

Hannig Cup

September 3, 2025

Best Practices Report



**Thank you to all the Volunteers, especially my “Green Team” who made this Clean Regatta happen.
-Kathy Harris, Hannig Cup President**

1. Eliminate Single-Use Water Bottles and Provide Water Refill Stations

Non-dated reusable water bottles from the previous year were offered to guests. Single-use plastic was not allowed on the water or at the event.

Water stations were strategically placed throughout the venue. The orange cooler, pictured here, was positioned on the deck near the sliding door to the event space for convenient access. Another water station was set up at the bar, and servers ensured that water pitchers at each table were consistently refilled for our guests.



2. Eliminate Plastic Straws

Sequoia Yacht Club always provides paper straws.



3. Serve Food with Plastic-Free Dinnerware

Appetizers, Dinner, and Dessert were all served on washable plates with washable silverware provided by the yacht club.



Water was provided in reusable pitchers.

4. Skip Bags or Go Reusable

This year, we skipped bags. But we provided empty undated reusable bags from the previous year for guest's personal use.



5. Award Practical Items or Use a Perpetual or Upcycled Trophy

This is a photo of the winners of the speed race at Hannig Cup 2025 receiving our perpetual trophy that is displayed in the Trophy Case at Sequoia Yacht Club



6. Publicize Your Sustainability Efforts



We discussed our Clean Regatta at every General Meeting at Sequoia Yacht Club several months before our event. We also had the Marine Science Institute and Dockwalker spread the word. We didn't print anything to hand out.

This is from Hannig Cup Facebook page. We posted after our beach clean-up.

7. Involve Local Organizations

Two organizations from our community had informational booths during the event: The Marine Science Institute and The California Dockwalker Program

Mission of The Marine Science Institute:

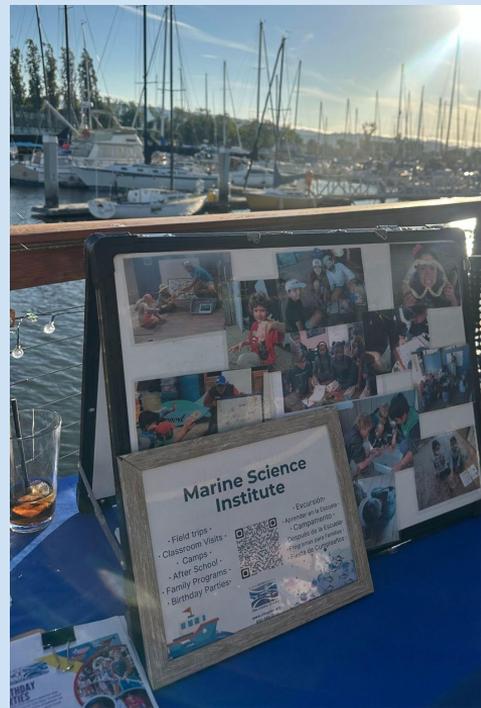
To inspire environmental stewardship through hands-on learning and exploration of San Francisco Bay ecosystems.

Vision Statement of The Marine Science Institute:

A future where every individual is deeply connected to marine life, fostering a culture of ecological responsibility.

This organization offers many year-round programs at its location on the water, very close to Sequoia Yacht Club. They also hold Coastal Clean-ups that my Green Team attends when possible. Ashley and her colleague discussed the Hannig Cup and their own cleanups while providing information about their programs. They had reusable posters as well.

We love this organization and donate each year because of its wonderful Mission.





Vivian from the CA Dockwalker Program gave out Boat Clean and Green Kits including oil spill cloths to prevent pollutants getting into the water.

8. Post Educational and Reusable Signage



The reusable signs for trash, etc., we use every year.

They were placed at both entrances and on the deck during the event.

9. Serve Local Food or Source Seafood Sustainably

This guide was used while planning the menu.

Arguello Catering provided locally sourced produce.

Your choices matter

You can make a difference for our ocean by making responsible seafood choices. Use these recommendations for popular seafood when dining and shopping.

Visit SeafoodWatch.org for our full range of seafood guides. Or scan the QR code to visit our West Coast guide.



Take action

ASK "Do you sell sustainable seafood?" This simple but powerful action lets businesses know it is important to you.

BUY Best Choice options first.

CHOOSE Good Alternatives if you can't find a Best Choice and visit SeafoodWatch.org for the full list.



SeafoodWatch.org

U.S. WEST COAST SEAFOOD GUIDE Fall / Winter 2025

Seafood Watch



YELLOWTAIL ROCKFISH

The Monterey Bay Aquarium Seafood Watch program helps consumers and businesses choose seafood that's fished or farmed in ways that support a healthy ocean, now and for future generations.



The seafood recommendations in this guide are credited to the Monterey Bay Aquarium Foundation ©2025. All rights reserved. Printed on 100% recycled paper, using a process that is 100% carbon neutral.

How to use this guide

BEST CHOICE
Buy first. It is well managed and caught or farmed in an environmentally responsible manner.

GOOD ALTERNATIVE
Buy if a Best Choice option is not available. There are moderate environmental concerns.

AVOID
Pass on this seafood for now. It's caught or farmed in ways that harm marine life or the environment.

This list does not reflect all recommendations, exceptions may apply. View the full list on SeafoodWatch.org.

