



Calvert County NEWS

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FOR IMMEDIATE RELEASE

Date: Feb. 25, 2019
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Calvert County Department of Parks & Recreation to Hold Sham-Rock & Run Festival

PRINCE FREDERICK, Md. – Feb. 25, 2019 – The Calvert County Department of Parks & Recreation, in conjunction with the Cardinal Hickey Academy, will host the 7th Annual Sham-Rock & Run festival to benefit Parks & Recreation’s Therman Gray Memorial Scholarship fund. This festival will be held at Dunkirk District Park Sunday, March 3 at 2 p.m.

The family-friendly event will feature a 2-mile Walk for a Cause to promote a healthier lifestyle. Participants are required to bring a non-perishable food item to drop in a collection box at the start of the race to help local families. Children ages 4-13 are encouraged to participate in a 1k Tot Trot for some friendly and fun competition.

Participants can race against a law enforcement officer during the “Are You Faster Than a Cop” 40-yard dash. Those crossing the finish line before law enforcement will receive recognition and bragging rights. Individuals of all ages can also participate in a 1-mile run to help kick-start their summer fitness goals.

Cost is \$25 for individuals ages 18 and older and \$15 for individuals younger than 17. For additional information, please contact the Calvert County Department of Parks & Recreation at 410-535-1600, ext. 8211 or 8212.

For updates on Parks & Recreation services, park availability, field closures and more visit Parks & Recreation at www.Facebook.com/CalvertCountyParks. Like Calvert County Government on [Facebook](https://www.Facebook.com/CalvertCounty).

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