



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

- What better way to finish a chilly race than listen to live music around a bonfire? This year's RF Events [Bonfyre Trail Fest](#) at the DTE Energy Foundation Trails in Chelsea welcomed a dose of warmth to a chilly fall day. While over 700 runners took on 5(ish), 10(ish) and 18(ish) miles, the green team went straight to work, **boasting a waste diversion rate of 99.4%**. That's almost better than a S'more! [Read the full sustainability report here.](#)



- [Epic Races](#) closed out their 2025 race season with a snowy dose of fun at the Original A2 Turkey Trot! Runners braved the cold for a 5K, 10K, or Iron Turkey (both races back-to-back) and warmed up afterward with a well-deserved hot breakfast. The Green team fought to keep their hands warm during this event, but despite the cold, they stayed fired up. Nearly 100 lbs of waste were sorted, resulting in a great **diversion rate of 96.5%**. [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 good reads!

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



This Issue's FAQ

- **Q: What does HPR recycle?**
 - A: HPR recycles more than just the standard "single stream" materials like cardboard, paper, and plastic. We invest in [TerraCycle](#) Zero Waste Boxes which allow us to recycle specialty items like snack bags, small plastics like bottle caps and zip ties, Gu wrappers (!), hand warmers, and even race bibs and other sports equipment. We also collect and recycle

plastic bags and Styrofoam. If it can possibly be recycled, HPR takes care of it!



At the Dexter-Ann Arbor Run, we collect over 25 lbs. of Gu wrappers each year! (Photo from 2024)



The Latest in Sustainability News

- **France Sets the Trend of Reducing Fast Fashion:** With Black Friday sales already underway, fast-fashion purchases are about to soar, [polluting the environment in many ways when they are discarded](#). Across the Atlantic in France, where it's estimated [35 pieces of clothing are thrown away every second](#), legislators have taken steps to regulate fast fashion companies. The French Senate [approved a bill introducing penalties for fast fashion brands](#), requiring an environmental

impact transparency statement, and even banning fast-fashion advertising. The bill still needs to be passed by Parliament before it becomes law. To learn more about France's efforts to address fast fashion, click this [link](#).

- **State of Michigan Strengthens Environmental Regulations on Large-Scale Farms:** Michigan's environmental regulatory agency is enforcing state rules that require factory farmers to dispose of manure in a sustainable manner. Massive runoff of fertilizers, pesticides, and manure [wreak havoc on the ecosystems of Michigan waterways, Lake Erie's especially](#). Less pollution will result in cleaner drinking water, healthier wildlife, and safer aquatic habitats. To learn more about this topic and how it will benefit Lake Erie, read [this article](#).

Zero Waste Fun Fact: Thanksgiving Waste

- It's almost Thanksgiving! Did you know Americans throw out over 320 million pounds of food on Thanksgiving Day? This waste produces over 800,000 metric tons of CO2 equivalent and wastes 39 billion gallons of water. Instead of throwing food away, consider making less, freezing leftovers, and reusing leftovers to make new meals.
- Compost what you can't reuse in a backyard pile or at a commercial facility. Ann Arbor has a curbside collection for compostables, and [Scio Township just started a public dropoff for food waste](#). Turn it back into productive dirt instead of methane-producing landfill!



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. Do good for the environment and get race credit, too!
- 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!

Thurs. November 27	Turkey Trot	Ann Arbor
Sat. December 6	Holiday Hustle 5k/Half Marathon	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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