



Boulder Striders Summer/Fall Training Program Prepare for Columbus/Denver Half/Full Marathon Training Details

- The 18 Week Training Program consists of 2 Weeks on your OWN, 4 Weeks Base and 12 Weeks of Group Workouts
Training begins the week of June 14th (schedule posted on website). FIRST MEETING – WED JUNE 30th
- There will be 4 Training Groups (these names are based on MEETING times) - Advanced, A, G and DH as follows:
 "Advanced" meet Tue morning @ 7:00 am and Sat morning @ 7:30 am (GOAL – sub 1:30 half marathon/3:00 marathon)
 "A" meet Wed evening @ 6:00 pm and Sat morning @ 7:30 am (all Groups offered)
 "DH" meet Wed morning @ 7:00 am and Sat morning @ 7:30 am (all Groups offered)
 "G" meet Wed morning @ 6:30 am and Sat morning @ 7:30 am (GOAL – 1:50/2:00/2:20 half marathon//4:00-30 marathon)
- Train with other Boulder Strider Members at your goal pace in a non-intimidating atmosphere:
 Half Marathon (sub 1:30/1:45/2:00/2:20/2:30) Marathon (sub 3:00/3:30/3:45/4:00/4:30/5:00)

Boulder Striders' Program Rates:

EARLY BIRD thru MONDAY JUNE 28TH (mail-in postmarked by June 28th)

- \$225 ~ 18 week training program (2 week – NO Meeting) (4 weeks Base – meet once/week) PLUS (12 weeks twice/week)
- \$175 ~ 18 week training program (2 week – NO Meeting) (4 weeks Base – meet once/week) PLUS (12 weeks once/week)

FROM JUNE 29th RATES:

- \$250 ~ 18 week training program (2 week – NO Meeting) (4 weeks Base – meet once/week) PLUS (12 weeks twice/week)
- \$200 ~ 18 week training program (2 week – NO Meeting) (4 weeks Base – meet once/week) PLUS (12 weeks once/week)
- MAKE CHECKS PAYABLE TO: BOULDER STRIDERS

- First 100 participants will receive a Boulder Striders Nike Tech Shirt. (Men – Short Sleeve Shirt//Women – Long Jog Bra)

Please Print & Mail Registration to: Boulder Striders, 4162 Saint Croix St, Boulder, CO 80301 OR sign-up on Active.com

e-mail darren@boulderstriders.com or call (303) 579-0870 for more information and details

Last Name _____ First Name _____

Address _____

City _____ State _____ Zip _____ DOB _____

E-Mail _____

Day Phone _____ Evening Phone _____

Group A: Wed/Sat (6:00 pm / 7:30 am) (Base – Wed 7:00am OR 6:00 pm) _____

Group DH: Wed/Sat (7:00 am / 7:30 am) (Base – Wed 7:00am OR 6:00 pm) _____

Group G: Wed/Sat (6:30 am / 7:30 am) (Base – Wed 7:00am OR 6:00 pm) _____

Advanced: Tue/Sat (7:00 am/7:30 am) (Base – Wed 7:00am OR 6:00 pm) _____

Goal Times: Half Marathon: ___ 1:30 ___ 1:45 ___ 2:00 ___ 2:20 ___ 2:30

Goal Times: Marathon: ___ 3:00 ___ 3:30 ___ 3:45 ___ 4:00 ___ 4:30 ___ 5:00

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

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