

Berkshire South Regional Community Center

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FOR IMMEDIATE RELEASE

Berkshire South 5K Returns In Person

Great Barrington, Mass- Berkshire South Regional Community Center's (BSRCC) annual 5K fundraiser returns in-person this year after two years with a "distanced" format due to the COVID-19 pandemic. The Walk/Run takes place at the Great Barrington Airport on **Saturday, May 14**, with check-in at 9 a.m. and a race start at 10 a.m. The annual event is a critical fundraiser for Berkshire South's Community Youth Programming, including the free Teen Outreach Nutrition and Exercise program (TONE).

NEW this year is a Children's Fun Color Run, which takes place at 9:30 a.m. and is appropriate for children ages 10 and under.

"Students in the TONE program learn about what it takes to maintain a healthy lifestyle throughout their lives, which is very beneficial after high school. Also, the program allows for all students to have access to facilities that usually cost some money. This is extremely helpful for students that come from low-income backgrounds that do not have the means to pay for memberships. The program gives students the freedom to explore their health and nutrition and prepare for an overall healthy lifestyle" according to Jenise Lucey, Executive Director of Berkshire South

Registration for the event will remain open at berkshiresouth.org/5K for a discounted rate of \$30 through 5 p.m. on Friday, May 13. Registrations on the day of the race require a \$40 entry fee. The first 100 entrants receive a race t-shirt. Snacks will be available post-race and prizes will be awarded to the top finishers in various age brackets.

The 5K is a family friendly event. All fitness levels are welcome! Bring your friends and family and get ready for some fun. The 2022 5K Run/Walk will be administered by the Berkshire Running Center. Those who are not able to participate in this year's walk/run are encouraged to make a donation at berkshiresouth.org/5K.

Berkshire South thanks this year's 5K sponsors: The Kerry & Grayson Fund, Barbara and Roger Manning, Jess Cooney Interiors, Laureyns United, Carlson Propane, Fox Homes, Susan and Hank Ferlauto, Aquatic Designs, Inc., and Gateway Physical Therapy and Wellness Center, in addition to the Great Barrington Airport.

Berkshire South Regional Community Center is a non-sectarian, nonprofit organization open to all, regardless of ability to pay. Our mission is to build a sense of community and common purpose throughout the region, and to enhance the recreational, educational, cultural, health and social well-being of the residents of the Southern Berkshires.