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Potty Mouth Article 2

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## **URECycle**

James Madison University's Recreation Center, better known as UREC, is just one of the many buildings on campus that has chosen to "go green." For example, it's not hard to find a recycling bin in the facility – they are scattered just about everywhere. Recycling is a fantastic way to improve the environment; however it's only one of the many Sustainability Initiatives that UREC has implemented.

UREC is a proud participant and third place winner of RecycleMania 2009, a recycling competition between various colleges and universities throughout the United States (<http://www.jmu.edu/stewardship/recyclemania.html>, 2009). Another Sustainability Initiative was the installation of numerous "hydration stations" throughout the building to allow easier fill up for those who choose to use reusable water bottles. To reduce light usage, UREC has installed motion sensors in the bathrooms. For all administrative work, like printing emails, UREC now uses recycled paper. Student employee manuals are also posted onto Blackboard to save paper (<http://www.jmu.edu/recreation/Facilities/green.html>, 2009).

UREC provides the upper turf for sports like ultimate frisbee, soccer, lacrosse, and field Hockey where they have incorporated numerous "green" features into the design. It has "light structure green" which is energy efficient lighting controlled through a computer. The actual turf material is comprised of recycled rubber from the "Nike Grind" program, which recycles used Nike athletic shoes and uses the granulated rubber as turf material. The upper turf's water runoff runs into a sand filter after a storm, which passes through a sand bed and is collected into three underbeds. This helps to remove sediment and bacteria from the water (<http://www.jmu.edu/recreation/Facilities/green.html>, 2009).

UREC has recently broken ground off of Port Republic Rd. to be used for

University Park, an expansion plan of UREC, which will consist of various playing fields. University Park will be a LEED facility. To become a certified LEED facility a focus must be on the five main areas of human and environmental health: sustainable site development, water savings, energy efficiency, materials selection and indoor environmental quality (<http://www.usgbc.org/DisplayPage.aspx?CMSPageID=222>, 2008).

If you are a UREC participant, you can do your part to help too, like use one of the PreCors to generate electricity. One hour of PreCor workout generates about 50-100 watt hours of electricity. Also, you can walk, run, carpool, or use the bus system to get to UREC for your workout. Not only will this help the environment by not driving alone, but you can add to your workout (<http://www.jmu.edu/recreation/Facilities/green.html>, 2009).

#### Works Cited:

1. CISAT Creative Services. (2009, September 22). RecycleMania 2009. Retrieved September 30, 2009, from <http://www.jmu.edu/stewardship/recyclemania.html>
2. LEED Rating Systems (2008). Retrieved September 30, 2009, from <http://www.usgbc.org/DisplayPage.aspx?CMSPageID=222>
3. Sustainability at UREC (2009). Retrieved September 30, 2009, from <http://www.jmu.edu/recreation/Facilities/green.html>