

Boulder Striders Fall/Winter Training Program



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
 - 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
- Bring a New Friend to join the Winter Session...\$50 discount for you and \$25 discount for them

Boulder Striders' Program Rates

Early Bird Special Pay by Oct 26th	\$300 \$275	twice/week - 15 weeks of twice a week training once/week – 15 weeks of once a week training
Regular Price Starts Oct 27 th	\$325 \$300	twice/week - 15 weeks of twice a week training once/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: _____