before you throw – #runclean

1. Many runners go for long training runs without carrying any water, but suddenly in a race they cannot get water tables! Don’t be caught out by the lack of water – bring your own water or carry a hydration pack. (Modern Athlete, South Africa’s largest running publication, has made it our mission to promote a cleaner sport and to encourage all runners to adopt the #runclean campaign and to support it.)

2. Better idea: Carry your own water in a hydration backpack or water bottle belt, so that you don’t need to use the water tables. Modern Athlete, South Africa’s largest running publication, has made it our mission to promote a cleaner sport and to encourage all runners to adopt the #runclean campaign and to support it.

3. When you do use the water sachets, don’t drop them (or other refuse) in the road – always look for a bin. Modern Athlete, South Africa’s largest running publication, has made it our mission to promote a cleaner sport and to encourage all runners to adopt the #runclean campaign and to support it.

4. In fact, you don’t even need to throw the sachets away… Just stick the empty plastic sachets in a pocket, or in the waistband of your shorts, because carrying a few pieces of plastic simply will not weigh you down that much! Modern Athlete, South Africa’s largest running publication, has made it our mission to promote a cleaner sport and to encourage all runners to adopt the #runclean campaign and to support it.

5. Handy hint: If your running kit does not have one, buy a running belt with pocket and place it around your waist. Modern Athlete, South Africa’s largest running publication, has made it our mission to promote a cleaner sport and to encourage all runners to adopt the #runclean campaign and to support it.

6. If you simply must drop a sachet in the road, try to at least do so within easy walking distance of a bin. Modern Athlete, South Africa’s largest running publication, has made it our mission to promote a cleaner sport and to encourage all runners to adopt the #runclean campaign and to support it.

7. Never toss a sachet where it cannot be seen or retrieved by the clean-up crew. Modern Athlete, South Africa’s largest running publication, has made it our mission to promote a cleaner sport and to encourage all runners to adopt the #runclean campaign and to support it.

8. On the subject of water stations, please don’t throw the sachets into the bushes next to the road. Or into a storm water drain. Or under parked cars. Modern Athlete, South Africa’s largest running publication, has made it our mission to promote a cleaner sport and to encourage all runners to adopt the #runclean campaign and to support it.

9. If you see fellow runners littering, try to diplomatically suggest a cleaner attitude going forwards, but avoid kicking up a stink. Modern Athlete, South Africa’s largest running publication, has made it our mission to promote a cleaner sport and to encourage all runners to adopt the #runclean campaign and to support it.

10. Give back: If you are asked to hand you water sachets after that? Think again… Modern Athlete, South Africa’s largest running publication, has made it our mission to promote a cleaner sport and to encourage all runners to adopt the #runclean campaign and to support it.

11. Never, ever, ever, throw your water bottles out of your window during the race. Modern Athlete, South Africa’s largest running publication, has made it our mission to promote a cleaner sport and to encourage all runners to adopt the #runclean campaign and to support it.

12. Be a clean-up crew. Modern Athlete, South Africa’s largest running publication, has made it our mission to promote a cleaner sport and to encourage all runners to adopt the #runclean campaign and to support it.

13. Ultra lightweight plastic simply will not weigh you down that much! Modern Athlete, South Africa’s largest running publication, has made it our mission to promote a cleaner sport and to encourage all runners to adopt the #runclean campaign and to support it.