

# BOULDER STRIDERS SUMMER TRAINING SESSION



## 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
  - o evening meets Wed @ 5:30 pm and Sat @ 7:00 am
  - o 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: \_\_\_\_\_

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