



A Newsletter for the Eco-Conscious Athlete
From Happy Planet Running

We can make your race leave no trace!

happyplanetrunning.com



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Recent HPR Updates

- Terrific apple cider was on tap at the [RF Events Scrumpy Skedaddle](#) at Almar Orchards Organic in Flushing. After a 5K or 10K, or 1-miler for the kids, runners got cider, donuts, and Chris Cakes pancakes flipped fresh onto plates! The orchard's goats got an extra breakfast of the food scraps, and we wound up with only a few ounces of landfill, good for a 99.9% landfill diversion rate. That's worth raising a glass to!

[Read the full sustainability report here.](#)



- What's better than cider and donuts? MORE cider and donuts! The next week, the RF Events [Run Scream Run](#) brought early Halloween to Wiard's Orchards, with cool costumes like the one below, and the Green Team captured nearly 98 percent of the waste. [Read the full sustainability report here.](#)



- The next day was the [Epic Races Ann Arbor Marathon](#), with over 2,000 runners taking on a 5K, 10K, half marathon, or the full. That meant a long day for the Green Team, but they were up to the challenge, tackling the morning rush and digging through a pile of aid station bags in the afternoon. We processed nearly 600 lbs. of waste and recycled or composted over 97 percent! [Read the full sustainability report here.](#)



- For more about what we do, [check out our full set of sustainability reports](#), which covers every event we've done since 2017. They're searchable, and good reads!

And check out our [Instagram](#) or [TikTok](#) for frequent event updates and content!



This Issue's /FAQ

- **Q: Where do food waste and compostable items go after a Zero Waste event served by HPR?**

- A: They usually go to [Tuthill Farms](#) in South Lyon, which accepts all food waste – even meat and bones – and [BPI certified compostable items](#), like the “sporks” you see at an RF Events or Epic races event. Below you see the compostables from the Ann Arbor Marathon.
- Commercial composting generates enough heat in its piles (“windrows”) to break down these items and kill pathogens like weed seeds. The result is nutritious dirt (for new plants) instead of rotting in a landfill producing greenhouse gases!
- Other commercial composters in the area include [Spurt Industries](#) in Wixom, which also accepts food waste and BPI certified items, and the [Ann Arbor Compost Center](#), which accepts food waste but not BPI items.



The Latest in Sustainability News

- **Washington evaluates its plastic bag bans:** The state of Washington banned disposable plastic bags of 0.5 mil thickness for retail use. Their Department of Commerce recently released a report on its effectiveness, and the results were likely not what they had hoped for. While the number of bags in use decreased, the average thickness of the bags increased, resulting in an increase in plastic used. The report recommended increasing the disposable bag fee state retailers must charge, to encourage use of reusable bags.
- **Oregon breaks new recycling ground:** Washington's next door neighbor is moving ahead with two new initiatives. The first new RecycleOn Oregon center just opened, and up to 140 are planned. The centers accept plastic film, Styrofoam, shredded paper, and other hard-to-recycle items that standard recycling facilities don't accept. And Oregon's Extended Producer Responsibility (EPR) packaging laws are being looked at as a model for other states, but uneven state rules are a challenge.

Zero Waste Fun Fact: The “Soybean Car”

- In 1941, the Ford Motor Company actually built a car out of plants! Okay, not entirely, but its panels were made of plastic derived from soybeans, wheat, and hemp. The press at the time poked fun at the car, one reporter wondering if they'd thought of adding spinach to the plastic to make it stronger!



World War II ended the plastic car experiment, but bio-based plastics continue to have many uses, including compostable utensils like you see at races HPR serves.



Get Involved!

Join the Green Team!

- Get in on the action and join us at our upcoming events! Look up an upcoming Zero Waste event on our [calendar](#), click on the event's logo to go to its website, and sign up to volunteer for the Green Team.
- Know someone who'd like to get more involved in sustainability? Have them apply to be an HPR team member! Hourly pay for event work and special projects, and HPR-paid opportunities to further their education in composting, recycling, and more! Just email Jeff!



Run Into Us!

Sat. October 25	The Legend Trail Run	Sleepy Hollow State Park, Laingsburg
Sat. November 8	Bonfyre Trail Fest	DTE Foundation Trails, Chelsea
Sun. November 9	The Original A2 Turkey Trot	Hudson Mills Metropark, Dexter

- [Click here](#) for the full schedule!

Questions? Comments? Concerns?

Reach out [here](#) or email jeff@happyplanetrunning.com!

Thank You!

- Thanks for reading and supporting sustainability! If you enjoyed this update, please consider sharing it with others who care, too — together, we can grow a more waste-free future.

Follow us on Social Media!

- To learn more about sustainability and zero waste, and to stay up to date with all Happy Planet Running news and events, follow us on social media!



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This issue was produced by Jeff Jackson.