![C:\Users\Darren De Reuck\AppData\Local\Microsoft\Windows\INetCache\IE\B3TGGZGG\winter_snow_trail[1].JPG]() ![C:\Users\Darren De Reuck\AppData\Local\Microsoft\Windows\INetCache\IE\5EV5YM32\cold_running[1].jpg]()

**Training Details**

* 15 Week Training Program
* Training begins the week of Oct 21st (first weeks schedule posted on front page of website)
* FIRST MEETING – Wed Oct 23rd
* Session Finishes – Sun Feb 2nd
* 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
* Bring a New Friend to join the Winter Session…$50 discount for you and $25 discount for them

**Boulder Striders’ Program Rates**

|  |  |  |
| --- | --- | --- |
| Early Bird SpecialPay by Oct 26th | $300$275 | twice/week - 15 weeks of twice a week trainingonce/week – 15 weeks of once a week training  |
| Regular Price Starts Oct 27th | $325$300 | twice/week - 15 weeks of twice a week trainingonce/week – 15 weeks of once a week training |

MAKE CHECKS PAYABLE TO: BOULDER STRIDERS

OR CREDIT CARD...ADD $12 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 Training by Oct 26th

**2019-20 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 15 week training. One Form per Member…Photocopies are good.

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