

BOULDER STRIDERS SUMMER TRAINING SESSION



Training Details

- 19 Week Training Program...3 weeks Base and 16 weeks of Group Workouts (June 6th thru Oct 16th)
- Training begins the week of June 6th (schedule posted on front page of website).
- FIRST MEETING – Sat June 4th (BONUS Workout before training officially starts)
- 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 @ 7:00 am
 - o morning meets Wed @ 6:30 am and Sat @ 7:00 am
- Train with other Boulder Strider Members at your goal pace in a non-intimidating atmosphere
- Option to Race Columbus Marathon Or Half Marathon on October 16th (fast course)

Boulder Striders' Program Rates

Early Bird Special Pay by June 11th	\$400 \$350	twice/week - 3 weeks base/16 weeks of twice a week training once/week – 3 weeks base/16 weeks of once a week training
Regular Price Starts June 13th	\$425 \$375	twice/week - 3 weeks base/16 weeks of twice a week training once/week – 3 weeks base/16 weeks of once a week training

MAKE CHECKS PAYABLE TO: BOULDER STRIDERS
OR CREDIT CARD...ADD \$12 TO THE PROGRAM RATE
OR Venmo Darren...@Darren-DeReuck

Please Print & Mail Registration (postmarked June 11th to get early bird) to:
Boulder Striders, 4162 Saint Croix St, Boulder, CO 80301

2022 Summer Registration Form

Last Name _____ First Name _____

Address _____

City _____ State _____ Zip _____

DOB _____ Email _____

Day Phone _____

Evening: Wed/Sat (5:30 pm /7:00 am) Morning: Wed/Sat (6:30 am / 7:00 am)

Tank Top Size: Ladies XS ____ S ____ M ____ L ____ Men 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 19 week training. One Form per Member...Photocopies are good.

Signature: _____