



# Press Release

For Immediate Release

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## Marine Corps Marathon Announces 2010 Green Team Challenge Winners

*Winning Runners to Blog Their Green MCM Experience With Athletes for a Fit Planet*

**Quantico, VA (August 23, 2010)** – The Marine Corps Marathon (MCM) and FitPlanet announced today the winners of the 2010 MCM Green Team Challenge, an online contest to select the two runners with the most sustainable green plan for participating in the MCM. As contest winners, Christopher Stephens, 42, of New York, NY and Allison Lasso, 47, of Sheffield, MA will comprise the MCM Green Team.

“Stephens and Lasso both demonstrate how athletes and ordinary individuals can make simple changes to support the greening of events,” said Bruce Rayner, Chief Green Officer, Athletes for a Fit Planet, a leading provider of environmental services to organizers of athletic events.

Stephens, an administrative law judge from New York says there are several effortless ways runners and spectators can assist event managers reduce waste. He continually aims to seek out such opportunities from drinking out of water fountains at Central Park to recycling swim caps after triathlons.

Lasso entered the challenge as it combines her two greatest passions, running and being environmentally active. Over the past two years, Lasso has completed one marathon per month.

“You start training to run a marathon by getting out of the house for a 10-minute walk and you start being more environmentally active by using one compact florescent light bulb,” said Lasso, who worked at The Nature Conservancy. “When you realize the first step is doable then focus on the second and one day, you realize you are leaving less of a carbon footprint and crossing under the finish banner.”

The MCM Green Team will blog their MCM journey in an effort to demonstrate to other athletes and runners effective green training tips and products. View blogs and MCM green events by visiting Athletes for a FitPlanet at <http://www.afitplanet.com/greenteam/mcm.php>.

Winners also will receive a pair of Brooks Green Silence, a performance racing shoe made from recycled materials, a PriorLife tote made from recycled MCM finish line banners, carbon offsets from Native Energy, a Nathan hydration pak and much more from sponsors such as Dasani.

The MCM Green Team is an extension of the MCM’s commitment to environmental sustainability that includes earning Silver Certification to the Council for Responsible Sport’s standard in 2009. MCM is the largest event to date to earn this distinction.

### *ABOUT THE MARINE CORPS MARATHON*

*Voted the best marathon for families, the Marine Corps Marathon honors the dedication, sportsmanship and patriotism of its participants. Runners from all walks of life participate in the largest marathon not to offer prize or money, earning the nickname as “The People’s Marathon.” The MCM is the fourth largest marathon in the United States and the eighth largest in the world. The 35th anniversary Marine Corps Marathon will be held on October 31, 2010, in Arlington, VA. No federal or Marine Corps endorsement is implied.*

*For more FitPlanet information, contact Bruce Rayner at 508.429.0976 or [bruce@afitplanet.com](mailto:bruce@afitplanet.com).*

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