



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

We can make your race leave no trace!

happyplanetrunning.com



Issue #10 – April 24, 2026

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Recent HPR Updates

- This year's [Martian Invasion of Races](#) in Dearborn was truly out of this world. Racers doing the marathon, 26k, half marathon, 10k, 5k, or kids run brought together more than 2,100 Earthmen and Martians. The event is also a Boston Marathon qualifier and hosted the championship half marathon for the National Intercollegiate Running Club Association. Finishers were welcomed with snacks, food trucks, and a crew of inflatable Martians, many of whom didn't survive the day's excitement. Fortunately we can send them to [TerraCycle](#) instead of throwing them in the trash.

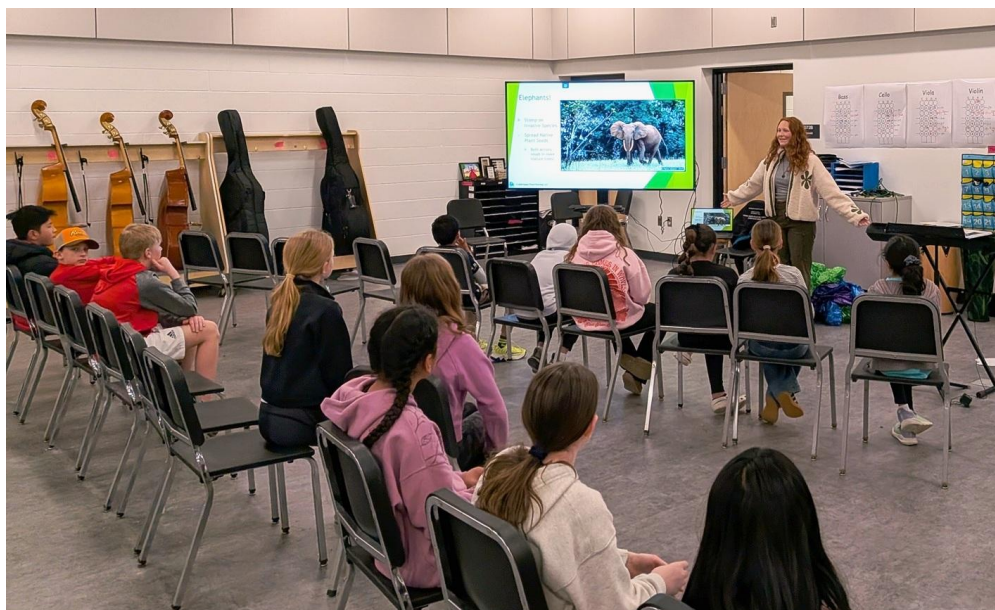
While the runners were off in another galaxy, the Green Team was at work behind the scenes, sorting an otherworldly 600 lbs. of event waste. Just 7.9 lbs. of waste was sent to landfill, an impressive **diversion rate of 98.8%**! Want the full breakdown and more info about the event? [Read the full sustainability report here](#). See, we can peacefully coexist!



- HPR had a table at this year's [Oakland County Earth Day Fair](#), joining a hall full of vendors and nonprofits doing their best to make the Earth a better place. Here's Jeff discussing recycling in Michigan with an interested attendee. (I mean, c'mon, who wouldn't be?)



- Jeff and Marilyn were thrilled to speak once again to the Novi Meadows Middle School afterschool program. This year's topic was how animals contribute to preserving their ecosystems just by being themselves. Featured creatures included elephants (who tromp on invasive species), otters (who preserve kelp beds), wolves (who keep herbivores under control), and even oysters, ONE BILLION of which will be put into New York Harbor by 2035 by the aptly named [Billion Oyster Project](#). So far over 100 million water-filtering oysters have been put back, and the harbor's water is the cleanest it's been in a century. And last year whales were spotted in the harbor!



- 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!



HPR in the News

- Jeff Jackson and HPR are the [A²ZERO Climate Action Hero](#) of the month of April! According to Ann Arbor's Office of Sustainability, "[Climate Action] Heroes are individuals who are taking steps to help the community achieve its A²ZERO goal of making a just and equitable transition to community-wide carbon neutrality by the year 2030. The ideal Climate Action Hero is someone who inspires others to make positive change."

Due to HPR's success in diverting over 95% of waste from landfills and with over 50 tons of waste composted and recycled, Sara Halebian nominated Jeff to be a climate hero.

Read more on page 6 of [A²ZERO's April Newsletter](#).



The Latest in Sustainability News

- **Paris Marathon 2026 Goes Cupless:** This year's Paris Marathon on April 12, 2026 was the "major" marathon to go completely cupless. Runners were required to bring their own hydration

containers and fill them from hoses at aid stations. The Paris Marathon hosts over 55,000 finishers every year, normally resulting in disposal of thousands of single-use containers.

In 2024, paper cups replaced plastic bottles, and for 2026 they went to a fully reusable model, aiming to minimize the event's environmental footprint. Runners also had the option to forego their traditional finisher's T-shirt and instead fund the planting of a tree.

The Paris Marathon serves as an example for what could be a sustainable race future, yet reviews were mixed. Trail runners are accustomed to going cupless, yet road runners faced a major shift in expectations. This “both ways” runner (Jeff) hopes it catches on! To learn more about the Paris Marathon and their goals for the event, read [this article](#) from marathons.com.

- **Plogging Fitness Trend Taking Over New York City:** Do thoughts of the streets of New York City conjure up lots of people and lots of trash? Well, those streets are getting cleaner thanks to the new eco-friendly fitness trend called “plogging.” Derived from the Swedish phrase “plockaupp” meaning “pick up”, plogging is a newly popular form of exercise involving picking up trash while running. It can be a solo or team activity, and many runners in NYC are finding community through plogging clubs. In 2019, the New York Road Runners (NYRR) hosted their inaugural plogging event as part of their Earth Day campaign.

Health experts also report that plogging isn't just sustainable for

the Earth, but also for the body. Ploggers have a lower heart rate due to slowing down to pick up trash. This keeps them in easier aerobic zones, burns more fat, helps improve leg muscle strength, and makes recovery easier. To learn more about the plogging trend in NYC and the benefits of plogging, read [this article from the NY Post](#). Next time you go out on a jog, consider making it a plog. Here's Jeff after his most recent plog. He filled that pack with litter!



Zero Waste Fun Facts: Earth Day



- Did you know that Earth Day is the largest secular observance in the world?
- First celebrated in 1970, and almost exclusively celebrated in the US until 1990, Earth Day is now globally recognized. More than

192 countries celebrate Earth Day and it's estimated that over a billion people mobilize to protect the Earth and promote sustainability on April 22nd every year. Japan holds [one of the biggest Earth Day celebrations](#) every year in Tokyo.

- Earth Day has major significance in policy, as it helped cement the Clean Air Act, Clean Water Act, and Endangered Species Act in the United States, and it was the day the [Paris Climate Agreement](#) was signed in 2016.
- Earth Day resulted in the foundation of the U.S. Environmental Protection Agency (EPA).
- Many countries call Earth Day 'International Mother Earth Day' and Earth Day even has its own flag and [theme song](#).



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 people like joining the Green Team? Here's the answer! **"It feels good to volunteer. The runners kept thanking us for our efforts to make the race zero waste. The incentive of credit towards race fees is a plus, too."** - Julia.



Run Into Us!

Sat. April 25	Trail Marathon	Pinckney
Sat. May 8	Hightail to Ale 5k	Detroit
Sat. May 9	Detroit Mother's Day Run	Belle Isle

[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 Marilyn Harbin and edited by Jeff Jackson.