# Women running on snowy roadRunning on treadmill

**Training Details**

* 17 Week Training Program
* Training begins the week of Oct 14th (first few weeks schedule posted on front page of website)
* FIRST MEETING – Wed Oct 16th
* Session Finishes – Sun Feb 9th
* There will be 2 Training Groups BASED on MEETING times: morning and evening with all abilities welcome
	+ evening meets Wed @ 5:30 pm and Sat @ 7:30 am
	+ 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 | $400$375 | twice/week - 17 weeks of twice a week trainingonce/week – 17 weeks of once a week training(please make payment by October 20th) |
| Regular Price (after Oct 20th) | $425 $400 | twice/week - 17 weeks of twice a week trainingonce/week – 17 weeks of once a week training |

MAKE CHECKS PAYABLE TO: BOULDER STRIDERS

OR CREDIT CARD...ADD $14 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 16th-20th

**2024-25 Fall/Winter Registration Form**

|  |  |  |  |
| --- | --- | --- | --- |
| Last Name |  | First Name |  |
| Address |  |
| City |  | State |  | Zip |  |
| DOB |  | Email |  |
| Cell Phone |  |  |  |
|  |  |  |  |
|  | Evening: Wed/Sat (5:30 pm /7:30 am ) |  | Morning: Wed/Sat (6:30 am / 7:30 am ) |

Long Sleeve Tech Shirt Ladies XS\_\_\_ S \_\_\_\_ M \_\_\_ L \_\_\_ Men’s S \_\_\_ M \_\_\_ L \_\_\_ XL \_\_\_

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 17-week training. One Form per Member…Photocopies are good.

Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_