

Boston or Colorado Marathon plus Bolder Boulder Training

Training Details

* 14 Week Training Program, training ends May 25th.
* Training begins the week of Feb 16th (FIRST MEETING – Wed Feb 18th)
* Base Meeting Times: Wednesday’s @ 6:30 am OR 5:30 pm and Saturday’s @ 7:30 am
* There will be 2 TRAINING GROUPS: A & M with all abilities welcome
  + "A" meeting Wed @ 5:30 pm and Sat @ 7:30 am
  + "M" meeting Wed @ 6:30 am and Sat @ 7:30 am
* ALL participants receive a Boulder Striders Tech Shirt
* Bring a NEW MEMBER to training ($25 discount for you / $15 discount for new member)

Boulder Striders’ Program Rates

|  |  |  |
| --- | --- | --- |
| **$225** | 14 week program | includes 14 weeks of **twice** a week training |

MAKE CHECKS PAYABLE TO: BOULDER STRIDERS

OR CREDIT CARD...ADD $8 TO THE PROGRAM RATE

Please Print & Mail Registration to:

Boulder Striders, 4162 Saint Croix St, Boulder, CO 80301 OR Bring to First Meeting

2015 Spring Training Form

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Last Name |  | | First Name | |  | | | |
| Address |  | | | | | | | |
| City |  | | State |  | | Zip |  | |
| DOB |  | Email |  | | | | | |
| Day Phone |  | | Evening Phone | | |  | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Group A: Wed/Sat (5:30 pm /7:30 am ) | | | | | | | |  | Group M: Wed/Sat (6:30 am / 7:30 am ) | | | | | | | | | |
| Tech Shirt Size | | | Women’s |  | S |  | M |  | L | Men’s | |  | S |  | M |  | L |  | XL |

Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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 14 week training. One form per participant. Photocopies are okay.