

## FOR IMMEDIATE RELEASE MOUNT HARMON



### EARTH DAY 5K CROSS COUNTRY RUN/WALK/HIKE Saturday, April 25, 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 7<sup>th</sup> annual Mount Harmon Earth Day 5K Cross Country Run/Walk Saturday, April 25<sup>th</sup> 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 and scenic hiking trails, historic manor house and plantation outbuildings, formal gardens, and nature preserve. The Earth Day 5K Run/Walk cross-country course traverses some of the region's most beautiful and historic waterfront nature trails. Runners, walkers, and hikers of all ages are most welcome and encouraged to join us! The Earth Day 5K is a great way to enjoy springtime, explore nature, and celebrate Earth Day. Free Earth Day 5K event T-shirt to all pre-registered participants, Awards, Post Race Refreshments, Manor House & Colonial Kitchen Tours, and Earth Day Crafts for Kids.

#### 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 & Colonial Kitchen Tours & Gardens & Grounds 10am – 1pm

Advanced Registration: \$25, students \$15 (valid thru 4/23)

Day of Registration: \$30, students \$25 (opens at 9am)

Guests: \$5

Proceeds to benefit Mount Harmon Plantation's Preservation and Education programs.

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.