

Boulder Striders Fall/Winter Training Program



Training Details

- 16 Week Training Program
- Training begins the week of Oct 24th (first few weeks schedule posted on front page of website)
- FIRST MEETING – Sat Oct 22nd (BONUS session)
- Session Finishes – Sun Feb 12th
- There will be 2 Training Groups BASED on MEETING times: morning and evening with all abilities welcome
 - o evening meets Wed @ 5:30 pm and Sat @ 7:30 am
 - o morning meets Wed @ 6:30 am and Sat @ 7:30 am
- Train with other Boulder Strider Members at your goal pace in a non-intimidating atmosphere

Boulder Striders' Program Rates

Early Bird Rates for ALL	\$325 \$300	twice/week - 16 weeks of twice a week training once/week – 16 weeks of once a week training (please make payment by October 29th)
Regular Price (after Oct 29th)	\$350 \$325	twice/week - 16 weeks of twice a week training once/week – 16 weeks of once a week training

MAKE CHECKS PAYABLE TO: BOULDER STRIDERS
OR CREDIT CARD...ADD \$12 TO THE PROGRAM RATE
OR Venmo...@Darren-DeReuck

Please Print & Mail Registration to:

Boulder Striders, 4162 Saint Croix St, Boulder, CO 80301 OR Bring to Training from Oct 22nd-29th

2022-23 Fall/Winter Registration Form

Last Name _____ First Name _____

Address _____

City _____ State _____ Zip _____

DOB _____ Email _____

Day Phone _____

Evening: Wed/Sat (5:30 pm /7:30 am)

Morning: Wed/Sat (6:30 am / 7:30 am)

By signing this Registration Form, I do not hold Colleen De Reuck, Boulder Striders or any of the Coaches liable for injury to myself during the 16 week training. One Form per Member...Photocopies are good.

Signature: _____