#  C:\Users\kwazu\AppData\Local\Microsoft\Windows\INetCache\IE\BU3Q2RCB\summer-1156[1].gif C:\Users\kwazu\AppData\Local\Microsoft\Windows\INetCache\IE\QJW2F82B\beach-295251_960_720[1].png

**Training Details**

* 20 Week Training Program…4 weeks Base and 16 weeks of Group Workouts (June 1st thru Oct 18th)
* Training begins the week of June 1st (schedule posted on front page of website).
* FIRST MEETING – Wed June 3rd
* There will be 2 Training Groups BASED on MEETING times: morning and evening with all abilities welcome
	+ evening meets Wed @ 5:30 pm and Sat @ 7:00 am
	+ 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
* Please WEAR a Face Mask at Group Training

**Boulder Striders’ Program Rates**

|  |  |  |
| --- | --- | --- |
| Regular Price (thru June 10th) | $400 | Once OR Twice/Week 4 weeks base/16 weeks of once a week training  |
| Online Price (thru June 10th) | $200 | Follow the 20 week program without joining group training(for those that want to train with us…but do it alone)  |

MAKE CHECKS PAYABLE TO: BOULDER STRIDERS

OR CREDIT CARD...ADD $12 TO THE PROGRAM RATE

Please Print & Mail Registration (postmarked June 5th to get early bird) to:

Boulder Striders, 4162 Saint Croix St, Boulder, CO 80301

**2020 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 20 week training. One Form per Member…Photocopies are good.

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