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FUTURE IS
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ADVENTURES

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A New Generation
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THE ENERGY REPORT

How Much Sleep
Do You REALLY Need?

ROCK JOCK SARA CARLSON IN
JOSHUA TREE NATIONAL PARK



ABOVE AND BEYOND: architect David Hertz's sustainable home in Venice, California



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Earth-friendly cool is everywhere, from Hollywood and innovative building design to hybrid cars and candy bars. You live, breathe, and play green already—so why not come full circle by bringing it all back home?



In the old days, trying to live

with an environmental conscience could be tricky, if not downright unpleasant—filled with hard-to-find organic bulgur salads, tiresome carpools, and scratchy hemp ponchos. But there's good news for greenies everywhere: You no longer have to live like John the Baptist to contribute to a healthier planet. Being kind to the earth has never been more hip, luxe, delicious, and deprivation-free. Simply put, a growing commitment to do no harm is transforming culture and commerce, making it possible to play hard and live well while living responsibly.

"It's a lot easier being green now than it was ten years ago," says David Gottfried, author of *Greed to Green*—a 2004 memoir about his transformation from grasping real estate developer to green do-gooder—and founder of the U.S. Green Building Council, a nonprofit that certifies and promotes eco-friendly design. Today, green cred is a status symbol being sought by builders worldwide, including architects of such landmarks as the Freedom Tower, at the World Trade Center site, where wind turbines will help power the building. In fact, green is so red-hot that corporate America is getting the picture, creating nontoxic, recycled, and energy-efficient products, from skateboards to motherboards. "Being green spurs corporate innovation," says Michael Porter, the pioneering professor who heads Harvard University's Institute for Strategy and Competitiveness.

The result? Today you can choose green when you ski, drive, buy a dishwasher, or drink a beer. You can savor transcendent, sustainably produced chocolate, swig organic coffee, and heft a solar-paneled backpack on your way to hanging ten on a green surfboard (but first use natural sunscreen). The fashionista in you can enjoy eco-jeans or plush socks made from recycled polyester. And in 34 states, select utility companies will let you check a box on your electric bill and buy renewable energy, like wind power.

"When we look at nature, we do not see a glass half empty," says renowned architect William McDonough, a guru of the green-design movement, whose buildings are famed for their "ecological intelligence." "We don't even see a glass half full," says McDonough. "We see a world positively brimming with abundance."

Take off that hair shirt, read our 13 hot trends—and let your glass runneth over.

—FLORENCE WILLIAMS

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[ARCHITECTURE]

Harmony House

"The term 'ecological building' is sort of an oxymoron," says David Hertz, a leading green architect who designs spectacularly sustainable eco-manors (and mere houses) for everyone from Hollywood stars like Julia Louis-Dreyfus to, well, his own family. The irony, he says, is that the greenest structures are no structures at all—or tiny, movable ones. Still, this 44-year-old surfer and father of three constructed a beautiful 2,700-square-foot family residence near the ocean in Venice, California, using the latest planet-friendly technologies and materials, including one he invented himself. Syndecrete—a smooth concrete made from recycled fly ash (the byproduct of incinerated coal) and post-consumer industrial products like electronics, glass, and carpet fibers—graces his floors, counters, sinks, tubs, and planters. Sliding doors open to three inner courtyards, including one with a solar-heated, chlorine-free lap pool. Après surfing or beachgoing, the family can wash sand off in a solar-heated outdoor shower, then dry wet stuff on their bathroom's solar-heated radiant floor. "For L.A., this place is modest in scale and large in inventiveness," says Hertz of his multi-pavilioned home, which is sited to catch prevailing sea breezes and cloud views. "I can tell which way the wind is blowing from inside."

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For ventilation and natural indoor temperature control, the windows and skylights are "climate responsive"—programmed to open and close automatically by sensing atmospheric temperature and moisture.

Made of rammed earth—the soil excavated from the site—the wall alleviated the need to buy soil or use wood to fence the property.

—F.W.

Outfitted with photovoltaic panels, the rooftop maximizes solar gain via parabolic oxygen-free glass tubes that concentrate the energy from rays. The solar power runs the water heater.

Inside the upstairs master bedroom, and in bathrooms throughout the house, bidet-like paperless toilets offer a rear and front wash-and-dry option, with a push button that blows water and then warm air.

Beds and chairs on sleeping porches are made from sustainable teak and organic cotton batting and fabric.

Embedded with radiant tubes for circulating solar-heated hot water, the carpet-less floors offer a clean and efficient closed-loop heating system—and provide thermal mass to warm the house.

Made of stucco, concrete, glass, and remilled timber such as Douglas fir, the house's exterior echoes its interior, adding to the flow of indoor-outdoor living space. The stucco is pigment-integrated—free of paint and volatile organic compounds.

On most days, Hertz's house creates "nega-watts": It makes enough solar-powered electricity to sell some back to the utility company. On foggy days and at night, it draws from the grid.

Hardy, drought-tolerant plants thrive in the open areas, keeping the foliage as eco-positive as possible.