# C:\Users\Darren De Reuck\Pictures\2017-07\IMG_2058.JPG

**Training Details**

* 21 Week Training Program…4 weeks Base and 17 weeks of Group Workouts (June 4th thru Oct 28th)
* Training begins the week of June 4th (schedule posted on front page of website).
* FIRST MEETING – Wed June 6th
* 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 4th | $375$350 | Twice/week - 4 weeks base / 17 weeks of twice a week trainingOnce/week – 4 weeks base/ 17 weeks of once a week training  |
| Regular Price Starts June 5th | $400$375 | Twice/week - 4 weeks base / 17 weeks of twice a week trainingOnce/week – 4 weeks base/ 17 weeks of once a week training |

MAKE CHECKS PAYABLE TO: BOULDER STRIDERS

OR CREDIT CARD...ADD $12 TO THE PROGRAM RATE

Please Print & Mail Registration (postmarked June 4th to get early bird) to:

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

**2018 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 21 week training. One Form per Member…Photocopies are good.

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