Pledge to Travel Green

U.S. Travel Care Code

www.TravelCareCode.org

Resource Guide for Visiting Club Sports Teams
Club Sports at East Carolina University
Putting the Green in Greenville
2014
This *Pledge to Travel Green* Travel Care Code manual was developed by Heather De Martin, Club Sports athlete and team captain at East Carolina University. 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 ECU Campus Recreation and Wellness Unit. East Carolina University and the University of Colorado at Boulder 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](http://www.travelcarecode.org)). For further information please contact Dr. Patrick Long, Director, Center for Sustainability at longp@ecu.edu, 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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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 these 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 EAST CAROLINA UNIVERSITY ALREADY GREEN?

ECU’s Club Sports program is continuously giving back to Pitt County through volunteering and donating goods and services. 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 (GHG) 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.

There are over 40 Club Sports at ECU that utilize the Student Recreation Center, Christenbury Gym, North Recreational Complex, Blount fields and other off campus facilities. Our Club Sports program is already going green by recycling at all of our athletic fields and using water re-fill stations. The North Recreational Complex uses a water recycling program throughout the eight multipurpose activity fields. As of 2013 large PowerAde Coolers were provided to athletes at North Recreational Complex without plastic cups to reduce our carbon footprint. Cups will not be provided in future years to continually influence our athletes to bring reusable water bottles as one plastic water bottle or cup can take hundreds of years to decompose.
Although Club Sports at ECU have taken actions to reduce our carbon footprint we must further continue our efforts by following the Travel Care Code and pledge to make more environmentally conscious decisions going forward.

WHY SHOULD YOUR CLUB SPORTS PROGRAM FOLLOW THE CODE?

Club sports participants are leaders on their campus’ and must set a standard for others to follow. Along with the University Of Colorado at Boulder, we are the first in the nation 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 1,000 club sport athletes at East Carolina University 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 ECU has provided your program with this research based manual to serve as a guide when making sustainable decisions regarding travel with your prospective club sport. In this manual you will find a list of restaurants, lodging, and 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 follow up with the checklist with additional steps that must be filled out in order to be recognized in the Club Sports Pledge to Travel Green.

The Ten Travel Care Code Actions

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

The city of Greenville is the “capital of the east”, over 30 square miles wide and located in Pitt County, North Carolina. Greenville is filled with youthful energy, education, culture and healthcare. Greenville-Pitt County is proudly home to over 80,000 residents, the largest concentration of people and industries in eastern North Carolina. Greenville is home to many independently owned facilities and was voted the best location for small businesses and careers by Forbes Magazine.

Within the past two years, Club Sports at ECU has brought in over 70 universities that have visited Greenville. Last year clubs traveled to many destinations such as Daytona, Clemson,
and Knoxville, traveling over 190,000 miles. With this mileage over $20,000 was spent on gasoline alone. ECU hosts an average of 6-10 home events, per club, per year. The Club Sports program has developed tremendously within the past couple years 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. every day on your week long vacation, you would use over 22 plastic water bottles. By bringing a reusable bottle, you would only 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 at maximum efficiency. Once in your destination, walk or bike where possible.

For teams visiting East Carolina University 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 take on environmental responsibility within their corporation and aircraft fleet. Improved fuel efficiency practices, aircrafts, recycling programs and many more initiatives are being implemented to reduce the detrimental impact that flying has on the environment. When traveling by air to desired destinations, it is essential to review the Travel Care Code to reduce your team’s impact. Listed below are different airlines that go above and beyond to improve their prospective airline’s relationship with the environment.

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 group 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 trips and always carpool when possible.
Airlines

United Airlines

United Airlines is an airline company striving toward 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 Airways, US Airways is another sustainable option for flying. US Airways is the only airline with a LEED (Leadership in Energy and Environmental Design-Green Building certification program) Gold certified corporate headquarters located in Phoenix, Arizona. 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.

Rental Car Services

Enterprise
400 Airport Rd
Greenville, NC
252. 758. 3400

The Enterprise Company is collectively going green and has many plans within the next five years. Starting in 2010 Enterprise committed to a five-year plan to cut energy use and cost by 20%. Enterprise is a part of the Carbon Offset Program, that offers customers the choice to rent a Hybrid car to offset carbon dioxide generated by an average car. In 2007 Enterprise promised to plant 50 million trees. Since the pledge they have planted over seven million. Additionally, Enterprise works together with scientists to research and develop next generation biofuels that will ultimately help our environmental footprint.

