

# Boulder Striders Spring Training Program



## 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
  - 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	\$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: \_\_\_\_\_