

Boulder Striders Spring Training Program



Training Details

- 14 Week Training Program...2 weeks of Base and 12 weeks of Group Workouts (Feb 22nd thru May 30th)
- Training begins the week of Feb 22nd (schedule posted on front page of website for first 2 weeks)
- FIRST GROUP MEETINGS – Wed Feb 24th (6:30 am OR 5:30 pm)
- There will be 2 Training Groups: 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 fun atmosphere

Boulder Striders' Program Rates

Early Bird Special (Pay by Feb 24th)	\$275 \$250	Twice/week - 2 weeks base /12 weeks of twice a week training Once/week – 2 weeks base/12 weeks of once a week training
Regular Price Starts Feb 25th	\$300 \$275	Twice/week - 2 weeks base /12 weeks of twice a week training Once/week – 2 weeks base/12 weeks of once a week training

MAKE CHECKS PAYABLE TO: BOULDER STRIDERS
OR CREDIT CARD...ADD \$10 TO THE PROGRAM RATE
Please Print & Mail Registration (postmarked Feb 24th to get early bird...Please NO exceptions) to:
Boulder Striders, 4162 Saint Croix St, Boulder, CO 80301

2021 Spring 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 14 week training. One Form per Member...Photocopies are good.

Signature: _____