Budget
400 Airport Rd
Greenville, NC 27858
252. 321. 1175

Budget is a fuel efficient and ecofriendly company to rent a car from. They will also provide you with green driving tips upon request. All of Budget rental vehicles have met U.S
EPA guidelines and are Smart Way Certified. When renting a car from Budget please be aware of the Hybrid car offerings and take advantage of the opportunity to reduce the carbon offset. Half of the vehicles Budget provides have fuel efficiency ratings of 28 miles per gallon (or better). All Budget’s carwashes recycle and reuse at least 80% of the waste water. Budget created an Overall Corporate Initiative regarding environmentally conscious decisions that the company can make as a whole: “Go Greener, Drive Cleaner”.

**Hertz**

400 Airport Rd  
**Greenville**, NC 27858  
252. 752. 7518

Hertz rental company has an entire Green Initiative followed at all locations. They are the only rental car company to have their CEO endorse the “CEO Climate Policy Recommendations to G8 Leaders”. The Nissan Leaf was introduced in 2011 and is an all-electric lithium ion powered midsized hatchback that produces zero emissions. They offer “The Green Collection” which is a fleet of pre-selected vehicles that are fuel efficient, environmentally friendly, and budget friendly as well. In 2012/2013 Hertz was the Zagat Best Green Options U.S Car Rental. Hertz has recycled over 14,000 gallons of solvent and has banned their use of chlorinated solvents for many years at their maintenance facilities.

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 East Carolina University we ask you to make informed decisions about where you eat and what you are eating. We have provided a list of lodging and food offerings in **Greenville** 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 perform.

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 practices your customers 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?
Making good decisions as a traveler also includes where and what you eat. After the list of lodging you will find a list of “on the go” chain restaurants in Greenville, 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. A pricing scale is provided from $ as the least expensive and $$$ as the most expensive.

**Hotels**

A pricing scale is provided:

- $ - Inexpensive, usually $50-$100
- $$ - Moderately Expensive, usually between $100-$150
- $$$ - Expensive, usually $150+

_Best Western Plus ($$)_

2310 Greenville Blvd
Greenville, NC 27858
252. 752. 2378

The Best Western Plus in Greenville is a certified ECO friendly hotel participating in many sustainable practices. Certified ECO friendly hotels are dedicated to energy and water conservation, solid waste and hazard waste management, air quality, community outreach, and land use. ECO friendly hotels develop strategies for zero waste and reducing the companies carbon footprints. Continental Breakfast is available at this location. The Best Western Plus in Greenville is 1.5 miles away from ECU.

_Candlewood Suites ($$)_

1055 Waterford Commons Dr.
Greenville, NC 27858
252. 317. 3000

The Candlewood Suites in Greenville participates in Green Engage, a world-wide sustainability effort that measures day-to-day environmental impact of hotels. These hotels are constructed and run for optimal sustainability. The Green Engage hotels reduce energy consumption by up to 25% each year and make the smartest decisions regarding everything in their hotel to be sustainable. Continental Breakfast is available at this location. The Candlewood Suites in Greenville is 3 miles from ECU.

_City Hotel & Bistro ($)_

203 SW Greenville Blvd.
Greenville, NC 27834
252. 355. 8300

Make sure to stay at the City Hotel & Bistro when traveling to town to support Greenville’s only full service independently owned property. The City Hotel & Bistro supports and hosts local music every Friday and Saturday night. When reserving a room here, we suggest...
downloading the City Hotel & Bistro App and go paperless when checking in. Continental Breakfast is available at this location. The City Hotel & Bistro is 2.8 miles away from ECU.

**Days Inn ($)**

810 S. Memorial Dr.  
**Greenville**, NC 27834  
252. 752. 0214

Days Inn hotels are Part of Wyndham hotel group which is among the top 100 greenest companies in the United States. Wyndham hotel group has invested a tremendous amount of time and finances to adopt innovative sustainable practices throughout their hotel chain. Continental Breakfast is available at this location. The Days Inn hotel in Greenville is 2.8 miles away from ECU.

