



**Boulder Striders Boston-Eugene-Colorado/Bolder Boulder Training Program.
Prepare for the Boston/Eugene/Colorado Marathons and Bolder Boulder
Training Details**

- Training begins the week of February 15th, 2010. First Group Meeting – Wednesday Feb 17th @ 7:00 am
Weekly workouts are posted to the website.
- Boston training meets Wednesday morning @ 7:00 am and Saturday morning @ 8:00 am
- Train with other Boulder Striders who have qualified for Boston

Boulder Striders' Boston/Eugene/Colorado Marathons/Bolder Boulder Program Cost:

- \$250 ~ 15 week training program, meeting twice a week
- \$200 ~ 15 week training program, meeting once a week
- All participants will receive a Boulder Striders Nike Tech Shirt.

Please Print and Mail Registration to: Boulder Striders, 4162 Saint Croix Street, Boulder, CO 80301

Fax (303) 544-1851 e-mail darren@boulderstriders.com or call (303) 579-0870 for more information

Last Name _____ First Name _____

Address _____

City _____ State _____ Zip _____ DOB _____

E-Mail _____

Day Phone _____ Evening Phone _____

Group: Wed/Sat (7:00 am /8:00 am) _____ : Wed (8:00 am) _____ : Sat (8:00 am) _____

Nike Tech Shirt Size: Men: S ___ M ___ L ___ XL ___ Women: S ___ M ___ L ___ XL ___

Payment Information:

- Full Program \$250 (Check made payable to "Boulder Striders")
- Half Program \$200 (Check made payable to "Boulder Striders")

Signature: _____

By signing this Registration Form, I do not hold Darren De Reuck, Boulder Striders or any of the coaches liable for injury to myself during the 15 week training. One form per participant. Photocopies are okay.