

Annual Mid-Cape 5K Color Fun Run Rescheduled for June 18



Registrations still open for this family-friendly event

CAPE CORAL, Fla. (June 8, 2022) – Due to recent weather conditions, Mercola Market & Café of Cape Coral rescheduled its Mid-Cape 5K Color Fun Run for Saturday, June 18 from 5:30 to 9 p.m.

The non-timed run will begin at 6:30 p.m. at Mercola Market, located at 125 SW 3rd Place, and go through the local area where runners pass different color stations at participating businesses, which include Wicked Dolphin Rum Distillery, CrossFit ENG, Sun Splash Family Waterpark, Cape Coral Animal Shelter, Crunch Fitness and the Cape Coral Skate Park.

“Unfortunately, we had to put a pause on this fan-favorite event, but we’re happy to say all fun will resume on June 18 with our Color Fun Run, face painting, bounce houses and more,” says Patrick Rossi, Campus Operations Manager at Mercola Market.

Registration for the run is \$30 for adults and \$15 for kids, 6 to 14 years old. To register, visit runsignup.com/Race/FL/CapeCoral/MidCape5KColorFunRun.

Face painting for kids starts at 6 p.m. before the run, while parents and adults may enjoy checking out the local summer activity vendors, beer and wine offerings and food trucks. For more information about the event, visit mercolamarketcc.com, or call 239-599-9400.

The Mercola Market & Café of Cape Coral is a retail store that exclusively features natural health products for your health, home, pantry and pet. Its Café is the only one in Cape Coral that offers biodynamic coffee and espresso beverages, along with hot and iced teas, beer and wine, a variety of gluten-free and vegan baked goods and snacks from local vendors and its very own selection of healthy wraps, salads, breakfast sandwiches, avocado toast and burgers. Centrally located, the Market & Café hosts a series of events throughout the year, including yoga, trivia, video game competitions, food truck evenings, seasonal festivals and comedy nights. It is open Tuesday through Friday from 7 a.m. to 7 p.m., Saturday from 9 a.m. to 7 p.m., and Sunday from 9 a.m. to 5 p.m. For more information or a complete list of upcoming events and updates, visit mercolamarketcc.com.