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**Training Details**

* 18 Week Training Program…3 weeks Base and 15 weeks of Group Workouts (June 5th thru Oct 8th)
* Training begins the week of June 6th (schedule posted on front page of website).
* FIRST MEETING – Wed June 7th
* 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
* Train for Fall Marathons Or Half Marathons

**Boulder Striders’ Program Rates**

|  |  |  |
| --- | --- | --- |
| Early Bird Special Pay by June 10th | $375  $325 | twice/week - 3 weeks base/15 weeks of twice a week training  once/week – 3 weeks base/15 weeks of once a week training |
| Regular Price  Starts June 11th | $400  $350 | twice/week - 3 weeks base/15 weeks of twice a week training  once/week – 3 weeks base/15 weeks of once a week training |

MAKE CHECKS PAYABLE TO: BOULDER STRIDERS

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

OR Venmo Darren…@Darren-DeReuck

Please Print & Mail Registration (postmarked June 10th to get early bird) to:

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

**2023 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 18 week training. One Form per Member…Photocopies are good.

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