

**Training Details**

* 17 Week Training Program consists of 4 weeks Base and 13 weeks of Group Workouts.
* Training begins the week of Oct 24th (schedule posted on front page of website).
* FIRST MEETING – Wed Oct 26th
* 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
	+ evening meets Wed @ 5:30 pm and Sat @ 7:30 am
	+ 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**

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| --- | --- | --- |
| Early Bird SpecialPay by Oct 26th | $275$250 | Twice/week - 4 weeks base / 13 weeks of twice a week trainingOnce/week – 4 weeks base/ 13 weeks of once a week training  |
| Regular Price Starts Oct 27th | $300$275 | Twice/week - 4 weeks base / 13 weeks of twice a week trainingOnce/week – 4 weeks base/ 13 weeks of once a week training |

MAKE CHECKS PAYABLE TO: BOULDER STRIDERS

OR CREDIT CARD...ADD $9 TO THE PROGRAM RATE

Please Print & Mail Registration (postmarked Oct 26th to get early bird) to:

Boulder Striders, 4162 Saint Croix St, Boulder, CO 80301 OR Bring to First Meeting on Oct 26th

**2016-17 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 ) |
|  |  |  |  |  |  |  |  |  |  |  |
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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 17 week training. One Form per Member…Photocopies are good.

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