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**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
	+ evening meets Wed @ 5:30 pm and Sat @ 7:00 am
	+ 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 trainingOnce/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 trainingOnce/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: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_