

# More Than 300 Register for the First-Ever Gobble Wobble 5K at Mid-Cape



*Over 300 lbs. of non-perishable food items were collected and donated to the Cape Coral Caring Center*

**CAPE CORAL, Fla. (Dec. 7, 2021)** – More than 300 Southwest Florida residents and their families registered for the inaugural Mid-Cape Gobble Wobble Thanksgiving 5K, which also brought in over 300 lbs. of non-perishable food items that were later donated to the Cape Coral Caring Center.

In the spirit of the season, runners of the new Gobble Wobble 5K brought canned foods with them to donate to a local nonprofit agency that provides short-term assistance to the local community during temporary financial crises.

“We wanted to host an event that encourages families to be active and give back, together,” says Patrick Rossi, Mercola Market of Cape Coral General Manager. “The Cape Caring Center does a lot for the community, and this was the perfect opportunity to support them and their initiative of providing food for local families in need, especially during this season.”



After the run, participants and their families enjoyed live music, raffle items, and 10% off all Market and Café items, including coffee and pastries.

The Mercola Market & Café continues the seasonal festivities with an upcoming Winter Fest, a weekend-long series of events and fun for the whole family, including another 5K with a twist, ice skating, carriage horse rides and more.

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. In addition, the Café offers a complete selection of biodynamic coffee and espresso beverages, hot and iced teas, and a variety of baked goods and fresh, healthy wraps from local vendors, including gluten-free and vegan options. The Market & Café 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, visit [mercolamarketcc.com](https://mercolamarketcc.com).