is the most environmentally responsible method to access Boulder from DIA. The toll road is traffic free, making for a very easy and carefree drive to Boulder. A traveler emits more greenhouse gas emissions by driving I-70 to Boulder because of traffic congestion generated from Denver. Avoid traffic jams and unnecessary greenhouse gas emissions by driving the toll road to Boulder.



? **MAKE INFORMED DECISIONS:** *Seek out destinations or companies that engage in energy efficiency or recycling programs and that take actions to preserve their communities and the natural environment.*

For teams visiting University of Colorado, Boulder we ask you to make informed decisions about where you stay and eat. We have provided a list of lodging and food offerings in Boulder that accommodate a traveling team and practice sustainability. Please make green decisions at the location you choose.

If the hotels listed do not fit your needs, ask the front desk of a hotel that does fit your needs what green initiatives they preform.

Example questions are listed:

- ❖ Is your hotel a member of the Green Hotels Association?
- ❖ Is your hotel LEED certified?
- ❖ Do you participate in a Linen-Reuse program or any sustainable practice your costumers can decide to be a part of?
- ❖ Do you use local maintenance, electric, or plumbing companies to upkeep the building?
- ❖ Do you have a recycling program?
- ❖ What is the hotel's energy plan?

After the list of lodging, you can find a list of “on the go” eateries and chain restaurants in Boulder that support the local community and implement sustainable practices. We understand that traveling teams sometimes have no choice but to eat on the go due to time availability and finances.

Hotels

A price scale is provided:

\$ - Inexpensive

\$\$ - Moderately Expensive

\$\$\$ - Expensive

The Millennium Harvest House (\$\$)

1345 28th Street

Boulder, CO

(303) 443-3850

The Millennium Hotel is currently undergoing renovations to update their facility and diminish their environmental impact. New renovations include energy efficient lighting in all of the guestrooms and corridors, a 98% efficient domestic hot water boiler, an insulated energy efficient roof, elevator modernization that will save energy, and a solar panel rooftop audit. The Millennium Hotel also has a “no food wasting” policy, where all leftover food is given to the employees or placed in the employee’s break room to be consumed later. The hotel also practices recycling. The Millennium Hotel is 1.1 miles from the CU’s Kittredge Field.

Best Western Plus Boulder Inn (\$\$)



770 28th Street
Boulder, CO 80303-2343
(303) 449-3800

Best Western Plus Boulder Inn goes above and beyond to minimize the hotel and guest's environmental impact. The solar panels on the inn's roof saves roughly 28,694 kWh of energy per year and provides about 25% of the hotel's overall electrical needs, making it the most solar powered hotel in Boulder. The Best Western's lobby is equipped with LED lighting and all disposable dishware is made from recycled paper. The hotel also has a single stream recycling program, dual flush system in most rooms, and provides complimentary bike availability to guests. Other amenities include a complimentary hot breakfast, free bike loan program, seasonal heated pool, hot tub, free parking, a business center, and meeting facilities. The Best Western Hotel is 1.2 miles from the CU's Kirtredge Field.

Quality Inn & Suites Boulder Creek (\$\$)

2020 Arapahoe Avenue
Boulder, CO
(303) 449-7550

iStayGreen.com awarded the Quality Inn & Suites Boulder Creek a 3 (out of 5) Green Eco-Leaf Rating for the property's eco-friendly initiatives. The property installed 112 solar panels that save 28,312 kWh of electricity per year and uses energy efficient light bulbs. The hotel also has a composting availability, complimentary bicycle program, motion sensor lighting in distinct locations, low flow showerheads and faucets, dual flush toilets, and a recycling program. The hotel also offers a complimentary hot breakfast, indoor swimming pool, laundry services, free parking, free Internet, and a business center. The Quality Inn & Suites is 1.5 miles from CU's Kirtredge Field.

On The Go and Chain Restaurants

A pricing scale is provided:

\$ - Inexpensive

\$\$ - Moderately Expensive

\$\$\$ - Expensive

Beau Jo's Pizza (\$\$)

2690 Baseline
Boulder, CO 80305
(303) 554-5312

Beau Jo's offers delicious, unique pizza and a fun atmosphere for large dinner parties. Unlike most restaurants, Beau Jo's offers free e-car charging stations that are powered by wind and solar resources. The restaurant also recycles, composts, uses LED lighting and biodegradable containers, and purchases local products. Their facilities have dual flush toilets, flow kitchen pre-rinse, low water use appliances, and low energy use appliances.



