

Boulder Striders Spring Training Program

BOLDERBOULDER presented by 



Training Details

- 16 Week Training Program...3 weeks of Base and 13 weeks of Group Workouts (Feb 7th thru May 30th)
- Training begins the week of Feb 7th (schedule posted on front page of website for first 3 weeks)
- FIRST GROUP MEETINGS – Wed Feb 9th (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
- Bring a NEW Friend to Join Boulder Striders and you BOTH get \$25 off your registration fee

Boulder Striders' Program Rates

Early Bird Rates for ALL thru 02/12	\$325 \$300	Twice/week - 3 weeks base /13 weeks of twice a week training Once/week – 3 weeks base/13 weeks of once a week training
Regular Price Starts 02/13	\$350 \$325	Twice/week - 3 weeks base /13 weeks of twice a week training Once/week – 3 weeks base/13 weeks of once a week training

MAKE CHECKS PAYABLE TO: BOULDER STRIDERS
OR CREDIT CARD...ADD \$10 TO THE PROGRAM RATE
OR Venmo...@Darren-DeReuck

Please Print & Mail Registration (postmarked Feb 12th to get early bird rate...Please NO exceptions)
to: Boulder Striders, 4162 Saint Croix St, Boulder, CO 80301

2022 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 16 week training. One Form per Member...Photocopies are good.

Signature: _____