

# Boulder Striders Spring Training Program



## Training Details

- 16 Week Training Program...4 weeks Base and 12 weeks of Group Workouts (Feb 4th thru May 27th)
- Training begins the week of Feb 4th (schedule posted on front page of website)
- Boston Crew will SKIP Base and keep training as Normal
- FIRST MEETING – Wed Feb 6th
- 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 Feb 9th (NO Exceptions)	\$300 \$275	Twice/week - 4 weeks base / 12 weeks of twice a week training Once/week – 4 weeks base/ 12 weeks of once a week training
Regular Price Starts Feb 10th	\$325 \$300	Twice/week - 4 weeks base / 12 weeks of twice a week training Once/week – 4 weeks base/ 12 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 Feb 9th to get early bird...Please NO exceptions) to:  
Boulder Striders, 4162 Saint Croix St, Boulder, CO 80301

## 2019 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 16 week training. One Form per Member...Photocopies are good.

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