[](https://www.bolderboulder.com/) **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**

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| --- | --- | --- |
| Early Bird Rates for ALL thru 02/17 | $375  $350 | Twice/week - 2 weeks base /13 weeks of twice a week training  Once/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 training  Once/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**

|  |  |  |  |  |  |  |  |  |  |  |  |  |
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| 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: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_