

Boulder Striders Spring Training Program



Training Details

- 16 Week Training Program...3 weeks of Base and 13 weeks of Group Workouts (Feb 3rd thru May 25th)
- Training begins the week of Feb 3rd (schedule posted on front page of website for first 3 weeks)
- BOSTON Crew will SKIP Base and keep training as Normal
- FIRST GROUP MEETINGS – Wed Feb 6th (6:30 am OR 5:30 pm)
- There will be 2 Training Groups: 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

Boulder Striders' Program Rates

Early Bird Special (Pay by Feb 8th)	\$325 \$300	Twice/week - 3 weeks base / 13 weeks of twice a week training Once/week – 3 weeks base/ 13 weeks of once a week training
Regular Price Starts Feb 9th	\$350 \$325	Twice/week - 3 weeks base / 13 weeks of twice a week training Once/week – 3 weeks base/ 13 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 8th to get early bird...Please NO exceptions) to:
Boulder Striders, 4162 Saint Croix St, Boulder, CO 80301

2020 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: _____