

**Training Details**

* 17 Week Training Program consists of 4 weeks Base and 13 weeks of Group Workouts.
* Training begins the week of Oct 24th (schedule posted on front page of website).
* FIRST MEETING – Wed Oct 26th
* Saturday Base Meetings will consist of a Light Run Workout
* There will be 2 Training Groups BASED on MEETING times: morning and evening with all abilities welcome
  + evening meets Wed @ 5:30 pm and Sat @ 7:30 am
  + morning meets Wed @ 6:30 am and Sat @ 7:30 am
* Train with other Boulder Strider Members at your goal pace in a non-intimidating atmosphere

**Boulder Striders’ Program Rates**

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| Early Bird Special  Pay by Oct 26th | $275  $250 | Twice/week - 4 weeks base / 13 weeks of twice a week training  Once/week – 4 weeks base/ 13 weeks of once a week training |
| Regular Price  Starts Oct 27th | $300  $275 | Twice/week - 4 weeks base / 13 weeks of twice a week training  Once/week – 4 weeks base/ 13 weeks of once a week training |

MAKE CHECKS PAYABLE TO: BOULDER STRIDERS

OR CREDIT CARD...ADD $9 TO THE PROGRAM RATE

Please Print & Mail Registration (postmarked Oct 26th to get early bird) to:

Boulder Striders, 4162 Saint Croix St, Boulder, CO 80301 OR Bring to First Meeting on Oct 26th

**2016-17 Fall/Winter Registration Form**

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| Last Name | |  | | | | | | | | | | | First Name | | | | | | | |  | | | | | | | | | | | |
| Address | |  | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| City | |  | | | | | | | | | State | | | | | | | |  | | | | | Zip | | |  | | | | | |
| DOB | |  | | | | | | Email | | | | |  | | | | | | | | | | | | | | | | | | | |
| Day Phone | |  | | | | | | | | | | |  | | | | | | | | | | | |  | | | | | | | |
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|  | Evening: Wed/Sat (5:30 pm /7:30 am ) | | | | | | | | | | | | | |  | | | Morning: Wed/Sat (6:30 am / 7:30 am ) | | | | | | | | | | | | | | | |
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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 17 week training. One Form per Member…Photocopies are good.

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