



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

- Training begins the week of February 6th, 2012. First Group Meeting – Wednesday Feb 8th @ 5:00 pm
Weekly workouts are posted to the Website.
- Boston/Colorado training meets Wednesday evening @ 5:00 pm and Saturday morning @ 7:30 am
- Train with other Boulder Striders running Boston or Colorado Marathons

Boulder Striders' Boston/Colorado Marathons/Bolder Boulder Program Cost (3 choices):

- \$235 ~ 16 week training program, meeting twice a week (Boston/Colorado Marathons/Bolder Boulder)
- \$150 ~ 10 week training program (Boston Marathon ONLY)
- \$195 ~ 13 week training program (Colorado Marathon ONLY)
- All participants (should) 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 /7:30 am) _____

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

Payment Information:

- Full 16 Week Program \$235 (Check made payable to "Boulder Striders") _____
- Boston 10 Week Program \$150 (Check made payable to "Boulder Striders") _____
- Colorado 13 Week Program \$195 (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 10-16 week training. One form per participant. Photocopies are okay.