The Cheesecake Factory (\$\$)

1401 Pearl Street #100
Boulder, CO 80302
(303) 546-0222

When eating sustainably, we encourage visiting teams to eat at locally established restaurants, but we also understand the difficulty in finding reasonably priced restaurants that can host large parties. The Cheesecake Factory is one of few chain restaurants that implements green initiatives in its company. The Cheesecake Factory has established recycling programs and uses organic digesters (devices that compost organic matter), biodegradable packaging, and solar water heating in select restaurants. The restaurant also wishes to move towards paper-less electronic invoice processing and energy saving efforts.

Chipotle Mexican Grill (\$)

1919 Pearl Street	1650 28 th Street #1224
Boulder, CO	Boulder, CO
(303) 554-9383	(720) 398-8331

Similar to The Cheesecake Factory, Chipotle is a chain establishment that incorporates some green initiatives. Chipotle's restaurants in Gurnee, IL and Minnetonka, MN are registered with the United States Green Building Council. In fact, the Gurnee location is LEED certified (platinum). Recycling is available in every restaurant and 40 percent of their beans are organically grown. The company also implemented a Food With Integrity standard and a set of guidelines that they define as "local."

Garbanzo (\$)

1905 29th Street
Boulder, CO 80301
(720) 974-6600

Garbanzo is a counter-order Mediterranean grill that is extremely vegetarian friendly. Garbanzo sponsors and donates to nonprofit organizations that support the environment and healthy living activities with youth involvement and advancement, community improvement projects, and the arts. Garbanzo also composts out of their kitchen and practices recycling. If your team is wishing to have food catered to them, contact the store manager for pricing options and variability for large groups.

Larkburger (\$)

2525 Arapahoe Avenue
Boulder, CO 80302
(303) 444-1487

Larkburger's burgers and fries cannot be beat. Their sustainable practices are top notch, as they use natural ingredients by eliminating preservatives and additives. Their hand-cut fries are cooked in trans-fat canola oil and the burgers are made from all natural Black Angus Beef.



They also use biodegradable containers, utensils made from potato and corn starch, and packaging made from unbleached paper pulp. The restaurant is 100% wind powered.

ModMarket (\$)
1600 28th Street
Boulder, CO 80301
(303) 440-0476

ModMarket is located in 29th street mall with shops and abundant parking. ModMarket serves fresh soups, salads, and sandwiches, and is a great option for a quick lunch or dinner. The restaurant strives to sustain a healthy diet and environment and to be a “sustainable pillar” in every community they serve. Modmarket uses compostable containers and tries to purchase Colorado produce when available. The restaurant also changes their menu to accommodate the seasons and where their food is coming from. Call the manager on duty (John) for pricing options and variability for large groups.

Native Foods Café (\$\$)
1675 29th Street
Suite 1272
Boulder, CO 80302
(303) 442-0213

Native Foods Café’s menu offers a variety of options. The menu consists of salads, sandwiches, and rice bowls. Their entire menu is non-dairy and vegetarian and vegan friendly. Twice a month, the café donates to different organizations that they believe to be locally active in the community. Their mission, as stated on their website, is to support global and community causes that (1) promote compassion to all living things; (2) provide for a healthier planet; (3) provide healthier food options for everyone.

Rio Grande Mexican Restaurant (\$\$)
1101 Walnut Street
Boulder, CO 80302
(303) 444-3690

Located a block from Pearl Street Mall, “The Rio” is a great option for large dinner parties. The Rio believes in giving back to the community by supporting local organizations, such as Project Angel Heart, Boulder Shelter for the Homeless, Boulder Public Library, Food Bank of the Rockies, and H.O.L.A. The Rio recycles, composts, and tries to obtain the majority of their ingredients locally. The Mexican restaurant is also a scratch kitchen, meaning they make everything in house, from the bottom up!



BE A GOOD GUEST: *Remember that you are a guest in your destination. Engage with locals, but respect their privacy, traditions, and local community.*



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Please remember you are a representative of your University and individual club sport. Please respect the locals, understand the hospitality provided, and always be thankful. The community of CU appreciates your efforts to keep our facilities clean and/or cleaner than you found them.

Part of being a good guest is taking advantage of what the Club Sports Program at CU has to offer. For all contact sporting events hosted by CU, an athletic trainer and water jugs will be provided. Please seek out staff to answer any questions you may have. If needed, listed below is the location and contact information of the local hospital. Boulder Community Hospital is the closest 24-hour emergency service.

