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**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
	+ evening meets Wed @ 5:30 pm and Sat @ 7:00 am
	+ 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 trainingonce/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 trainingonce/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: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_