



*In Step With Your Running Goals*



**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
  - o "A" meeting Wed @ 5:30 pm and Sat @ 7:30 am
  - o "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**

<b>\$225</b>	14 week program	includes 14 weeks of <b>twice</b> a week training
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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.