

Upcoming Family Event & 5K Color Fun Run – Registrations Still Open



Family-friendly event to include food trucks, live music, the Easter Bunny and more

CAPE CORAL, Fla. (March 17, 2023) – Registrations are still open for the upcoming Mid-Cape 5K Color Fun Run, which will take place on Saturday, March 25, from 8:30 to 10 a.m., at Mercola Market, located at 125 SW 3rd Place in Cape Coral. This non-timed run will occur during the new Spring Family Fest, a free family event that will offer food trucks, live music, face painting, bounce houses, the Easter Bunny and more fun activities, from 9 a.m. to 2 p.m.

Open to all ages, the Color Fun Run will start at Mercola Market and go through the local area where runners pass different color stations at participating organizations, including Cape Coral Animal Shelter, Cape Coral Skate Park, CrossFit ENG, Crunch Fitness, Mid-Cape Global Academy and Sam's Club.

Registration is \$30 for adults and \$15 for kids, 6 to 14 years old. Participants should arrive between 7:45 and 8 a.m. To register, visit

runsignup.com/Race/FL/CapeCoral/MidCapeSpringColorRun. For more information about both events, visit mercolamarketcc.com, or call 239-599-9400.

The Mercola Market 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 yoga, trivia, food truck gatherings and comedy nights, while offering a 4,000-square-foot event space for local businesses and organizations to rent. The Mercola Market & 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.