

# BOULDER STRIDERS SUMMER TRAINING SESSION



## Training Details

- 22 Week Training Program...4 weeks Base and 18 weeks of Group Workouts (June 5th thru Nov 5th)
- Training begins the week of June 5th (schedule posted on front page of website).
- FIRST MEETING – Wed June 7th
- 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 17th	\$325 \$300	Twice/week - 4 weeks base / 18 weeks of twice a week training Once/week – 4 weeks base/ 18 weeks of once a week training
Regular Price Starts June 18th	\$350 \$325	Twice/week - 4 weeks base / 18 weeks of twice a week training Once/week – 4 weeks base/ 18 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 June 17th to get early bird) to:  
Boulder Striders, 4162 Saint Croix St, Boulder, CO 80301 OR Bring to Group Training on June 17th

## 2017 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 22 week training. One Form per Member...Photocopies are good.

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

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