

# Boulder Striders Spring Training Program



127TH BOSTON MARATHON

## Training Details

- 15 Week Training Program...2 weeks of Base and 13 weeks of Group Workouts (Feb 13th thru May 29th)
- Training begins the week of Feb 13th (schedule posted on front page of website for first 2 weeks)
- FIRST GROUP MEETINGS – Wed Feb 15th (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
- Bring a NEW Friend to Join Boulder Striders and you BOTH get \$25 off your registration fee

## Boulder Striders' Program Rates

Early Bird Rates for ALL thru 02/18	\$325 \$300	Twice/week - 2 weeks base /13 weeks of twice a week training Once/week - 2 weeks base/13 weeks of once a week training
Regular Price Starts 02/19	\$350 \$325	Twice/week - 2 weeks base /13 weeks of twice a week training Once/week - 2 weeks base/13 weeks of once a week training

MAKE CHECKS PAYABLE TO: BOULDER STRIDERS  
OR CREDIT CARD...ADD \$10 TO THE PROGRAM RATE  
OR Venmo...@Darren-DeReuck

Please Print & Mail Registration (postmarked Feb 15h to get early bird rate...Please NO exceptions)  
to: Boulder Striders, 4162 Saint Croix St, Boulder, CO 80301

## 2023 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 1 week training. One Form per Member...Photocopies are good.

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