

Mercola Market Announces 2nd Annual Mid-Cape 5K Color Fun Run



Kick off the summer with this family-friendly event

CAPE CORAL, Fla. (May 6, 2022) – As a kickoff to summer break, Mercola Market & Café of Cape Coral is bringing back the Mid-Cape 5K Color Fun Run on Saturday, June 4 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.

“With the success of last year’s first-ever 5K Color Run, it was a no brainer to bring it back but try to make it earlier in the summer before it gets too hot,” says Patrick Rossi, Campus Operations Manager at Mercola Market. “This will also serve as the official start to summer break for the kiddos with music, face painting, bounce houses and lots of bright colors.”

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 new 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 newly added Black Bean Burger. Centrally located, the Market & Café hosts a series of events throughout the year, including yoga, trivia and food truck nights, 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.