**Econo Lodge ($)**

920 Crosswinds St.  
**Greenville**, NC 27834  
252. 752. 7382

All Econo lodge properties are participants in energy conservation, water conservation, and recycling and waste reduction. When lodging here make sure you participate in the linen and towel re-use program. Continental Breakfast is available at this location. Econo Lodge is 2.8 miles from ECU.

**Holiday Inn Express ($$$)**

909 Moye Blvd  
**Greenville**, NC 27834  
252. 754. 8300

The Holiday Inn Express in Greenville participates in Green Engage which is a world wide sustainability effort that measures day-to-day environmental impact of hotels. These hotels are constructed and run for optimal sustainability. The Green Engage hotels reduce energy by up to 25% each year and make the smartest decisions regarding everything in their hotel to be sustainable. Continental Breakfast is available at this location. Continental Breakfast is available at this location. The Holiday Inn Express is 2.8 miles away from ECU.

**Super 8 Motel ($)**

1004 S. Memorial Dr.  
**Greenville**, NC 27834  
252. 758. 8888

All Super 8 Motels are part of the Wyndham hotel group which is among the top 100 greenest companies in the United States. Wyndham hotel group has invested a tremendous amount of time and finances to adopt innovative sustainable practices throughout their hotel
chain. Continental Breakfast is available at this location. The Super 8 Motel is 3 miles away from ECU.

**On The Go Restaurants**
A pricing scale is provided:
-$ Inexpensive usually $10 and under
-$-$ Moderately Expensive usually between $10-$25
-$$$- Expensive usually between $25-$50

**Jersey Mikes Subs ($)**
1915 SE Greenville Boulevard, Suite F
Greenville, NC 27834
252. 758. 8866
Jersey Mikes Subs has two easily accessible locations in Greenville. They bake their bread and tuna each day on the premises to ensure freshness. Jersey Mikes has gluten and lactose free options. At each location there are continuous efforts to give back to the community. Subs for large groups available upon request (subs by the box, subs by the bag).

**Jimmy Johns Gourmet Sandwiches ($)**
540 Cotanche Street
Greenville, NC 27834
252. 329. 0130
Jimmy Johns is an all-time supporter of independently owned businesses. Mom and pop produce houses supply fresh vegetables daily. Local construction companies, electricians and plumbers are used to build the store and are contacted for store upkeep and maintenance when needed. The napkins provided at Jimmy Johns are 100% recycled material. The bread is baked in house every day. Jimmy Johns is a perfect place to call for party platters for large groups.

**Mellow Mushroom ($$$)**
2020 Charles Boulevard
Greenville, NC 27858
252. 565. 8220
Make your way to Mellow Mushroom to enjoy an American meal sure to fill your stomach. All meats at Mellow Mushroom are 100% natural: No hormones, no chemicals, and no artificial ingredients. Check out the eclectic pizza options here as well as the calzones. There is a gluten-free menu, allergen menu, and vegetarian options. Mellow Mushroom supports and hosts independent entertainment. There is also a nutritional calculator available online.

**Moe’s Southwest Grill ($)**
610-B Red Banks Rd.
Greenville, NC 27858
252. 353. 6637
Moe’s Southwest Grill is the spot for an enjoyable Mexican meal. They have vegetarian options offering organic tofu (USDA certified organic). At Moe’s, they cook the vegetables and meats on separate grills to ensure the practice of correct health standards. The pork is grain fed
and the pico de gallo is homemade fresh daily. At Moe’s there are no microwaves, no MSG, and zero trans-fat per serving. There are also low calorie options and gluten friendly ingredients. Contact Moe’s for party platters for large groups.

**Pita Pit ($)**
214 E. Fifth Street  
**Greenville**, NC 27834  
252. 329. 7482

Pita pit is within walking distance of ECU campus and is located in Uptown **Greenville**. At Pita pit you personally customize your pita to your liking. Here you can find gluten Free options and lean grilled meats with no preservatives and no additives. The white and wheat pitas are 100% vegan and allergen information is available upon request.

**Tropical Smoothie Café ($)**
1856 West Arlington Boulevard  
**Greenville**, NC 27834  
252. 215. 2204

The Tropical Smoothie Café offers their customers fresh, natural, and premium quality smoothies. They have low fat smoothies as well as supplement boosters. The Tropical Smoothie Café has low calorie options and vegetarian options as well. Don’t forget to add a healthy wrap or flatbread sandwich. Contact about catering and party platter options.

