

Boulder Striders Spring Training Program



Training Details

- 15 Week Training Program
- Training begins the week of Feb 9th (first few weeks' schedule posted on front page of website)
- FIRST MEETING – Wed Feb 11th
- Session Finishes – Mon May 25th
- 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 Rates for ALL	\$375 \$350	twice/week - 15 weeks of twice a week training once/week – 15 weeks of once-a-week training (please make payment by February 8 th)
Regular Price (after Feb 8 th)	\$400 \$375	twice/week - 15 weeks of twice a week training once/week – 15 weeks of once-a-week training

MAKE CHECKS PAYABLE TO: BOULDER STRIDERS
OR CREDIT CARD...ADD \$14 TO THE PROGRAM RATE
OR Venmo...@Darren-DeReuck

Please Print & Mail Registration to:

Boulder Striders, 4162 Saint Croix St, Boulder, CO 80301 OR Bring Form to Training from Feb 11th-14th

2026 Spring Registration Form

Last Name _____ First Name _____

Address _____

City _____ State _____ Zip _____

DOB _____ Email _____

Cell 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 15-week training. One Form per Member...Photocopies are good.

Signature: _____

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