

Fourth Annual Gobble Wobble 5K Registrations Open



"Before you stuff your face, run this race." Dri-Fit shirt included for early registrations.

CAPE CORAL, Fla. (Sept. 24, 2024) – Mercola Market of Cape Coral opens registrations for this year's Mid-Cape Gobble Wobble 5K, set to take place on Thanksgiving Day, Nov. 28, from 7 to 11 a.m. at the Market, located at 125 SW 3rd Place in Cape Coral.

As Cape Coral's only Thanksgiving Day 5K, this timed run kicks off at 7:30 a.m. with music, gift basket raffles and exclusive discounts on select Market and Café items, including seasonal coffees, breakfast items and pastries. The Market and Café will close after the run, so be sure to grab your treats early.

Registration for the run is \$40 per adult and \$30 for kids, 10 and younger. Runners will receive a Dri-Fit shirt if registered by Nov. 15. To sign up, please visit mercolamarketcc.com, click 'Events' at the top of the page, and 'Sign Up' under the 'Mid-Cape Gobble Wobble 5K.'

As a part of Mercola's commitment to better health and taking care of the community, the natural-health company encourages guests to donate non-perishable food items or pet foods in exchange for raffle tickets. All pet food will be donated to the Cape Coral Animal Shelter, and the non-perishable food donations will go to the Cape Coral Caring Center, a nonprofit agency that provides short-term assistance.

Would you like to be a sponsor for the event? Sponsorships are available from \$200, and the deadline to participate is Nov. 10. To become a sponsor or get more information about the event, contact Race Director Heather Dolcimascolo at 239-599-9400.

The Mercola Market of Cape Coral is a natural health retail store located in the center of the city at 125 SW 3rd Place. It exclusively offers Dr. Mercola® supplements and other premium products for your health, home, pantry and pet. Its Solspring Café offers one-of-a-kind biodynamic beverages, fit for the morning and evening, and healthy food options for each meal of the day. The main campus serves as a hub for the community, hosting family-friendly events throughout the year, including trivia, seasonal festivals and pop-up markets, while offering a 4,000-square-foot event space for local businesses and organizations to rent. From April through October, The Mercola Market & Solspring Café are open Monday through Thursday from 7 a.m. to 6 p.m., Friday and Saturday from 9 a.m. to 6 p.m., and closed Sundays. For more information or a complete list of upcoming events and updates, visit mercolamarketcc.com.