**Zoe’s Kitchen ($)**
3120 Evans St  
**Greenville**, NC 27834  
252. 353. 0485

Zoe’s kitchen is a Mediterranean deli with a menu inspired from family recipes and simple sensibility. The food is made from scratch daily and absolutely nothing is fried in the restaurant. They offer lean protein and vegetarian options. At Zoe’s they use the freshest fruits, vegetables and herbs. The nutrition and allergen guide is available online. Catering and bulk orders are also available upon request.

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

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

Club sports at East Carolina University provide incoming teams Athletic First Responders and Site Managers. Students in these positions are both CPR and first aid certified and will provide immediate care when necessary. Please seek out staff to answer any questions.
you may have. In case of an emergency, the nearest hospital is Vidant Medical Center on 2100 Stantonsburg Road in Greenville.

**SUPPORT LOCALS** - As a visitor, the money you spend on your trip can help support the local artisans, farmers, and business owners whose livelihood depends 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 Greenville and affordable. Different from the restaurants listed above in “MAKE INFORMED DECISIONS”, the eateries below provide a dining experience that cannot be duplicated. We ask large groups to please call in advance to reserve seating.

**Local Owned Eateries**

A pricing scale is provided:

- $- Inexpensive, usually $10 and under
- $$- Moderately Expensive, usually between $10-$25
- $$$- Expensive, usually between $25-$50

**Boulevard Bagel Café ($)**
327 Arlington Boulevard
Greenville, NC 27834
252. 355. 3311

Boulevard Bagel has been a family owned and operated establishment for over 20 years offering their customers a variety of homemade breakfast and lunch items. The owners are present every day making sure their customers receive the best service. Boulevard offers homemade cream cheese spreads including diverse flavors such as chocolate chip and walnut raisin. Vegetarian options are available. Boulevard Bagel is a perfect location to request sandwich or bagel platters for larger parties.

**Christy’s Euro Pub ($)**
301 S Jarvis Street
Greenville NC 27858
252. 758. 2774

Christy’s Euro Pub serves American style food and is an independently owned home-style bar and grille located in the heart of Greenville. Order a homemade cheesesteak and listen to some local music groups every Sunday. Christy’s is famous for their diverse beer selection and everyday five dollar specials. Christy’s has vegetarian friendly options and is also walking distance from ECU.

**Marabella Old World Pizza ($)**
3150 S. Evans Street
Greenville, NC 27858
Marabella Old World Pizza is a great place to visit when craving some delicious homemade Italian food. Marabella has small and large trays available for large groups and will deliver to any field or vicinity in Pitt County. Vegetarian options are available as well.

**Mikes Deli ($)**  
810 E. Tenth Street  
Greenville, NC 27858  
252. 830. 6686  
Mikes Deli is the place to go to get a deli experience like no other! Walk here from ECU campus for mouthwatering sandwiches such as the NY style pastrami or the Pizza Sub. Catering is available upon request.

**The Tipsy Teapot ($)**  
409 Evans Street Unit B  
Greenville NC 27858  
252. 413. 0087  
The Tipsy Teapot Café is located in Uptown Greenville and is walking distance from ECU campus. The atmosphere is extremely community orientated and the cuisine is vegan and gluten free friendly. The Tipsy Teapot supports and hosts independent entertainment and is a quiet oasis for those looking for a spot of relaxation.

**The Scullery ($)**  
431 S Evans St  
Greenville, North Carolina 27858  
252. 321. 1550  
The Scullery Café is located in Uptown Greenville and is walking distance from ECU campus. The Scullery is an independently owned café famous for their homemade baked treats, brunch and treats. Sit down, relax, enjoy a bite to eat, and enjoy local art and music events hosted at The Scullery. The Scullery has vegetarian friendly options.

