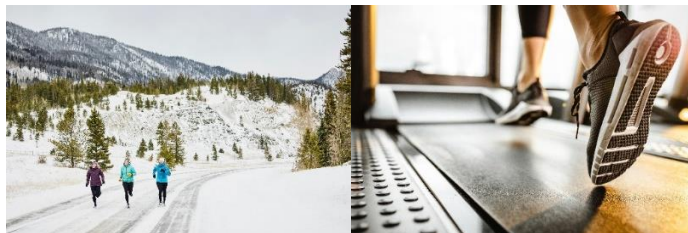


Boulder Striders Fall/Winter Training Program



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
 - 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	\$400	twice/week - 17 weeks of twice a week training
	\$375	once/week – 17 weeks of once a week training (please make payment by October 20th)
Regular Price (after Oct 20th)	\$425	twice/week - 17 weeks of twice a week training
	\$400	once/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: _____

Email colleen@boulderstriders.com or call (303) 579-8048 for more information and details