

# Boulder Striders Fall/Winter Training Program



## 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
  - o evening meets Wed @ 5:30 pm and Sat @ 7:30 am
  - o 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

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 26<sup>th</sup> 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

Last Name \_\_\_\_\_ First Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

DOB \_\_\_\_\_ Email \_\_\_\_\_

Day Phone \_\_\_\_\_

Evening: Wed/Sat (5:30 pm /7:30 am )       Morning: Wed/Sat (6:30 am / 7:30 am )

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: \_\_\_\_\_

Email [colleen@boulderstriders.com](mailto:colleen@boulderstriders.com) or call (303) 579-8048 for more information and details