**Pop’s Old Fashion Cheeseburgers ($)**  
1011 S Charles Blvd  
Greenville, NC 27858  
252. 329. 0048  
Pop’s Old Fashion Cheeseburgers has the best burgers in town without putting a dent in your pocket. Pop’s is an American eatery with many fresh options such as burgers, hotdogs, wraps and sandwiches. Pop’s only uses peanut oil to fry the food. Pop’s is walking distance from ECU campus and provides a clean and quiet atmosphere for their customers. “We do not have TVs, so you can TALK to each other, make friends and enjoy some of the simpler things in life!!” - Pop’s
**Parker’s Barbecue of Greenville ($)**
2020 Greenville Blvd SE,
Greenville NC 278358
252. 758. 9215

Parker’s is a family owned and operated business serving Greenville the best BBQ in town for over 50 years. Parker’s only accepts cash and is perfect for bulk orders of appetizing southern style food such as their Pork BBQ with Brunswick Stew and Fried Okra.

**Sup Dogs ($)**
213 E. 5th Street
Greenville, NC 27834
252. 752. 7682

Sup Dogs is located in Uptown Greenville and serves the best hot dogs in town. Sup Dogs is in walking distance from ECU Campus and is “the spot” to meet friends and enjoy the lively college atmosphere. Here you can find 23 different types of Sup Dogs, Sup Burgers and Suptizers. Make sure you try the famous Sup Dogs Sauce and, “dream big and challenge the chefs with your own Sup menu creations”. Sup Dogs supports and hosts independent entertainment.

**Winslow’s Tavern ($$$)**
120 W. 5th Street
Greenville, NC 27834
252. 364. 8921

Winslow’s Tavern is a great spot for large groups to enjoy a homemade American meal such as their signature sandwiches and burgers. Winslow’s tavern continually supports independent entertainment. The rustic seating and atmosphere is perfect for a brunch date or a nice dinner with your family. Make sure you ask about the outdoor seating.

**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. If a recycling bin is not nearby, take it in your own hands to collect the materials and find the nearest recycling bin or recycling center. Be a leader and inspire others to do the same. For detailed information on types of recyclables and waste accepted within the Pitt County Recycling Center, please call the Recycling Coordinator at 252. 902. 3350.

**PROTECT YOUR NATURAL SURROUNDINGS - Be mindful of the plants, animals, and ecosystems that you impact. Avoid feeding wildlife; stay on designated trails, and strictly follow all fire restrictions.**
The South Tar River Greenway is a beautiful path located along the Tar River for walkers, runners, and bikers. The Greenway connects to additional bike paths and walking paths for you to venture to when on the trail. When on the Greenway we ask that you please pick up after yourself, respect others, and use passing signals on the multi-use trail.

☀ **MAKE YOUR TRAVEL ZERO EMMISIONS** - As an additional step, consider the option of purchasing carbon credits to fully offset your travels 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 East Carolina University had over 70 teams visit Greenville. When traveling, please continue traveling sustainably and responsibly.

Whenever your team is flying please purchase an offset if available. A carbon offset is an effort to compensate from emitting greenhouse (carbon) gases.

Please learn the most efficient way to get from different locations as well, and spend time researching back roads to avoid traffic jams on major highways.

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

Club Sports Programs 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 Greenville, eating at independent restaurants and lodging at sustainable establishments, you are significantly improving the lifestyle of the Greenville community and environment.
CLUB SPORT PLEDGE TO TRAVEL GREEN CONTACT INFORMATION

East Carolina University Club Sports
128 Student Rec Center
Greenville NC 27858
Clubsports@ecu.edu
252. 328-2995

Justin Waters
East Carolina University
Assistant Director of Club Sports
watersj@ecu.edu
252. 737. 2713

Dr. Patrick Long
East Carolina University
Center for Sustainability: Tourism, Natural Resources, and the Built Environment
College of Engineering and Technology
longp@ecu.edu
252. 328. 9469

Heather De Martin
East Carolina University
Demartinh12@students.ecu.edu
908. 328. 3652

University of Colorado at Boulder Club Sports
Department of Recreation Services
Student Recreation Center
303. 492-5133

Kris Schoech, Director
Club Sports Program
University of Colorado, Boulder
Department of Recreation Services
Kristopher.schoech@colorado.edu
303. 492-5133

John Galvin, Coordinator
Club Sports Program
University of Colorado, Boulder
Department of Recreation Services
John.galvin@colorado.edu
303 492-7206

Meaghan Stertzer
University of Colorado, Boulder
Meaghan.stertzer@colorado.edu

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