

Mercola Market to Host its 3rd Annual Mid-Cape Gobble Wobble 5K on Thanksgiving Day



Dri-Fit Shirt included in registration if registered by Nov. 12

CAPE CORAL, Fla. (Oct. 12, 2023) – Get ready for a fun-filled morning of community, fitness, and giving back, as Mercola Market & Solspring Café of Cape Coral hosts its 3rd Annual Mid-Cape Gobble Wobble 5K on Thanksgiving Day, Nov. 23, from 7 to 11 a.m.

The only Thanksgiving Day 5K in Cape Coral, this timed run kicks off at 7:30 a.m. at Mercola Market, located at 125 SW 3rd Place. Registration for the run is \$35 per adult and \$25 for ages 6 to 12. Registered runners will receive a Dri-Fit shirt if registered by Nov. 12. To sign up, please visit mercolamarketcc.com, and click events for the 'Gobble Wobble 5K.'

As a part of Mercola's commitment to 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 donations will benefit Cape Coral Animal Shelter, while non-perishable food donations will support the Cape Coral Caring Center, an agency providing short-term assistance during temporary financial crises.

The excitement continues after the run with music, gift basket raffles, and a 10% discount on all Market and Café items, including seasonal coffees, breakfast items and pastries.

Event sponsorships are available from \$200, and the deadline to participate is Nov. 10. To become a sponsor or for more information about the event, call Race Director Heather Dolcimascolo at 239-599-9400.

The Mercola Market & Solspring Café of Cape Coral is a natural health retail store and café 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 café offers one-of-a-kind biodynamic beverages, fit for the morning and the 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 a weekly farmers market, trivia, Sunday brunch and comedy nights, while offering a 4,000-square-foot event space for local businesses and organizations to rent. The Mercola Market & Solspring Café is open Monday through Thursday from 7 a.m. to 6 p.m., Friday and Saturday from 9 a.m. to 6 p.m., and Sunday from 10 a.m. to 2 p.m. For more information or a complete list of upcoming events and updates, visit mercolamarketcc.com.