

Boulder Striders Spring Training Program



128TH BOSTON MARATHON

Training Details

- 15 Week Training Program...2 weeks of Base and 13 weeks of Group Workouts (Feb 12th thru May 27th)
- Training begins the week of Feb 12th (schedule posted on front page of website for first 2 weeks)
- FIRST GROUP MEETINGS – Wed Feb 14th (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
- Short Sleeve Tech Shirt

Boulder Striders' Program Rates

Early Bird Rates for ALL thru 02/17	\$375 \$350	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 02/18	\$400 \$375	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 17th to get early bird rate...Please NO exceptions)
to: Boulder Striders, 4162 Saint Croix St, Boulder, CO 80301

2024 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)

Short Sleeve Tech Shirt Size: Ladies XS ____ S ____ M ____ L ____ Men S ____ M ____ L ____ XL ____

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 15 week training. One Form per Member...Photocopies are good.

Signature: _____