Boulder Community Hospital

1100 Balsam Avenue
Boulder, CO 80304
(303) 440-2273



SUPPORT LOCALS: *As a visitor, the money you spend on your trips can help support the local artisans, farmers, and business owners whose livelihoods depend on tourism.*

Supporting locals in any community largely contributes to the communities' well-being, independent growth, and originality. Specifically for traveling teams, this means choosing restaurants that are unique to Boulder and affordable. Different from the restaurants listed above in “**MAKE INFORMED DECISIONS**”, the eateries below provide a dining experience that cannot be duplicated. For the sit down restaurants listed, we ask large groups to please call in advance to reserve seating.

A pricing scale is provided:

- \$ - Inexpensive
- \$\$ - Moderately Expensive
- \$\$\$ - Expensive

The Corner (\$)

1100 13th Street
Boulder, CO 80304
(720) 398-8331

The Corner is a great breakfast, lunch, or quick dinner joint located on the corner of 13th St. and College. The Corner's local suppliers are Ozo Coffee (Boulder), Spruce Confections (Boulder), Red Bird Chicken (Englewood), and Big Daddy Bagels (Boulder). Their menu also offers gluten free, vegetarian, and dairy-free options.



Cosmo's Pizza (\$)

1325 Broadway Street
Boulder, CO 80302
(303) 447-1133

659 30th Street
Boulder, CO
(303) 447-3278

Cosmo's is a suitable choice for pizza deliveries with large parties. They serve medium, large, and extra-large pizza sizes, calzones, and salads. The pizzeria is locally owned and practices recycling.

Foolish Craig's (\$\$)

1611 Pearl Street
Boulder, CO 80302
(303) 247-9383

As featured on the Food Network's Diners, Drive-Ins, and Dives, Foolish Craig's offers delicious breakfast, lunch, and dinner. The menu includes breakfast items, salads, sandwiches, entrees and their famous crepe selection. Foolish Craig's practices recycling and purchases some of their ingredients locally. Local suppliers are Nest Fresh Eggs (Denver), Boulder Organic Fair Trade Coffee (Boulder), Eco-Products, Morning Fresh Dairy (Bellvue), and Colorado raised Certified Angus Beef (Amherst).

Half Fast Subs (\$)

1215 13th Street
Boulder, CO 80302
(303) 449-1487

Half Fast Subs has the largest sandwich menu in Boulder, including a lengthy vegetarian section. Half Fast is independently owned and practices recycling. During their happy hour, on Monday – Saturday from 4-7pm, all 7" subs are only \$4.95. Half Fast also caters and delivers for large parties of 10 or more.

Moe's Broadway Bagel (\$)

3075 Arapahoe Avenue
Boulder, CO 80301
(303) 442-4427

2650 Broadway
Boulder, CO 80303
(303) 444-3252

3261 28th Street
Boulder, CO 80301
(720) 406-9000

By driving around in Boulder, you may see Moe's stickers on cars, windows, or street signs. The community favorite bagel shop serves breakfast and lunch sandwiches. Moe's is a family owned business and supports local community whenever they can. A dozen day old bagels are sold daily for a discounted price everyday but they go quick!

Mountain Sun Brewery (\$\$)

1535 Pearl Street
Boulder, CO 80302
(303) 546-0886

The Mountain Sun Brewery is a community favorite located on Pearl Street, offering delicious salads, sandwiches, burgers, and various entrees. Mountain Sun emphasizes the



importance of a strong local community by supporting local music and events. Mountain Sun's local suppliers are Growing Gardens (North Boulder), Udi's Bakery (Louisville), Source Local Foods (Broomfield), Kim and Jake's Specialty Cakes (Boulder), Tee & Cakes (Boulder), Old Style Sausage (Louisville), Rudi's Organic Bakery (Boulder), and Steele's Meat (Lafayette).

Pasta Jay's (\$\$)
1001 Pearl Street
Boulder, CO 80302
(303) 444-5800

Pasta Jay's is an Italian restaurant locally owned by a former CU student. Pasta Jay's is a great option for large parties, as they can serve 50-200 people with a timely reservation.

