



Spring Training Session

Bolder Boulder and Boston/Colorado Marathons

Training Details

- Training for a different race...we'll adjust the schedule...speak to Colleen about additional costs
- Need some Private Sessions...speak to Colleen about pricing
- 13 Week Group Training Program consists of 3 weeks base and 10 weeks of hard-core training.
- Training begins the week of Feb 29th (FIRST MEETING – Wed Mar 2nd)
- Base Meeting Times: Wednesday's @ 6:30 am OR 5:30 pm and Saturday's @ 7:30 am
- There will be 2 TRAINING GROUPS: A & M with all abilities welcome
 - o "A" meeting Wed @ 5:30 pm and Sat @ 7:30 am
 - o "M" meeting Wed @ 6:30 am and Sat @ 7:30 am

Boulder Striders' Program Rates

\$225	13 week program	includes 3 weeks Base / 10 weeks of twice a week training
\$200	13 week program	includes 3 weeks Base / 10 weeks of once a week training

MAKE CHECKS PAYABLE TO: BOULDER STRIDERS
OR CREDIT CARD...ADD \$8 TO THE PROGRAM RATE

Please Print & Mail Registration to:
Boulder Striders, 4162 Saint Croix St, Boulder, CO 80301 OR Bring to First Meeting

2016 Spring Training Form

Last Name _____ First Name _____

Address _____

City _____ State _____ Zip _____

DOB _____ Email _____

Day Phone _____ Evening Phone _____

Group A: Wed/Sat (5:30 pm /7:30 am) Group M: Wed/Sat (6:30 am / 7:30 am)

Signature: _____

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 13 week training. One form per participant. Photocopies are okay.