 

**Training Details**

* 16 Week Training Program consists of 3 weeks Base and 13 weeks of Group Workouts.
* Training begins the week of Nov 6th (schedule posted on front page of website).
* FIRST MEETING – Wed Nov 8th
* Session Finishes – Sun Feb 25th
* 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 Nov 8th | $300  $250 | twice/week - 3 weeks base / 13 weeks of twice a week training  once/week – 3 weeks base/ 13 weeks of once a week training |
| Regular Price  Starts Nov 9th | $325  $275 | twice/week - 3 weeks base / 13 weeks of twice a week training  once/week – 3 weeks base/ 13 weeks of once a week training |

MAKE CHECKS PAYABLE TO: BOULDER STRIDERS

OR CREDIT CARD...ADD $10 TO THE PROGRAM RATE

Please Print & Mail Registration (postmarked Nov 8th to get early bird) to:

Boulder Striders, 4162 Saint Croix St, Boulder, CO 80301 OR Bring to First Meeting on Nov 8th

**2017-18 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 16 week training. One Form per Member…Photocopies are good.

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