

# Summer/Fall Training Session



Prepare for a Fall Half/Full Marathon of your Choice

**Boulder Backroads Half/Full Marathon - Chicago Marathon - Denver Half/Marathon  
San Jose Half Marathon - Twin Cities Marathon - Columbus Half/Full Marathon**

## Training Details

- 19 Week Training Program consists of 4 weeks base and 15 weeks of Group Workouts.
- Training begins the week of June 13th (schedule posted on the front page of the website)
  - o First meeting Wednesday June 15th
- There will be 2 Training Groups based on meeting times: morning & 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
- Organized Sunday Group Long Runs... dates TBD
- Train with other Boulder Strider members at your goal pace in a non-intimidating atmosphere

## Boulder Striders' Program Rates

|   |              |                              |   |
|---|--------------|------------------------------|---|
| <b>Early Bird Special<br/>Paid by June 11th</b> | <b>\$275</b> | <b>Twice</b> a week training | 19 weeks plus organized Group Long Runs |
|   | <b>\$250</b> | <b>Once</b> a week training  | 19 weeks plus organized Group Long Runs |
| <b>Regular Price<br/>Starting June 13th</b>     | <b>\$300</b> | <b>Twice</b> a week training | 19 weeks plus organized Group Long Runs |
|   | <b>\$275</b> | <b>Once</b> a week training  | 19 weeks plus organized Group Long Runs |

MAKE CHECKS PAYABLE TO: BOULDER STRIDERS

OR CREDIT CARD...ADD \$8 TO THE PROGRAM RATE

Please Print & Mail Registration (postmarked by June 11th to get early bird) to:

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

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

## 2016 Summer/Fall Training 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 )

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

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 19 weeks of training. One form per participant. Photocopies are okay.