



## NEWS RELEASE

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### Run Wild at Caw Caw!

“Where the Wild Things Run” 5K Run & Walk set for March 5

[RAVENEL, SC] – Explore your wild side on the beautiful nature trails of Caw Caw Interpretive Center when the Charleston County Park and Recreation Commission hosts its annual **Where the Wild Things Run** 5K run and walk on **Saturday, March 5**.

“Caw Caw Interpretive Center is one of our hidden gems,” said Allison Foster, fitness and wellness manager for Charleston County Parks. “Participants will have the rare opportunity to traverse sandy dirt roads, forest trails, grassy levees and a boardwalk.”

Adults and kids alike are encouraged to take advantage of family-friendly yoga throughout the morning and readings from Maurice Sendak’s book, *Where the Wild Things Are*. After the race, stick around for the awards ceremony with food and beverages.

The race begins at 8:30 a.m. on Saturday, March 5. The 5K run and walk is for ages 10 and up; ages 10-15 will need to be accompanied by an adult chaperone. The race fee is \$38, and registration ends Wednesday, Feb. 28. There will not be on-site or race day registration available.

To help preserve and protect our natural resources and interpretive trails, dogs and bicycles are not allowed at Caw Caw. Please be aware that the course offers occasional areas of uneven terrain and varies from hard-packed trails with roots to grass and boardwalks. Strollers are not recommended. Water stations will be available on the course, but pre-filled, personal water bottles are highly recommended.



Caw Caw Interpretive Center is a 654-acre site in Ravenel that is rich in natural, cultural and historical resources. It contains areas managed for wildlife including waterfowl, songbirds, otters, deer and more, as well as favored habitats for rare wildlife such as American Alligators, Swallow-tailed Kites, Bald Eagles, and others. The scenic park features more than seven miles of trails with trailside exhibits, elevated boardwalks through wetlands, historic rice fields, remnants of a former tea farm, and wildlife habitats.

Where the Wild Things Run will also be the first race in Charleston County Parks’ new 5K trail race series.

“The series encourages more individuals and families to explore the outdoors in our 5k trail races offered throughout the year with package discounts and awards for qualifying series participants,” said Foster. For more information or to sign up for the trail race series, visit [CharlestonCountyParks.com](http://CharlestonCountyParks.com).

**Register for the Where the Wild Things Run 5K Run and Walk online at [CharlestonCountyParks.com](http://CharlestonCountyParks.com) or call 843-795-4386.** The race is made possible by Food Lion and your Charleston County Parks.

*Owned and managed by the Charleston County Park and Recreation Commission (CCPRC), Caw Caw Interpretive Center is located at 5200 Savannah Highway (Hwy 17 South). The mission of CCPRC is to improve the quality of life in Charleston County by offering a diverse system of park facilities, programs and services. The large park system features over 11,000 acres of property and includes four land parks, three beach parks, four seasonally-lifeguarded beach areas, three dog parks, two landmark fishing piers, three waterparks, 19 boat landings, a skate park, a historic plantation site, a climbing wall, a challenge course, an interpretive center, an equestrian center, cottages, a campground, a marina, as well as wedding, meeting and event facilities. CCPRC also offers a wide variety of recreational services – festivals, camps, classes, programs, and much more. For more information on CCPRC, call 843-795-4386, or visit [www.charlestoncountyparks.com](http://www.charlestoncountyparks.com).*

*High-resolution photos available*

**Charleston County Park & Recreation Commission / 861 Riverland Dr. / Charleston, SC 29412 / (843) 795-4386 / [CharlestonCountyParks.com](http://CharlestonCountyParks.com)**