# [BOLDERBoulder 10K](https://www.bolderboulder.com/)Training Details

* 15 Week Training Program
* Training begins the week of Feb 10th (first few weeks’ schedule posted on front page of website)
* FIRST MEETING – Wed Feb 12th
* Session Finishes – Mon May 26th
* 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 | $385  $360 | twice/week - 15 weeks of twice a week training  once/week – 15 weeks of once-a-week training  (please make payment by February 15th) |
| Regular Price  (after Feb 15th) | $400 $375 | twice/week - 15 weeks of twice a week training  once/week – 15 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 Feb 12th-15th

**2025 Spring 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 ) | | | | | | |

Short 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 15-week training. One Form per Member…Photocopies are good.

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