BEST CHOICE

Arctic char
Bass (farmed from U.S. or Mexico)
Catfish (farmed from U.S.)
Clams (farmed)
Cod: Pacific (from AK)
Flounder (from AK)
Mussels (farmed)
Oysters (farmed)
Rockfish (from U.S.)
Sablefish/black cod (from AK pots)
Salmon (farmed from New Zealand)
Sanddab (from U.S.)
Scallops (farmed)
Seaweed (farmed)
Shrimp (farmed from U.S.)
Sole (from U.S.)
Squid (from CA)
Swordfish (from U.S. or Canada buoy gear, harpoon, or pole-&-line)
Traut: rainbow (farmed from U.S.)
Tuna: albacore/white (from Pacific troll or pole-&-line)
Tuna: skipjack/chunk light (from Pacific troll or pole-&-line)

GOOD ALTERNATIVE

Clams (wild from U.S. or Canada)
Flounder (from British Columbia)
Lingcod
Lobster: spiny (from U.S. or Mexico)
Mackerel (from Chile, Japan, or Morocco)
Mahi-mahi (from U.S.)
Opah/moonfish (from U.S.)
Oysters (wild from U.S.)
Sablefish/black cod
Salmon (wild from U.S.)
Sardines (from Japan or Morocco)
Shrimp (wild from U.S. or Canada; farmed from Ecuador, Honduras, or Thailand)
Snapper (from U.S.)
Swordfish (from U.S. gillnet or longline)
Squid (from Chile or Peru)
Tilapia (from Colombia, Honduras, Indonesia, Mexico, or Taiwan)
Tuna: bigeye (from HI)
Tuna: canned (from Atlantic or Pacific troll, pole-&-lines, or FAD-free purse seines)
Tuna: Pacific bluefin (from CA)
Tuna: yellowfin/ahi (from U.S.; from Atlantic pole-&-line, from Atlantic or Pacific FAD-free purse seines)

AVOID

Basa/pangasius/wai
Branzino/seabass (farmed from Mediterranean)
Chilean seabass (from Chile)
Crab (from Asia)
Crab: snow (from Canada)
Eel (imported farmed)
Lobster: American (from U.S. or Canada)
Mahi-mahi (imported)
Octopus
Orange roughy
Salmon (farmed from Canada, Chile, Norway, or Scotland)
Sharks
Shrimp (all other imported options)
Squid (all other imported options)
Swordfish (imported gillnet or longline)
Tilapia (from China)
Tuna: bluefin (farmed/dredged)
Tuna (from Indian Ocean)
Tuna (all other options)

The Monterey Bay Aquarium Seafood Watch program helps consumers and businesses make choices for a healthy ocean.



Oysters Wild from the US were
A Good Alternative on the list.

10. Organize a Green Team

Our Green Team: Kathy Harris, Jackie Harris, Jackie Ward, Elmer Guerrero, Ted Hannig and Kat Petrick

11. Ensure Proper Waste Bin Placement and Signage



These laminated signs were placed above the Waste Bins in several locations at the venue and will be reused at the next event.

The trash stations were set up in the bar area and the area by the galley. The galley also has compost and trash containers at all times. Staff were hired to clear tables and separate the trash, etc.

12. Divert Food Waste from the Landfill



All food waste was collected by our crew and taken by Recology.

About Recology: A World Without Waste

We seek to eliminate waste by developing and discovering sustainable resource recovery practices that can be implemented globally.

Transforming Organic Waste into Climate Solutions

As the largest composter in Oregon and the owner of five organics facilities in California, we take food scraps and yard waste and transform them into nutrient-rich, carbon-sequestering compost that enriches soil, supports plant growth, retains water, and promotes regenerative farming practices.

13. Use Paperless Event Management



This poster was sent from our graphic artist electronically and distributed to various yacht clubs, potential sponsors and guests electronically as well. We asked that it not be printed out for distribution.

Sequoia Yacht Club and The Club at Westpoint included it in their electronic newsletters.

All communication to volunteers and racers was done online.

14. Host a Beach or Marina Clean-up

The Hannig Cup Beach Clean-up was held in Half Moon Bay on the Beach by Half Moon Bay Yacht Club.

It was interesting that a lot of the trash collected was plastics that were brought in by waves. So the trash was once at sea and brought back and collected in the seaweed on shore.



15. Prevent Toxins from Entering the Water

There was no Committee Boat for this Regatta. The Race Captain set the course with the club markers in place.

Boat Clean and Green kits were provided.

The Youth Sailors used the water rinse off station for the cubes at PYSF.



A Vita Seal Electric Boat was provided for Spectators.
It was quite a thrill.



16. Increase Awareness of Wildlife and Habitat Protection



The Marine Science Institute provided information to promote Wildlife and Habitat Protection at their booth and throughout the event.

17. Offer Vegetarian or Vegan Alternatives

The appetizers included:

Fresh Fruit & Cheese: Imported & Domestic Cheese surrounded by Sliced Fresh Fruit & Berries, SERVED WITH Sliced Baguette & Crackers and VEGAN- BALSAMIC Asparagus Tips

The Entree choices included:

Vegetable Paella, GLUTEN FREE AND VEGAN

18. Promote Alternative Transportation

The Guest Dock and many other slips were available for visitors to tie up and stay for the night. A bike rack was open for our biking guests.



19. Reduce Day-of Event Emissions



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A Vita Seal Electric Boat was provided for Spectators.

20. Inspire Future Action

The Hannig Cup Team attended General Meetings at Sequoia Yacht Club and The Club at Westpoint to announce our goal to continue Best Practices of Sailor's for the Sea during Hannig Cup and every race and boating event in the future of our two clubs.

This is listed on Sequoia's website:

Conservation

The Club that held our event is dedicated to protecting the marine environment, which includes participation in Coastal Cleanup Day each year since 2011. Club members, plus, family, friends, local students, and members of the business community meet at the clubhouse and fan out in all directions to clean the entire marina area. Each year, hundreds of pounds of trash and recyclables are removed. The Club also encourages members to participate in the California Coastal Commission's Dockwalker program. These seminars train individuals to spread the word on environmental best practices.