

## FOR IMMEDIATE RELEASE MOUNT HARMON



### EARTH DAY 5 K CROSS COUNTRY RUN/WALK Saturday, April 22, 9am – 1pm

Calling all Runners, Walkers, Hikers, and Nature Lovers!

For more information contact Mount Harmon at [info@mountharmon.org](mailto:info@mountharmon.org) or 410-275-8819.

Please join us for the 3rd annual Mount Harmon Earth Day 5K Cross Country Run/Walk Saturday, April 22 from 9am – 1pm. This event is in celebration of Earth Day and nature at Mount Harmon. Mount Harmon is a historic plantation and 200-acre nature preserve in Cecil County Maryland, with miles of waterfront hiking trails, historic manor house and plantation outbuildings, formal gardens, and education center. The Earth Day 5K Run/Walk cross-country course traverses some of the region's most beautiful and historic waterfront nature trails. Runners and walkers of all ages are welcome. The Earth Day 5 K is a great way to enjoy springtime, explore nature, and celebrate Earth Day! Free t-shirt to all participants, awards, refreshments, Manor House tours, and Earth Day 5K Activities & Exhibitors.

#### Mount Harmon Earth Day 5K Run/Walk Schedule

Registration opens at 9 am

Race Starts at 10 am

Awards and refreshments at 11 am

Manor House Tours 11am – 1pm

Advanced Registration \$20 (valid thru 4/23)

Day of Registration \$25 (4/24 – 2/25)

Proceeds to benefit Mount Harmon Plantation.

Friends of Mount Harmon, P. O. Box 65, Earleville, MD 21919

410-275-8819 or via e-mail at [info@mountharmon.org](mailto:info@mountharmon.org)

Mount Harmon Plantation, a scenic and historic treasure.