

# Boulder Striders Fall/Winter Training Program



## Training Details

- 18 Week Training Program
- Training begins the week of Oct 9th (first few weeks schedule posted on front page of website)
- FIRST MEETING – Wed Oct 11th
- Session Finishes – Sun Feb 11th
- 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 Rates for ALL	\$375	twice/week - 18 weeks of twice a week training
	\$350	once/week – 18 weeks of once-a-week training (please make payment by October 14th)
Regular Price (after Oct 15th)	\$400	twice/week - 18 weeks of twice a week training
	\$375	once/week – 18 weeks of once-a-week training

MAKE CHECKS PAYABLE TO: BOULDER STRIDERS  
OR CREDIT CARD...ADD \$12 TO THE PROGRAM RATE  
OR Venmo...@Darren-DeReuck

Please Print & Mail Registration to:

Boulder Striders, 4162 Saint Croix St, Boulder, CO 80301 OR Bring to Training from Oct 11th-14th

## 2023-24 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 18-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