Ripple Frozen Yogurt (\$)
1682 30th Street
Boulder, CO
(303) 444-0690

Ripple's Frozen Yogurt offers a variety of frozen yogurt flavors and toppings. The spoons, water cups, take-away bags, sample cups, and napkins are all compostable. The facility uses LED lighting and their electricity is offset by wind power. One of their local suppliers is Long Range Dairies (Wiggins and Monument, CO).

The Sink (\$\$)
1165 30th Street
Boulder, CO
(303) 444-7465

Located on the heart of "the Hill," the Sink is a student favorite, serving quality American food. The Sink is 100% wind powered, composts, and uses low-flow water fixtures and energy efficient light bulbs through out the restaurant. This green technology reduces 30 percent of water use and 10 percent of energy use. The Sink takes large party reservations depending on the requested day and time.



DISPOSE OF YOUR WASTE PROPERLY: *Leave a beautiful place for others to enjoy. Recycle where possible, and always dispose of your waste with care.*

Think reusable when you drink. Always travel with a reusable water bottle and seek out water refill centers around campus. In the Northwest corner of Kittredge Field, a free filtered water refill station is available to the public. All trashcans are accompanied by a recycling bin, but in the rare case that a recycling bin is not near by or full, take it in your own hands to collect the materials and find the nearest recycling bin or recycling center. If your hotel recycles, this can be as easy as picking up the recyclable materials and bringing them to your hotel. Boulder County recycles all plastic #1-7 bottles, jugs, tubs and screw off jars.



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 **PROTECT YOUR NATURAL ENVIRONMENT:** *Be mindful of the plants, animals, and ecosystems that you impact. Avoid feeding wildlife; stay on designated trails, and strictly follow all fire restrictions.*

Chautauqua Park and the Boulder Creek Path are beautiful recreational areas for visitors to enjoy the outdoors. When visiting Chautauqua Park and the Boulder Creek Path, we ask that you please pick up after yourself, respect others, and use passing signals on the multiple trails.

 **MAKE YOUR TRAVEL ZERO EMISSIONS:** *As an additional step, consider the option of purchasing carbon credits to fully offset your travel's impact on climate change.*

In order to be an effective, competitive Club Sport, you must be able to travel. Last year, the Club Sports of University of Colorado, Boulder had over ____ teams visit Boulder. When traveling, please continue traveling sustainably and responsibly. Whenever your team is flying, please purchase an offset if available, or take the initiative to find an organization that can do this for you. Typically when you make a contribution to an organization, your money will support a project of the organization's choice. These projects are typically associated with protecting standing forests, improving forest management, and/or planting trees. All organizations and projects are different. Many organizations allow you to choose which project your offset is contributed to. Research each project offered and choose which one where you believe your contribution will matter most.

 **BRING YOUR EXPERIENCES HOME:** *Continue practicing your sustainable habits at home, and encourage friends and family to travel with the same care.*

Club Sports nationally have a duty to be role models and set standards for others on campus as well as the community that surrounds them. The Travel Care Code is a set of guidelines to make traveling sustainable and enjoyable. When traveling to Boulder, by dining at independent restaurants and lodging at sustainable establishments, you are significantly improving the lifestyle of the Boulder community and environment. Continue your team's environmental responsibility at home by supporting local businesses; recycle, use water wisely, and turn off all electronics and lights as you leave a room.

Please recycle this document when finished with its use.

ACKNOWLEDGEMENTS



Club Sports
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This *Pledge to Travel Green* Travel Care Code manual was developed by Meaghan Stertz, Club Sports athlete and team captain at the University of Colorado at Boulder. Funding for her research position was provided by the Center for Sustainability: Tourism, Natural Resources, and the Built Environment at East Carolina University, and is a joint effort of the Center and the CU Campus Recreation Center. The University of Colorado at Boulder and East Carolina University are the first two collegiate club sports programs in the nation to adopt the *Pledge to Travel Green* effort.

The Club Sports *Pledge to Travel Green* program is a research and programmatic effort of the Center for Sustainability: Tourism, Natural Resources, and the Built Environment, through its Travel Care Code Initiative (www.travelcarecode.org). For further information please contact Dr. Patrick Long, Director, Center for Sustainability at longp@ecu.edu, or Justin Waters, East Carolina University Club Sports Assistant Director at watersj@ecu.edu or Kris Schoech, University of Colorado Club Sports Director at Kristopher.Schoech@colorado.edu.



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¹Union of Concerned Scientists (2008). *Getting There Greener*. Cambridge, MA: UCS Publications. Web. 19 Jun. 2014. www.ucsusa.org/publications.



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