

Boulder Striders Fall/Winter Training Program



Training Details

- 16 Week Training Program consists of 3 weeks Base and 13 weeks of Group Workouts.
- Training begins the week of Nov 6th (schedule posted on front page of website).
- FIRST MEETING – Wed Nov 8th
- Session Finishes – Sun Feb 25th
- 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 @ 7:30 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 atmosphere

Boulder Striders' Program Rates

Early Bird Special Pay by Nov 8th	\$300 \$250	twice/week - 3 weeks base / 13 weeks of twice a week training once/week – 3 weeks base/ 13 weeks of once a week training
Regular Price Starts Nov 9th	\$325 \$275	twice/week - 3 weeks base / 13 weeks of twice a week training once/week – 3 weeks base/ 13 weeks of once a week training

MAKE CHECKS PAYABLE TO: BOULDER STRIDERS
OR CREDIT CARD...ADD \$10 TO THE PROGRAM RATE

Please Print & Mail Registration (postmarked Nov 8th to get early bird) to:
Boulder Striders, 4162 Saint Croix St, Boulder, CO 80301 OR Bring to First Meeting on Nov 8th

2017-18 Fall/Winter 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)

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

Signature: _____