# Person running by sea Group running down trail

**Training Details**

* 20 Week Training Program…3 Base/2 down/15 of Group Workouts (June 2nd thru Oct 19th)
* First Meeting for Training on Wed June 4th (schedule posted on front page of website)
* There will be 2 Training Groups BASED on MEETING times: morning and evening
  + 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 runners at your goal pace in a non-intimidating atmosphere

**Boulder Striders’ Program Rates**

|  |  |  |
| --- | --- | --- |
| Early Bird Special Pay by June 7th | $450  $425 | twice/week - 3 weeks base/17 weeks of twice a week training  once/week – 3 weeks base/17 weeks of once-a-week training |
| Regular Price  Starts June 9th | $475  $450 | twice/week - 3 weeks base/17 weeks of twice a week training  once/week – 3 weeks base/17 weeks of once-a-week training |

MAKE CHECKS PAYABLE TO: BOULDER STRIDERS

OR CREDIT CARD...ADD $14 TO THE PROGRAM RATE

OR Venmo Darren…@Darren-DeReuck

Please Print & Mail Registration (postmarked June 7th to get early bird) to:

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

**2025 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 20-week training. One Form per Member…Photocopies are good.

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