

BOULDER STRIDERS SUMMER TRAINING SESSION



Training Details

- 21 Week Training Program...4 weeks Base and 17 weeks of Group Workouts (June 4th thru Oct 28th)
- Training begins the week of June 4th (schedule posted on front page of website).
- FIRST MEETING – Wed June 6th
- Saturday Base Meetings will consist of a Light Run Workout
- 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 @ 7:00 am
 - o morning meets Wed @ 6:30 am and Sat @ 7:00 am
- Train with other Boulder Strider Members at your goal pace in a non-intimidating atmosphere

Boulder Striders' Program Rates

Early Bird Special Pay by June 4th	\$375 \$350	Twice/week - 4 weeks base / 17 weeks of twice a week training Once/week – 4 weeks base/ 17 weeks of once a week training
Regular Price Starts June 5th	\$400 \$375	Twice/week - 4 weeks base / 17 weeks of twice a week training Once/week – 4 weeks base/ 17 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 June 4th to get early bird) to:
Boulder Striders, 4162 Saint Croix St, Boulder, CO 80301

2018 Summer Registration Form

Last Name _____ First Name _____

Address _____

City _____ State _____ Zip _____

DOB _____ Email _____

Day Phone _____

Evening: Wed/Sat (5:30 pm /7:00 am) Morning: Wed/Sat (6:30 am / 7:00 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 21 week training. One Form per Member...Photocopies are good.

Signature: _____

Email colleen@boulderstriders.com or call (303) 579-8048 for more information and details