

BOULDER STRIDERS SUMMER TRAINING SESSION



Training Details

- 18 Week Training Program...3 weeks Base and 15 weeks of Group Workouts (June 3rd thru Oct 6th)
- Training begins the week of June 3rd (schedule posted on front page of website).
- FIRST MEETING – Wed June 5th
- 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
- Train for Fall Marathons Or Half Marathons

Boulder Striders' Program Rates

Early Bird Special Pay by June 8th	\$425 \$400	twice/week - 3 weeks base/15 weeks of twice a week training once/week – 3 weeks base/15 weeks of once a week training
Regular Price Starts June 9th	\$450 \$425	twice/week - 3 weeks base/15 weeks of twice a week training once/week – 3 weeks base/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...@Darren-DeReuck
Please Print & Mail Registration (postmarked June 10th to get early bird) to:
Boulder Striders, 4162 Saint Croix St, Boulder, CO 80301

2024 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)

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 18 week training. One Form per Member...Photocopies are good.

Signature: _____