5K run benefits EDC 4-H group

El Dorado County 4-H will host Color Me Green 5K Run at the Shingle Springs Rancheria on March 7.

The 5K run is designed to encourage youths and community members to increase their physical activity while also having fun. During the run, participants are showered with green colored dye as they pass through each marker point.

Participants are encouraged to wear St. Patrick’s Day attire.

For more info, go online.