



## Are YOU Ready for the Spring Fever 5K?

Want to train with a  
great group of people?

**The 2015 SF5K is coming up on Sunday, May 3.**

Train for the Spring Fever 5K with Coach Matt at Greater Boston Running Company in Newburyport! Whether this is your first race or you're just getting back into running, the fun & motivation of group training plus personalized coaching will get you to the finish line!

Coached Workouts:  
Mondays @ 6PM  
Wednesdays @ 6PM  
Saturdays @ 9:30AM

Location: GBRC Newburyport, 27 Water Street

Register Online: <http://www.imathlete.com/events/ctmatraining/register/fsource=Main> and select "Newburyport Spring Fever 5K" class

Program cost: \$50

Questions? Email [Newburyport@run.com](mailto:Newburyport@run.com) or call us at [\(781\) 780-4181](tel:781-780-4181)

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