

Boulder Striders Spring Training Program



Training Details

- 12 Week Training Program...2 weeks Base and 10 weeks of Group Workouts (Mar 5th thru May 28th)
- Training begins the week of Mar 5th (schedule posted on front page of website).
- FIRST MEETING – Wed Mar 7th
- 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 fun atmosphere
- Bring a NEW Friend to Join Boulder Striders and you BOTH get \$25 off your registration fee

Boulder Striders' Program Rates

Early Bird Special Pay by Mar 5th (NO Exceptions)	\$275 \$250	Twice/week - 2 weeks base / 10 weeks of twice a week training Once/week – 2 weeks base/ 10 weeks of once a week training
Regular Price Starts Mar 6th	\$300 \$275	Twice/week - 2 weeks base / 10 weeks of twice a week training Once/week – 2 weeks base/ 10 weeks of once a week training

MAKE CHECKS PAYABLE TO: BOULDER STRIDERS
OR CREDIT CARD...ADD \$11 TO THE PROGRAM RATE
Please Print & Mail Registration (postmarked Mar 5th to get early bird...NO exceptions) to:
Boulder Striders, 4162 Saint Croix St, Boulder, CO 80301

2018 Spring 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 12 week training. One Form per Member...Photocopies are good.

Signature: _____