# 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 trainingonce/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 trainingonce/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: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_