

## NEWS RELEASE

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(RIDGELY, MD, March 1, 2016)

## Celebrate Spring with Adkins Arboretum's Eleventh Annual Arbor Day 5K Run

Dust off your running shoes and start training! Runners, walkers, families and nature enthusiasts are invited to Adkins Arboretum's **eleventh annual Arbor Day Run** on Sat., April 9.

Featuring a 5K race, a free One-Mile Fun Run/Walk and a free Healthy Kids 100-yard dash, the Arbor Day Run is a wonderful opportunity to enjoy an early spring morning in nature. Participants will catch glimpses of spring as they run or walk the cross-country trail plotted along the Arboretum's network of scenic forest and meadow trails.



*5K finishers celebrate after Adkins Arboretum's 2015 Arbor Day Run. The eleventh annual run is Sat., April 9. Photo by Kellen McCluskey.*

Check-in and day-of registration begin at 8 a.m. The Healthy Kids Dash begins at 8:50 a.m., followed by the 5K Run at 9 a.m. and the One-Mile Fun Run/Walk at 9:05 a.m.

Awards will be presented to the overall male/female master winners and to the top three male/female winners in categories 10 and under through 70 and older in 10-year age groups. Bluepoint Race Management will provide chip timing for the 5K race. Post-race festivities include refreshments, awards and a native tree raffle

**Registration is underway, with a discount and an Arbor Day Run T-shirt for those who register for the 5K by March 26.** Fun Run and Healthy Kids Dash participants may order T-shirts for \$10 each. For fee information or to register, visit [adkinsarboretum.org](http://adkinsarboretum.org) or call 410.634.2847, ext. 0

Adkins Arboretum's eleventh annual Arbor Day Run is sponsored in part by Unity Landscape Design/Build, CNB, Choptank Electric Trust, Joanne Shipley Graphic Design, Lake|Flato Architects, The Hill Group at Morgan Stanley Smith Barney, PNC Bank, the *Star Democrat*, Avon-Dixon Insurance Agency, Babikow Greenhouses, Mid-Atlantic Farm Credit, Royal Farms, Clear Ridge Nurseries and 96.7 WCEI.

*Adkins Arboretum is a 400-acre native garden and preserve at the headwaters of the Tuckahoe Creek in Caroline County. Open year round, the Arboretum offers educational programs for all ages about nature and gardening. For more information about programs, visit [adkinsarboretum.org](http://adkinsarboretum.org) or call 410-634-2847, ext. 0.*

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