 **128TH BOSTON MARATHON**

**Training Details**

* 15 Week Training Program…2 weeks of Base and 13 weeks of Group Workouts (Feb 12th thru May 27th)
* Training begins the week of Feb 12th (schedule posted on front page of website for first 2 weeks)
* FIRST GROUP MEETINGS – Wed Feb 14th (6:30 am OR 5:30 pm)
* There will be 2 Training Groups: 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 fun atmosphere
* Bring a NEW Friend to Join Boulder Striders and you BOTH get $25 off your registration fee
* Short Sleeve Tech Shirt

**Boulder Striders’ Program Rates**

|  |  |  |
| --- | --- | --- |
| Early Bird Rates for ALL thru 02/17 | $375$350 | Twice/week - 2 weeks base /13 weeks of twice a week trainingOnce/week - 2 weeks base/13 weeks of once a week training  |
| Regular Price Starts 02/18 | $400$375 | Twice/week - 2 weeks base /13 weeks of twice a week trainingOnce/week - 2 weeks base/13 weeks of once a week training |

MAKE CHECKS PAYABLE TO: BOULDER STRIDERS

OR CREDIT CARD...ADD $10 TO THE PROGRAM RATE

OR Venmo…@Darren-DeReuck

Please Print & Mail Registration (postmarked Feb 16th to get early bird rate…Please NO exceptions)

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

**2024 Spring 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 ) |

Short Sleeve Tech Shirt Size: Ladies XS \_\_\_\_ S \_\_\_\_ M \_\_\_\_ L \_\_\_\_ Men S \_\_\_\_ M \_\_\_\_ L \_\_\_\_ XL \_\_\_\_

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 15 week training. One Form per Member…Photocopies are good.

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