

Join us in our effort to make our races

CUPLESS.

The RF Events races are going cupless! This means you must bring a drinking vessel with you during the race in order to get liquids at the aid stations.

WHY? We are made this change to eliminate an estimated 10,000 single-use paper cups from our race waste stream. Thanks to the hard work of our Zero Waste team, those cups end up recycled after each event, but we feel that removing them completely from the equation is an important step in continuing to reduce our environmental impact.

HOW WILL THIS AFFECT MY RACE?

You must bring your drinking vessel with you on the run! We will not have cups for any liquids out on the courses. We will have water stations at the starting area for you to fill your bottle or hydration pack before the race, plenty of water and sports drink mixed at aid stations to refill your vessel and water at the finish line.

Aid stations may look different than in prior years. Pay close attention to volunteer instructions and be respectful of other runners to ensure everyone can get through in an orderly fashion.

BENEFITS

Carrying your own vessel out of the aid station will allow you to drink it more slowly than trying to down a cup of liquid all at once.

Using a hydration pack, belt or handheld bottle, will allow you to sip as desired while on the trail. Depending on the size of your vessel, length of your race and weather conditions, you may only need refills at every other aid station, allowing you to move through more quickly when you do not need assistance.

You can try out different hydration options to find what works best, and ultimately train with the same equipment you'll use on race day.

Our FAVORITE benefits are fewer cups used on race day and no cups wandering onto the trail!

CHALLENGES

We're committed to maintaining a high quality event experience for participants, spectators and volunteers as we take this step toward a greener race. Transitioning to cupless aid stations will require us to examine resources like aid station staffing and supplies, as well as on-course logistics. We look forward to tackling these and any unforeseen challenges with your continued support at all three Serious Series races!

WHAT'S NEXT?

Maybe you already have a go-to hydration solution. Great! If not, think about what kind of vessel best fits your preferences. Visit your local Running Fit store to check out handheld and waist belt options. Some stores also carry vests; call to check before you stop in. Check local outdoor retailers or sporting goods stores for collapsible cups and other trail-friendly solutions.

Single-use vessels like a plastic bottle or folded paper cup tucked in a pocket can be low-cost solutions for runners who do not wish to purchase new gear. We ask that you keep track of these items and dispose of them properly to uphold our goal of keeping our favorite trails clean for future use!

