

The Greater New Bedford Regional Vocational Technical 5K



by Noah
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First and foremost, springtime in New England means the end of winter, but it also means road races. The very popular New Bedford Half Marathon took place last month, unofficially kicking off the South Coast road-race season. Many people will train hard to be able to run, walk, or ride over the finish lines of many races, from New Bedford to Falmouth and beyond. Some do it for fun, some do it for exercise and the enjoyment of the run, while other run in support of a cause.

There is one such road race coming up soon to support local children's education. The Greater New Bedford Regional Vocational Technical High School 5k will take runners and walkers through the north end of New Bedford on May 1st, 2011, starting at 9:10 AM. The race is being held to help raise money in order to send students to state and national Business Professionals of America (BPA) competitions, and will also help fund a student scholarship.



Race organizer Maciel Pias at last year's race.

The GNB-Voc 5k is one of the newer races on the racing roster for this area. This is only the 2nd annual running of the race, but it's one of only three races in New Bedford that are sanctioned by USA Track & Field. It is also part of the New Bedford Track Club's Grand Prix Circuit. The race is organized by Maciel Pais, who in addition to being an information technology teacher at GNB Voc and an advisor for BPA, is an avid runner himself,. The BPA is the leading organization in the nation for students who are interested in perusing careers in business management, office administration, information technologies and other related business fields.

According to Maciel, registrations are coming in steadily. Last year the race attracted about 500 runners and walkers. This year, Mr. Pais is hoping for at least 700. He is still currently looking for a major corporate sponsor.

The GNB Voc 5k begins and ends at the vocational school located in the north end of New Bedford. Awards will be given to the top overall male and female runners. There will be awards given to the top three all-male and all-female teams, each consisting of three runners and/or walkers. The top three male and female runners in the following divisions will be recognized, which are divided by age: 12 and under, 13-18, 19-29, 30-39, 40-49, 50-59, 60-69, and 70+. There will also be awards for the top overall male and female walker. Walkers must always make contact with the ground during the race,

meaning they must actually walk the entire 5k.

Following the race, the awards will be presented and refreshments will be served with music, food, and raffle prizes.

This is an excellent way to get those winter bones moving and get that body read for the summer beach season, all while supporting the futures of local school children. You can make the difference by attending this event.

To register for the race go to:

JB Race.com, or visit the Voc-Tech BPA Road Race website.



If you register on or before April 20th, and the entry fee is \$15; after the 20th, the fee will be \$20.

Runners/Walkers that register before the race will receive a free T-shirt, which will be handed out at the race.

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