

# Come train with us

## Spring 5K Group



- ✓ Some Experience
- ✓ Pace & Endurance
- ✓ Improve Times

## Beginner 5K Group



- ✓ New to Running
- ✓ Walk / Run Format
- ✓ Build Confidence

LEADING TO  
**BOOTS & BREWS  
5K**  
MAY 16

**Sign up today!**

